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Preschool Open House
Monday, September 9th, 2013
5:30 to 6:30 p.m.



Special points of interest:

- Preschool Open House
- Stuff the Tote
- Picture Day
- Sports Boosters
- FCCLA
- Walk to School
- Title I
- Cheer Clinic
- Calendar
- Menus



The Hemingford Public Library is sponsoring
Stuff the Tote
To aide the students in need
Of school supplies at
Hemingford Public School
District 10
 Please give generously!!!!

Foster's Facts

email: pfoster@panesu.org

Smiling faces, excitement and some confusion were all found on the first day of school. Students met with their classes and then headed over to the gym to participate in welcome back activities sponsored by the student council. During the morning assembly, some general school policies and parts of the handbook were reviewed as well as election of class officers.

Just a reminder-- Please notify the school in the morning if your child will not be in attendance due to sickness or has an appointment during the day. The office can then issue a pass to the student to leave class at the designated time. If the appointment can be made after school or during vacation time, that is even better; class time will not be lost.



Now that school is rolling, and activities are in full swing, please check out the calendar on the website for the most current information.

Questions -- Answers

- What are class dues used for? Each class votes on class dues that accumulate each year. Expenses from this account include homecoming float costs, possible class projects, but mainly it accumulates for prom and graduation costs. Class Dues voted on as follows: Seniors: \$0 unless needed; Juniors:\$0 (Fundraiser); Sophs: \$35; Fresh: \$5; 8th: (not decided) 7th: \$(Fundraiser) The sponsors and classes are looking for ways/projects to help with the dues. For example in the past garden plants were sold to cover the student class dues or sold suckers at basketball games for dues.

- How do students get their cell phones back? On the first violation (page 12 of handbook), parent contact must be made prior to returning the cell phone to the student. On the second violation a parent must pick up the cell phone from the office. Do you occasionally check what is on your child's cell phone?



- Who are Class Officers this year? Leading Student Council this year are: Seniors: Co-Presidents: Miguel R and Kyle K; Vice Pres: Paige P; Treasurer: Alexis P and Secretary: Tyler H STUCCO Sponsor: Mrs. Horstman

Class	Seniors	Juniors	Sophs	Fresh	8 th	7 th
President	Trevor B	Asa C	Gavin K	Denton P	Kage J	Lauren G
Vice Pres	Cali R	Christian R	Lee J	Carli C	Conner S	Josie S
Secretary	Kaitlyn B	-----	Druid S	Emily	Macee B	Jacobi S
Treasurer	PK C	Ashleigh G	Johnny M	Mikayla R	Baily M	Kobe C
St Rep	Blake H Matt M Alex A Lexi O Bella I	James R Bethany F Brady T MaKayla G Hannah F	Cody L Cooper W Jon M Taeller A	Natalie F Kaitlyn K Brooke T Tarin J Taylee N	Kelli H	Luke C Cade P Dayde B
Class Sponsors	Mr. Collins Mrs. Hucke	Mrs. Stark Mrs. Smaha	Mrs. Horn Mr. Karney	Mrs. Ahrens Ms. Jungck	Ms. Janssen Mr. Rotherham	Mrs. Neeffe Mrs. Wade

Foster's Facts Cont.

email: pfoster@panesu.org

Currently enrollment for JH/HS is 163 students --Seniors: 22; Juniors: 23; Sophomores: 33; Freshmen: 30; 8th grade: 29 and 7th grade: 26. The final enrollment count is reported to the state on the last Friday in September.

To be Mailed Home--NeSA Results (State Testing)

Shortly the NeSA Individual Student reports will be mailed home for current grades 7, 8, 9, and 12. These results are from the state testing in March/April of 2012-2013 school year.

Students in grades 7, 8, 9, and 12th received the parent report that shows how your student did during last spring's state testing. There are three levels of performance; below, meets, and exceeds the standards. The report indicates what level your student attained. If you would like more information concerning the results please contact Mr. Foster, 487-3330.

ACT Results from Past Graduating Seniors

This report reflects the achievement of Hemingford's graduates on the ACT over time and an indication of the extent to which they are prepared for college-level work.

The table below graphs the score changes in subject areas and ACT composite. It also provides data on how the Hemingford graduates compare with the state averages. Students will continue to participate in the John Baylor test preparation prior to taking the test.

Grad Year	Total Tested		English		Mathematics		Reading		Science		Composite	
	School	State	School	State	School	State	School	State	School	State	School	State
2008	19	16573	21.8	21.8	20.2	21.8	22.0	22.5	20.5	21.9	21.3	22.1
2009	19	16286	19.9	21.9	19.8	21.8	20.9	22.5	20.3	22.0	20.2	22.1
2010	20	16172	20.4	21.8	19.2	21.6	19.7	22.4	19.9	22.0	19.9	22.1
2011	17	16461	19.6	21.8	19.5	21.7	21.5	22.3	21.0	22.0	20.6	22.1
2012	11	16581	24.5	21.8	24.8	21.7	25.5	22.3	23.4	21.9	24.6	22.0
2013	19	17745	19.4	21.1	21.4	21.1	22.1	21.8	20.7	21.5	21.0	21.5

October 26—ACT test date. This date is normally for seniors that plan on attending a 4-year institution. . **If a student is taking this test and using the school code it is expected that they will attend the John Baylor Test Prep** review sessions that are held during school time in SSR periods. The review will begin the week of Sept 16.

