

Special points of interest:

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- School Board Member Changes
- NeSA State Testing Dates
- Summer School
- Jr. Volleyball Practices
- Student Effort Awards
- Poison Prevention
- Wrestling Highlights
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Bobcat Bits



Superintendent Notes

Mr. Ningen
March, 2016

Changes on the Horizon for District 10

Our school district will see a few changes in the next year or so in several areas, including a new Elementary principal after twelve years; two new board members as J.D. Sutphen and Alan Roland have decided to let others step forward to serve; and the beginning phases of planning for new classrooms and a new gymnasium.

ELEMENTARY PRINCIPAL POSITION

These three items are large ones for our school and community. Mr. Ron Foster, a big part of our school district will be retiring in June. Mr. Eric Arneson of Omaha has been hired to be our new Elementary Principal. Mr. Arneson, his wife, and their young daughter look to move here this summer.

BOARD MEMBER CHANGES

J.D Sutphen has served district 10 for many years on our Board of Education, as has Alan Roland. Both men have been strong supporters of education, and their good ideas and time will always be appreciated.

At this time Blanche Randolph will be running for the town ward position that Mr. Sutphen held, and Darby Jespersen will be running in our Western Ward against incumbent Trish Schumacher. In our Eastern Ward, there will also be a new member elected to take the place of Mr. Roland.

FUTURE BUILDING PROJECTS

Board discussion of late has included the discussion of future building projects. The board has given direction for Architect Lee Davies, a graduate of Hemingford High School from North Platte, to draw up plans that would include new classrooms for our students. The plans will place as many as six new classrooms on the northern side of our existing buildings, replacing the two modular buildings that contain two classrooms each of middle grade students.

The new brick classrooms would allow them to be connected to our larger buildings, and feature new technology, new heating and cooling systems, and have a higher safety factor by being part of an enclosed environment.

The two additional classrooms would be part of the high school building and allow for flexibility in scheduling and student experiences that will better prepare them for college.

There has also been some discussion about the feasibility of constructing a new and larger gymnasium that would be located on the north of our present High School or Central Office building. Though our present high school gym has had some previous additions, has been well cared for, and features new lighting, heating, and seating, a larger facility is desirable.

With any new building projects, patrons are invited to give their input to our board members prior to any financial decisions down the road. Our district is currently in very strong financial shape, and successfully constructed a new main entrance hall, new elementary offices, and a safe and contained environment that connected our three largest buildings last year.

That project came at a cost of under a million dollars and was paid for by using saved building funds and a loan from the General Fund without the need of bonds.

Our next project, whether it would include just classrooms, or classrooms and a new gym, would either require saving the needed funds, or asking voters to pass a bond issue to pay for the project.

At this time, the board is examining previous building plans, and having Mr. Davies make some changes to bring the existing plans up to date. The board will again meet with Mr. Davies at their April 11th, 2016 Board Meeting in our High School Library.

Patrons that wish to express their thoughts or would like to add input to the possible project can visit with any of our six board members: President Randy Wood, Vice President Trish Schumacher, Secretary J.D. Sutphen, and members Alan Roland, Justin Ansley, and Troy Turek.

Hemingford has been identified as one of only three school districts in the Nebraska Panhandle (of 21) that have shown continuous student growth over the past ten years. The others are Scottsbluff and Sidney.



Already—Yes! Set those clocks ahead on March 13th. Daylight-Savings time is upon us. Until everyone's internal clock adjusts, please work with your son or daughter in getting them up and moving to be at school on time. Being on time is a skill that needs to be developed. School is the primary "job" for students and should be treated as such. The season for shorts also begins again at this time. Please help us with the length of shorts that girl's wear. They should rest at mid-thigh is a good

visual ruler for you.

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

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

Semester Course Credit—Progress Reports provided an update on current grades. To earn credit for a class Quarter 3 and Quarter 4 grades are averaged and must be over 70%. Students not earning this will be required to retake the class the following year. Please call if you have any questions or would like help checking on grade status.

Please help support your child and school by letting them know how important it is to give their best effort on these tests.

Parent-Teacher Conference



Collaborating for Success

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

Please plan to spend some time at the high school on **Tuesday, March 22** for parent/teacher conferences. Conferences run from 2:00 – 8:00 pm. At that time you may pick up your son or daughters report card as well as discuss with teacher the strengths/concerns of your child. This is an excellent opportunity to discuss concerns or ask questions. Feel free to bring your son/daughter to conferences with you. It is useful for them to hear the good as well as how they could

do better. Remember conferences are for all the students in grades 7-12.

Capital Forum and County Government Day

Mr. Chatelain and four students will be attending the Capital Forum on March 21 and 22 in Lincoln. During this time students attend mini-sessions where they discuss and deliberate over issues that have been raised in the forum. (Some of the issues, I believe are those currently being discussed in the legislative session.) County Government is scheduled for Monday, April 4.





School Activities

During the month of March, athletic competitions as well as fine arts and academic competitions continue. Band clinics, instrumental music, quiz bowl teams are all part of the March activities.