Unless a student plans on attending a four-year college, the school does not see a need for the ACT score—save some money. Students can take the E-Compass for free if they are planning on a 2-year school like WNCB or Curtis.

Student Advocate Program

New groups are being created. The goal of the Student Advocate Program at HHS will insure that every student will have an adult sponsor to personalize the education experience. Each faculty member will be assigned 9 or 10 students to support. The objectives of the program are to increase positive adult contact at school; assist students in maintaining focus on career objectives through graduation; assist with early detection of problems/concerns; and improve

Foster's Facts Cont.

email: pfooster@panesu.org

the overall relationship between students and teachers. These groups will also be used for STUCCO activities.

Student and Parent Portal

Do you remember?? If you have been wondering--all junior high and high school students should have the information to access the on-line student grade information. A quick lesson is: 1—Go to the Hemingford School web-site 2—Click the PowerSchool button under parents or student. 3—Enter the username and password. 4—Student information should load (It is easy).

PowerSchool

The main difference on the screens is that parents will have an option to go in set up for an email notification of grades and attendance. You would set this up by clicking on the email notification icon in the parent portal and select the options you wish. At this time only grades and attendance will be available. Your password was mailed out the last week in August.

Supervised Study Time (SST)

Terrific—I see students a number of students in the library and classrooms working with teachers during SST time. SST has started and is available for all students. Teachers are available from the final bell until 4:00 pm Monday through Thursday. I want to encourage all students to use this time for extra help, computer use, study time or relaxed reading in the library. Activity practices will begin at 4:00 pm. Teachers still encourage students to come in and receive help in the morning if needed.



Upcoming Dates:



- **EL Picture Day— Wednesday, September 11**
- **HS Pictures -- Thursday, September 12**

Picture Packets will be available prior. Some of the activities will also be having pictures on this day. Please bring your packets, smiles and uniforms.

- **Josten's: September 4**—Coming to share information about graduation products for seniors as well as class rings for sophomores. Jostens then returns approximately 2 weeks later for orders.
- **Senior/Parent Meeting**—Mrs. Hucke mailed out letters to all seniors with topics that will be covered. If you would like additional topics or have questions, please call so Mrs. Hucke can have the information ready. The informational evening is scheduled for Thursday, September 12 at 6:30 pm in the HS Library
- **Progress Reports—September 18:** 1st quarter progress reports will be mailed out.



Student Appearance

Thank you, Thank you for helping monitor student dress code. One additional area that we are asking assistance is with the distressed jeans or jeans with holes or tatters. They may be the current trend however; it is not

Foster's Facts Cont.

email: pfoster@panesu.org

a look that is appropriate for school attire. Also, the general rule of thumb is that the short length should touch finger tips when arms are at side. The student handbook, page 28, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate. Please help us monitor student clothing, so not to have your son or daughter feel embarrassed if they are asked to change.



Homecoming Week --September 30 to October 5

Activities in Planning Stages

- Please watch the Ledger for a list of activities and the theme.
- Friday, October 4 Homecoming Parade and Pep Rally Time TBD
- Football Game against SMC starting at 6:00 pm.
- Friday, October 4 Homecoming Dance for High School Only—1/2 hour after game (9:00)

COUNSELOR'S

ORN E R

Mr. Foster's theme this year is **Respecting Each Other and Standing up for One Another**. I will be working with the K – 2nd graders during the month of September. Casey the Caterpillar and Murray the Mouse will be visiting this year.

7th – 12th graders *Get Involved* – Start the school year by getting involved in extracurricular activities to increase your chances for scholarships and admission to college.

Seniors be watching in the mail. We will be having a meeting about your life after graduation. We have set the date for this meeting on Thursday, September 12, 2013. We will cover release of transcripts, college visits, senior mailboxes, ACT test dates, signing up for the ACT, scholarships, world of work after graduation, etc. The letter will be coming soon.

To take the ACT test on October 26, 2013 the next registration date is September 27, 2013. Please see me if you are planning on taking the October test. I will be glad to help you with the registration process. Parents if you have any questions, come in and see me or give me a call @ (308)487-3328. The John Baylor ACT Test Prep classes will begin during the week of September 16, 2013.

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

Dr. Charles Fay

Fostering Education

rfoster@panesu.org

WE'RE OFF!



The first part of school has been terrific. It was great to see all of the kids and their faces filled with smiles and anticipation on the first day. I have made it around and met all of the new students enrolled in our school and said hello to everyone else. I spoke to the kids about how we are going to help each other succeed and look out for one another this year. We'll be there to encourage, help, and give them whatever they need to be successful in school and life. I also talked about how they need to help their classmates who are struggling, having a bad day, being picked on, or just need a word of encouragement. **Together we can make a difference for kids when we have a common goal ☺**

FRONT DOOR ENTRY

The front door of the elementary is accessible for parents to enter. We have a system that requires you to push a button (like a doorbell) and talk to identify yourself. We then can open the door with the ribbon on it for you. This system is located on the west wall (on the left) by the front door. **Please feel free to visit our school.** Remember we are very concerned with the safety of our children. Please give this system a try; it will be very easy to get use to. **THANK YOU FOR YOUR UNDERSTANDING.**



ELEMENTARY PICTURE DAY

The elementary is scheduled to have their pictures taken on Wednesday, September 11th.

Packets will be coming home once we receive them.

NeSA READING and MATH RESULTS

Students in grades 3, 4, 5, and 6th brought home the parent report that shows how your child did during last spring's state testing of reading and math. The 5th grade were also tested on Science. There are three levels of performance; below, meets, and exceeds the standards. The report indicates what level your child attained. If you would like more information concerning the results please contact Mr. Foster.

WORDS TO THINK ABOUT ☺

Never look down on anybody unless you're helping them up.

You can't cross the sea merely by standing and staring at the water.

Fostering Education

rfoster@panesu.org

WHAT MAKES KIDS SUCCEED IN SCHOOL?

Children who succeed in school:



1. **Are “eager to learn.”** From earliest childhood, parents and community have offered interesting things to explore, and have encouraged curiosity.
2. **Pursue learning. This means they ask questions, and they seek help.** When they get stuck, they know that adults are on hand to help—and that it’s worth asking.
3. **Put effort into their work.** Parents can convey the message that if kids try hard, the results will pay off. These kids are proud of effort, and they don’t give up.
4. **Use solid emotional and social skills.** School is full of emotional and social challenge, as kids handle friends, authority, and group dynamics. Parents can help by supporting kids in making good decisions and being generous friends.
5. **Look to parents as role models for learning.** This does not mean that parents must be perfect—it means they must be real, and they must be willing to be learners sometimes too.
6. **Have homes that “promote learning by natural teaching.** It means that parents talk, explain, name and count everyday things and experiences, helping kids learn and make meaning.
7. **Follow helpful family routines.** Kids can count on regular meals, baths, and sleep times. When it’s time for school, they’re ready to go.
8. **Know that rules count.** Parents help by setting clear limits and boundaries - “authoritative” rather than too strict or too lax.
9. **Attend schools with high expectations, and good communication about kids’ progress.** Whatever the age of the child, parents can help by modeling good communication, and by staying in close touch with teachers and school staff.

Is it easy to do these things? Not at all! If you can actively promote the items on this list, everyone in a family benefits, especially your school-age child.



UPCOMING DATES OF INTEREST

Sept. 2nd – No School – Labor Day

Sept. 11th Elementary Picture Day

COMMUNICATION

Call us with any questions at 487-3330.

Together we can make a difference ☺

Sports Boosters



The Hemingford Boosters and the students of Hemingford would like to thank the following sponsors for making our Bobcat Avenue of Flags possible. Please join us in thanking the following sponsors:

21st Century Equipment, A Head's Up, A & T Electric, Alan & Roxane Forster; Alliance Times Herald; Alliance Tractor & Implement, Bank of the West, Bloedorn Lumber Company, Box Butte

General Hospital, Cheryl Kaman, Clicks by Kim, Cover-Jones Motor Company, Cullan Farm Seed, Cullan Supply, Dale Wood Construction Inc., Darby & Autumn Jespersen, Darren's Carquest Auto Parts, Dietrich & Sautter CPAs PC, Don & Marge Turek, Eagle Communications, Farm Credit Services of America, Farmers COOP Elevator, Fast Eddie Bashford, First National Bank, Gregory's Insurance, H and S Panels-Barb and Jim Keegan, Haas Farms, Hemingford Chamber of Commerce, Hemingford Clinic, Hemingford Community Federal Credit Union, Hemingford Cooperative Telephone Co., Hemingford Dental, Hemingford United Methodist Church, Horstman Farms, Huss Auto, In memory of Todd Prochazka, Jodi Sellman, Josh and Ann Payne, Joyce Klemke, Justin & Reyna Ansley, LTC Trucking, Manion Farms, Mel & Joy Price Inc., New Generation Hardware, Outlaw Printers, Panhandle Prevention Coalition, Pat's Creative, Pepsi, Phillips F & T, Prairie Sky Seed, Producer's Hybrids, Raben's Grooming, Raben's Market, Randy & Jennifer Wood, Ron & Peggy Foster, S & S LP Gas Company, Shaver's Pharmacy, Simplot, Sorensen Irrigation, Specht Farms Inc., Sweet Bre's Flowers & Gifts, Taco Johns, The Cottage, The Ledger, TJ's Sports Bar and Grill, Todd & Melissa Turek, Tommy's Car lot, Treasured Grounds, Troy and Molly Turek, WESTCO, Western Nebraska Real Estate PC, Western Valley Irrigation, Anthony & Shelly Wyland



FCCLA UPCOMING EVENTS:

SEPTEMBER 7: DISTRICT PLANNING MEETING, ALLIANCE- 9 AM (DISTRICT OFFICERS)

SEPTEMBER 9: FLW IN NORTH PLATTE- (FOR OFFICERS)

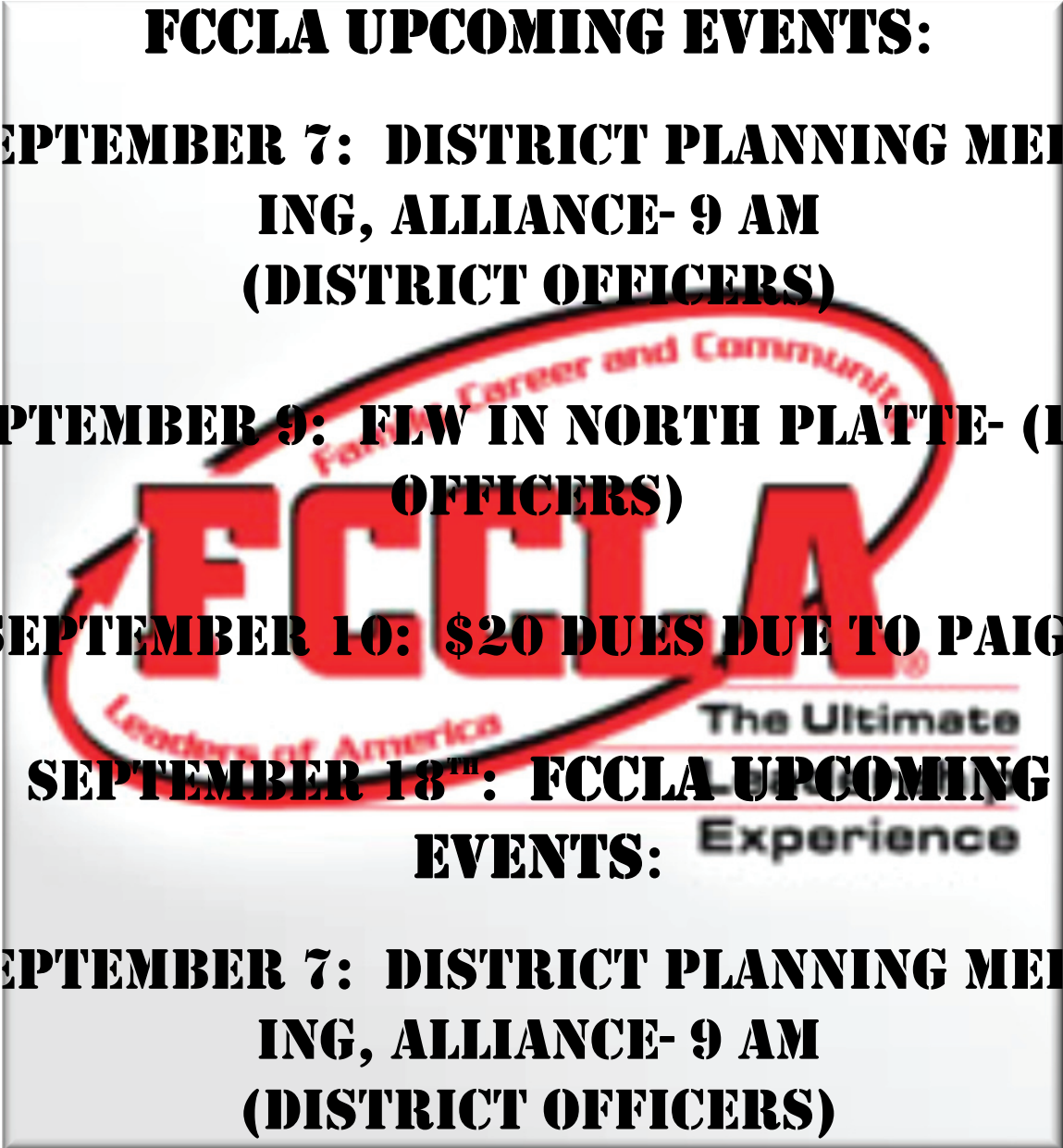
SEPTEMBER 10: \$20 DUES DUE TO PAIGE

SEPTEMBER 18th: FCCLA UPCOMING EVENTS:

SEPTEMBER 7: DISTRICT PLANNING MEETING, ALLIANCE- 9 AM (DISTRICT OFFICERS)

FCCLA UPCOMING EVENTS:

SEPTEMBER 7: DISTRICT PLANNING MEETING, ALLIANCE- 9 AM (DISTRICT OFFICERS)





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!!!!

TITLE 1

Parent Meeting

Thursday, October 10 at 6:30pm

New - we are holding an evening meeting this year in hopes that it will be a beneficial time for parents/children and teachers.

The meeting will include a movie titled

A JOURNEY INTO DYSLEXIA

Not all Title students fall into this category, but it is a good film for both students with reading difficulties and their parents to watch.

The night will culminate with cookies!!

Mark your calendars now. You won't want to miss it!!!

Linda Folkerts Title 1 Reading Teacher

Picture Day –September 11 & 12

Schedule for Picture Day!

Thursday, September 12, 2013

Teachers Not sponsoring a class 7:40-8:00

Pre-Preschool 8:00-8:20

Preschool Group 8:20

Individuals w/packets

7th grade group:

Officers

Individuals

8th grade group:

Officers

Individuals

9th grade group:

Officers

Individuals

Lunch Break

10th grade group:

Officers

Individuals

Preschool group:

Individuals w/packets

11th grade group:

Officers

Individuals

Cross Country

Group and Individuals

JV/ Varsity Football

Large Group, Varsity Team, JV Team, Individuals

Junior High Football

Group and Individuals

Schedule for picture day!

Wednesday, September 11, 2013

High school teachers, secretaries, and administrators

who are not sponsoring a class:

7:45-8:00

Pre-Preschool:

8:00-

8:20

Kindergarten:

8:23-9:15

4th Grade:

9:15-10:00

2nd Grade:

10:00-10:45

1st grade:

10:45-11:30

Lunch Break

11:30-12:00

5th Grade:

12:00-12:40

3rd Grade:

12:40-1:20

6th Grade:

1:20-2:15

Cheerleaders:

2:15

Junior High Volleyball:

9th/JV/Varsity Volleyball

Please understand that times are approximate and subject to change!

***Please note that the preschool classes will have their pictures taken on Thursday, September 12. It seems to fit better into the schedule on that



Cheer Clinic

Cheer Clinic

September 7, 2013

Pre-K through 2nd grade from 1-2:30

3rd through 6th grade from 2:00-4:00

Refreshments for both groups will be served from 2-2:30

Please meet at the practice football field.

The performance will be during halftime of the Hemingford Bobcat vs. Garden County contest,

Friday, September 13 at 7:00pm.

The cost of the clinic will be \$25

If you have any questions please feel free to contact

Laurie Weber 762-4080/763-9352

Or

Reyna Ansley 487-3328/760-5194

Please return bottom portion
by Wednesday August 28

CHILD'S NAME: _____

PARENTS NAME: _____

PHONE NUMBER: _____

EMERGENCY CONTACT: _____

T-SHIRT SIZE: YS YM YL AS AM AL

NEBRASKA CONFERENCE: TRAUMA ACROSS THE LIFESPAN

September 12-13, 2013
Lincoln, Nebraska, Cornhusker Hotel

Save The Date

FREE TRAINING AND LIMITED CAPACITY

Featuring:

Bruce Perry, M.D., Ph.D.

Sharon Wise

Nathan Ross

Register online at:

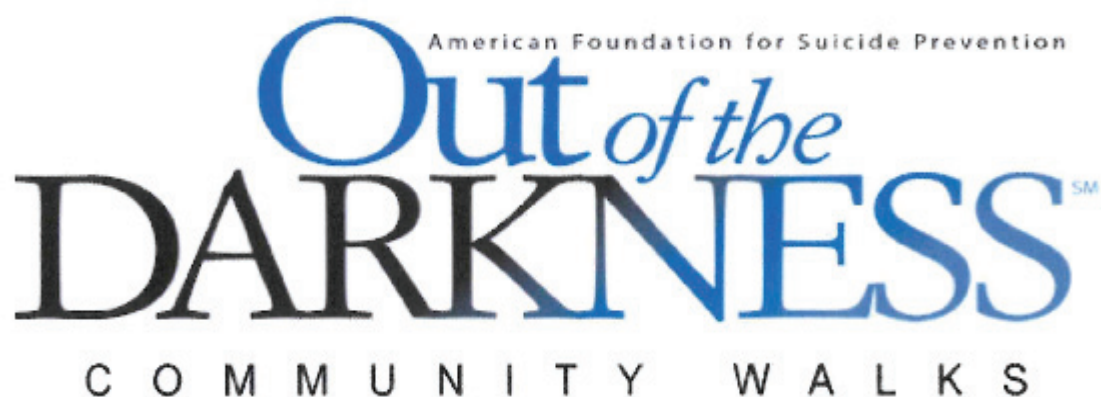
<http://goo.gl/VIH1XM>

Target Audience:

- EDN Services Coordinator
- Early Childhood Provider
- School Psychologist
- Administrator
- Nebraska Dept of Education
Program Specialist/Coordinator
- Nebraska Dept of Health and
Human Services Program
Specialist/ Coordinator
- Parent/Family Member
- Other

Sponsors: Nebraska Department of Health and Human Services, Division of Behavioral Health and the Division of Children and Family Services, the University of Nebraska Public Policy Center, and the Early Development Network.
Funding: Provided by the Transformation Transfer Initiative Award from Substance Abuse Mental Health Service Administration and administered by National Association of State Mental Health Program Directors.





Alliance: Saturday, September 21, 2013

Registration from 7:00 am-8:00 am

Walk begins at 8:00 am

Starting at the Performing Arts Center in the Commons
Area

Scottsbluff: Saturday, September 21, 2013

Registration from 8:00-9:00 am

Walk begins at 9:00 am

Starting at the Riverside Zoo Pavilion walking trail

Register online before the walk at
outofthedarkness.org

GIORGI'S GYM



Fitness Testing

The last week in August and first week in September is preliminary fitness testing: mile, sit-ups, push-ups, and flexibility. The mile run/walk is scheduled for Sept.4, 5, weather permitting. We are going to focus on fitness again this year so please make sure your child gets plenty of exercise at home and eats right.

Website

Be sure and check the school's website: hemingfordschools.org, for up-to-date happenings and photos from PE classes. Hold the mouse over "Schools" on the right hand side, click on "Elementary", "Academics", "Physical Education". There are also fitness calendars available there which you can print out and use each month. It's a great way to keep your kids moving after school.

Grading

Kindergarten through third grades receive a behavior and participation grade: 3-consistently meets expectations, 2-inconsistently meets expectations, 1-does not meet expectations.

Fourth, Fifth and Sixth Graders receive a percentage grade based on daily grade - 90%, fitness performance and written tests - 10%.

I have 2 rules in Physical Education:

1. Try Your Guts Out
2. Have Big Time Manners

Please encourage your child to do their best in everything they do!

Tennis shoes in PE

Please make sure your child wears tennis shoes on PE days:

White Days		Red Days	
5 th Grade	8:30-9:15	6P Grade	8:30 - 9:15
KH	12:25-12:55	6M	9:15-10:00
1 st Grade	1:00 - 1:30	3 rd	1:30 - 2:15
2 nd Grade	1:45 - 2:15	4 th	2:20 - 3:05
KF	2:20 - 3:05		

I'm looking forward to a great year!
Mrs. Giorgi

Professional Partners Program

Professional Partners Program

What is Wraparound? A wraparound service is developed and/or approved by a child and family team, is community-based and unconditional, is culturally competent and includes the delivery of coordinated, highly individualized services in three or more life domain areas of a child and family.

A Child and Family team contains individuals that would be beneficial to the child and their family. This could be parents, therapists, teachers, principals, and friends of the family that may be beneficial for the wraparound process. Community based means that we work with the child within their home town to prevent the child from being removed from their community. Unconditional means that the team agrees never to deny services because of extreme severity of disability, to change services as needs of the child and family change, and never to reject the child or family from services. Culturally Competent means that the child and family team are culturally sensitive and the services are tailored to the particular culture and values of the child and family. Every plan with each child is completely individualized based on the needs of each child. To be eligible, child must be under 21, have a mental health diagnosis (ADHD, Bipolar, Depression, PTSD, etc.) and have a score of 50 or higher on the Child and Adolescent Functional Assessment Scale. For more information please contact the Professional Partner Program at 308-747-2248 or your school.

Mandy Watts BSW
Professional Partner
Region 1 Behavioral Health Authority
127 West Second Street Suite 106
P.O. Box 366
Chadron, NE 69337
308-747-2248
Ext 2129

Website: www.pmhc.net

Does your child need health coverage? ¿Necesita su hijo(a) cobertura médica?

Call: Toll free/Línea gratuita: **1-800-383-4278**

Effective: 10-1-13 Call: **1-855-632-7633**

<http://www.ACCESSNebraska.ne.gov>

Department of Health & Human Services



N E B R A S K A

Health Care Coverage for Nebraska Children

Cobertura para el cuidado médico de los niños de Nebraska

COMMUNICATION SOURCES

HEMINGFORD PUBLIC SCHOOLS

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

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

PO Box 217
911 Niobrara Avenue
Hemingford NE 69348

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



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

<http://www.hemingfordschools.org>

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

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

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

Phone calls to students' homes when necessary.

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



EQUAL OPPORTUNITY

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

Web-Email Lunch Account System

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

INCLEMENT WEATHER

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

SCHOOL MESSENGER

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

Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2013

Hemingford Public Schools
Nancy Yardley, Food Service



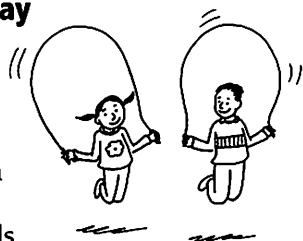
BEST BITES

Choose cafeteria meals

Changes in school meal requirements have made cafeteria food healthier than ever. And September is the perfect time for your youngsters to get used to eating school lunches. Get them excited by reading the menus together and talking about what they will select. *Note:* Look for an application in their backpacks for free and reduced-price meals.

Time to play

Make it a point to go to places where your children can run around, such as fields, parks, or school playgrounds. Bring along balls, bats, jump ropes, or anything else that your youngsters enjoy. *Idea:* Add to the fun by letting them bring a friend along or arrange to meet a friend there.



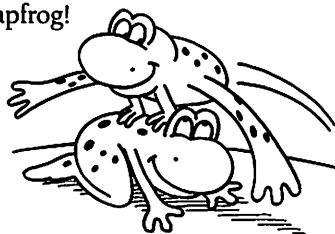
DID YOU KNOW?

An apple and a can of soda may have the same number of calories. But the apple will give your child nutrients, including minerals and fiber, that contribute to a healthy diet—while the soda offers only empty calories. Talking about this will help your youngster understand that all calories aren't equal.

Just for fun

Q: What is a frog's favorite game?

A: Leapfrog!



The family that eats together...

When families have meals together at least three times a week, their children are less likely to be overweight. Kids also tend to do better in school and to stay away from drugs when they have regular family meals. Consider these ideas for your household:



- Each Sunday, look at your calendar for the week, and write in dinner times. They might change based on each day's activities, and that's okay. *Idea:* If dinner isn't possible, try having breakfast or lunch together that day.
- Get everyone involved. Ask one youngster to find a recipe and another one to choose a green or an orange vegetable (asparagus, sweet potato). Rotate jobs like setting the table and making a salad.
- Do you have picky eaters? Let your children be the taste testers. You'll make

them feel like "insiders"—and pique their interest in dinner—by giving them samples ahead of time.

- At dinner, have fun conversations that teach about cooking. Let everyone guess how much brown rice you used ($\frac{1}{2}$ cup, perhaps) or how many cans of tomatoes went into the spaghetti sauce. Or ask family members to describe the menus they would create at their own restaurants.
- Use mealtime to catch up on what happened in each other's days. Keep conversations light and pleasant—this isn't the time for criticisms or fighting. *Note:* Turn off the TV and put away cell phones so you can focus on, and enjoy, each other! ●

Healthier breakfast cereal

Your child's first meal of the day can be a healthy one with these tips for cereal lovers.

Read labels. Go shopping together, and give your youngster words and numbers to look for on cereal packages. He could use a magnifying glass to "spy" a whole grain like oats or whole wheat listed as the first ingredient. Or have him find boxes with 10 grams or less of sugar and 5 grams or more of fiber.

Top with fruit, milk. Increase the nutrients by encouraging him to try different fruits on his cereal. He might like peaches, blueberries, or dried cranberries, for instance. Then, let him pour in fat-free milk. ●



One small step

Have you been trying to get your kids to eat better and exercise more? One mistake many people make is expecting too much at once. Instead, aim for gradual progress with one change at a time. Here's how.

Explain your goal

You might say, "I want all of us to be healthy and have strong bodies so we can play hard and do well in school and at work." Tell your family that this is something you can all accomplish together.



Ask for input

Let each person contribute three ideas. For instance, your youngster might suggest eating more fruit or playing together outside after dinner. You could recommend drinking more water or taking hikes on weekends. *Tip:* Have your child record all the ideas.

Decide on a plan

Vote for your favorite—that will be the first change you attempt. Together, come up with a few steps for achieving it. *Example:* If your goal is "Eat more vegetables," you can list "Have vegetables for after-school snacks" or "Taste vegetables at dinner every night." Give yourselves a month to adopt the new habit. Then, vote on your next healthy change! ♥

Q & A

"But I don't want to play sports"

Q: My daughter has no interest in playing sports. How can I make sure she gets enough exercise?

A: Sports are great, but they're not the only way for a child to get physical activity. Your daughter probably loves to have your attention—try spending time doing active things with her. Perhaps walk your dog or have hula hoop contests. Or take a class together, such as karate or rock climbing.

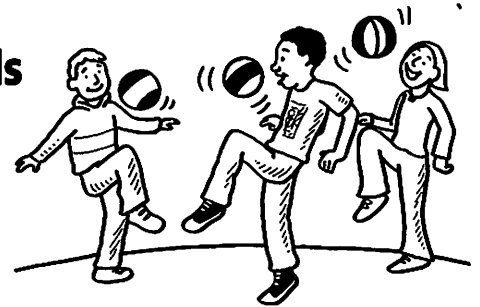


There's also a chance that your youngster just hasn't found the right activity yet. What does she like to do? If she loves sledding in the winter, she might try skating, running, or another activity where she can move fast. If she likes music, she could join a dance team. Let her experiment with different options, and she will probably find one she enjoys. ♥

ACTIVITY CORNER

Fun with friends

When your child invites friends over, encourage them to forget the computer and video games and go outside to play instead. With games like these, they'll have a great time as they get healthy exercise.



Bubble pop. One person runs around blowing bubbles with a wand, and the other players have to chase after them and pop the bubbles. Have each person count the number popped—the winner blows the bubbles for the next round.

Ball in the air. Give each player a ball. Keep your ball in the air by bouncing it off your knee, and see who can go the longest without dropping the ball.

Stepping stones. Lay out paper plates into a stepping-stone path on the grass (place some close together and others farther apart). Take turns walking and jumping the course. If you miss a step and touch the ground, start over. ♥

IN THE KITCHEN

Microwave it

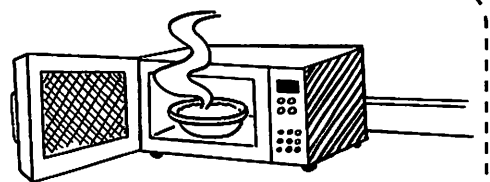
For healthy—and fast—cooking, your microwave can be your best friend.

Eggs

Scramble eggs without butter! Whisk eggs with fat-free milk in a microwave-safe bowl. Cook for 1 minute. Stir, and continue cooking, 30 seconds at a time, until the eggs are set. *Tip:* Add vegetables or low-fat shredded cheddar cheese before cooking.

Vegetables

Trim fresh vegetables, rinse under running water, and place in a microwave-safe dish. Cover, and cook until tender (start with 2 minutes, test for



doneness, and continue in 1-minute increments). For frozen vegetables, follow the directions on the package.

Popcorn

Making your own popcorn is a great way to boost the healthy fiber in your child's diet. Just put 3 tbsp. popcorn kernels in a brown lunch bag, fold down the top, and microwave for 2½ to 3 minutes (until there are more than 2 seconds between pops). *Idea:* Sprinkle on grated Parmesan cheese. ♥

OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
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 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

September 2013

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY NO SCHOOL	3 CEREAL Juice or Fruit	4 PANCAKE & SAUSAGE on a STICK Juice or Fruit	5 BREAKFAST WRAP Fruit or Juice	6 BREAKFAST PIZZA Fruit or Juice
9 CEREAL Fruit or Juice	10 EGG & CHEESE BISCUIT Fruit or Juice	11 BREAKFAST PIZZA Fruit or Juice	12 WAFFLES Fruit or Juice	13 CINNAMON ROLL Fruit or Juice
16 CEREAL Fruit or Juice	17 PANCAKES Fruit or Juice	18 CEREAL Fruit or Juice	19 SCRAMBLED EGGS Fruit or Juice	20 BREAKFAST PIZZA Fruit or Juice
23 CEREAL Fruit or Juice	24 FRENCH TOAST Fruit or Juice	25 BREAKFAST PIZZA Fruit or Juice	26 SAUSAGE GRAVY/ Biscuit Fruit or Juice	27 CINNAMON ROLL Fruit or Juice
30 CEREAL Fruit or Juice				

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 - \$1.20 Adult Breakfast - \$1.70

The cost of a lunch is as follows: PreK - 6 Lunch - \$1.70 7 - 12 Lunch - \$2.00 Adult Lunch - \$2.80



Hemingford Public Schools Lunch Menu

September 2013

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY NO SCHOOL	3 CHICKEN STRIPS Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	4 BURRITO Vegetables Fruit Roll & Butter SALAD BAR	5 PIG in a BLANKET Vegetables Fruit No Bake Cookie SALAD BAR & Chicken Noodle	6 MAC & CHEESE Vegetables Fruit Roll & Butter SALAD BAR
9 HAMBURGER Vegetables Fruit Dill Slices SALAD BAR	10 BOBCAT TACO Vegetables Fruit Roll & Butter SALAD BAR & Tomato Soup	11 CHICKEN NUGGETS Vegetables Fruit Roll & Butter SALAD BAR	12 SPAGHETTI Vegetables Fruit Garlic Bread SALAD BAR & Tomato Soup	13 SLOPPY JOE Vegetables Fruit Cookie SALAD BAR
16 CORNDOG Vegetables Fruit Roll & Butter SALAD BAR	17 CRISPITO Vegetables Fruit Roll & Butter SALAD BAR & Broccoli Cheese Soup	18 GRILLED CHEESE Vegetables Fruit Tomato Soup SALAD BAR	19 CHICKEN & NOODLES Vegetables Fruit Roll & Butter SALAD BAR & Broccoli Cheese	20 TACOBURGER Vegetables Fruit Cookie Cake SALAD BAR
23 CHICKEN FRIED STEAK Vegetables Fruit Roll & Butter SALAD BAR	24 CHILI Vegetables Fruit Cinnamon Roll SALAD BAR & Potato Soup	25 CHICKEN SANDWICH Vegetables Fruit Roll & Butter SALAD BAR	26 BEEFY NACHOS Vegetables Fruit Roll & Butter SALAD BAR & Potato Soup	27 PIZZA Vegetables Fruit SALAD BAR
30 ITALIAN DUNKERS Vegetables Fruit SALAD BAR				

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7 - 12 Lunch - \$2.05 Adult Lunch - \$2.85**

Calendar Events September 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 No School -- Labor Day Band Sales - Deli Intl	3 Red Day Band Sales - Deli Intl	4 White Day Band Sales - Deli Intl 8:20am Josten's (Srs/Sophs) 9:00am FFA Impact @Gering Civic Center	5 Red Day F/J/V/VB vs Mitchell Band Sales - Deli Intl 2:30pm JH VB vs Morrill	6 White Day VFB @ Crawford CC@Gering Inv. (JH/V) Band Sales - Deli Intl	7 Band Sales - Deli Intl
8 Band Sales - Deli Intl	9 Band Sales - Deli Intl Red Day School Board Meeting FCCLA Fall Leadership 5:30pm PreSchool Open House	10 White Day V VB Tri @Banner Co Band Sales - Deli Intl	11 Red Day EL School Picture Day Band Sales - Deli Intl 5:00pm FFA District Meeting @ Alliance	12 White Day HS School Picture Day Band Sales - Deli Intl 6:30pm Parent/Senior Meeting	13 Band Sales - Deli Intl Red Day CC@Kimball Inv. (JH/V) 4th Grade Field Trip to Historical School 7:00pm VFB w/Garden County (7 pm)	14 JV/V VB @Gor/Rush Band Sales - Deli Intl
15	16 JV VB Tri @Hemingford White Day JH FBw/Morrill 9:00am NeKota Author Assembly 3:30pm HAL Meeting	17 Red Day V VB Tri @Hemingford	18 White Day Progress Reports Sent Home FCCLA Gift Sales	19 Red Day VFB @Hay Springs JH VB vs Bridpt JV/V VB @Edgemont	20 White Day 6:00pm FFA Meeting	21 JH VB@Alliance Inv. CC@Alliance Inv. (JH/V) VB Invite@Hemingford ACT Test Date
22	23 Red Day JVFBw/Morrill	24 White Day CC@SBluff Inv. (JH/V) F/J/V VB vs Chadron 2:30pm Big Bro/Sis	25 Red Day Bus/Industry Day @Alliance	26 White Day JV/V VB @Banner Cty JH FB vs Gor/Rush	27 Red Day VFB @Sutherland CC@Torrington Inv. (JH/V)	28 PHC JH VB@St. Agnes JV/V VB @Mitchell Invite
29	30 White Day JVFB@BPort JH VBw/Gordon/Rushville					

Calendar Events October 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Red Day JH FB@Alliance JV/V VB Tri @Bayard Homecoming Week	2 White Day Homecoming Week	3 Red Day Homecoming Week JH FB@Crawford JH VB@Crawford CC@Bayard Inv. (JH/V)	4 White Day VFB w/SMC Homecoming Week	5 JH VB at Hemingford Quad Homecoming Week
6	7 Red Day JVFBw/GardenCounty	8 White Day JV/V VB @Crawford	9 Red Day Walk to School Day 2:30pm Big Bro/Sis	10 White Day 6:30pm Title I Parent Meeting	11 Red Day VFB w/Paxton WTC CC@BPort	12 JV VB @Gor/Rush
13	14 White Day School Board Meeting JVFB@Chadron Frosh JH VB@Hay Springs	15 Red Day	16 White Day Jr PSAT Test	17 Red Day JH VB@Bayard V VB Tri @Hemingford	18 White Day VFB @Morrill	19 V VB PHC @Sioux Co Hemingford Fall Festival
20	21 Red Day Quarter 1 Ends JVFB@Gordon-Rushville F/JV VB vs Gor/Rush	22 White Day Quarter 2 Begins JH FB@Kimball JV/V VB vs Hay Spgs	23 Red Day FCCLA Districts	24 White Day 6:00pm FFA Meeting	25 Red Day VFB w/Maxwell	26 V VB WTC @Kimball ACT Test Date
27	28 White Day 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		