March 7—Panhandle Conf Music (Host)	March 14—District Speech
March 8—WTC Instrumental Music	March 16—WTC Quiz Bowl at Gor/Rushville
March 9—Quiz Bowl at Bayard	March 31, April 1, 2 --Dinner Theatre (Tentative)
March 9—Box Butte Business and Industry	April 1—Scholastic Day @ CSC

Teacher Assessment Day

The morning of March 23, teachers will spend time with 6-trait writing scoring. Teachers will score the writing that was completed March 1. These results help provide data to the English department which they use to adjust curriculum.



April Event: Prom Eligibility

The juniors are in planning stages for the 2015 Prom (April 9). This is a reminder to parents that students must meet the academic eligibility to attend. Numerous announcements will be made to the students so that they are fully aware of the time frame also. For students to be eligible to attend prom, they must be eligible for the period beginning Wednesday, April 6 through Tuesday, April 12, 2016.

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

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

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

Supervised Study Time (SST)

It happens from 3:30-4:00 Monday-Thursday. Looking for students that need time to make up work from being absent, use computers, finish projects, ask questions, or finish homework; all ways that can raise a student grade and understand material presented. All students are welcome to use this time. SST also helps to keep students eligible by receiving the one-to one assistance that may be needed to understand a concept or complete some unfinished work.





HEADING TOWARDS MARCH

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

STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. The students in all other grades will write using the spring prompts that have been developed by our staff. The staff will be evaluating and scoring all papers the morning of March 23rd.



DATES OF INTEREST

March 17th – Quarter 3 Ends

March 22nd – 1:00 P.M. Dismissal

March 22nd - Parent / Teacher Conferences will run from 2:00 – 8:00

p.m.

March 23rd – March 28th -- No School – Spring Break

PARENT - TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Tuesday, March 22nd. Conferences will run from 2:00 – 8:00 p.m. This is a great time to discuss with the teacher your child's strengths and any concerns you may have. I hope to see all of you in attendance. Thanks for your support. Remember it takes all of us working together to help your child succeed.



STATE READING, MATH, and SCIENCE TESTS

We will administer the NeSA-R and NeSA – M, (Nebraska State Accountability Reading and Math) tests this **March and April** for students in grades 3, 4, 5, 6, 7, 8, and 11. We also will administer the NeSA-S (Nebraska State Accountability Science) to grades 5, 8, and 11. This is a state requirement to measure student growth against schools throughout our state. **THESE TESTS ARE VERY IMPORTANT.** **Let's show everyone how great our school is by doing our very best.**

ACCELERATED READING

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

BOX TOPS FOR EDUCATION

Please remember to save the box tops that are found on many different food items. They allow us to earn money for our school. This is another great way to help our school.

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

2016 Nebraska State Testing Schedule for Elementary

Wednesday, March 30th – Red Day

5th Grade – 8:30 - 10:30 NeSA-Science Test

Thursday, March 31st – White Day

6th Grade – 9:15 – 11:15 NeSA-Reading Test

Monday, April 4th – White Day

6th Grade – 9:15 – 11:15 NeSA-Reading Test

Tuesday, April 5th – Red Day

5th Grade – 8:30 - 10:30 NeSA-Science Test

Wednesday, April 6th -White Day

4th Grade – 1:00 - 3:00 NeSA-Reading Test

Thursday, April 7th – Red Day

All 3rd Grades – 9:15 – 11:15 NeSA-Reading Test

Friday, April 8th – White Day

All 5th Grades – 8:30 – 10:20 NeSA-Reading Test

All 4th Grades – 1:00 – 3:00 NeSA-Reading Test

Monday, April 11th – Red Day

All 3rd Grades – 9:15 – 11:15 NeSA-Reading Test

All 5th Grades – 1:00 – 3:00 NeSA-Reading Test

Tuesday, April 12th – White Day

6th Grade – 9:15 – 11:15 NeSA-Math Test

Wednesday, April 13th – Red Day

5th Grade – 8:30 - 10:30 NeSA-Math Test

Thursday, April 14th – White Day

All 5th Grades – 8:30 – 10:20 NeSA-Math Test

All 4th Grades – 1:00 – 3:00 NeSA-Math Test

Friday, April 15th – Red Day

3rd Grade – 9:15 – 11:15 NeSA-Math Test

Monday, April 18th – White Day

6th Grade – 9:15 – 11:15 NeSA-Math

Tuesday, April 19th – Red Day

4th Grade – 9:15 – 11:15 NeSA-Math Test

Wednesday, April 20th – White Day

All 3rd Grades – 1:00 – 3:00 NeSA-Math Test



Curriculum Connection: Read Write Think

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In order to improve reading comprehension, vocabulary, and critical thinking skills, seventh grade students often read articles from Scholastic's *Scope* magazine during Read, Write, Think class. One recent issue featured an article entitled "Is Boredom Really *That* Bad?" by Kristin Lewis. Students will be reading and discussing this article in the coming weeks, and it seems especially pertinent to the hectic lives we live today, so I thought that instead of the usually "Library News," I'd share some of the findings and ideas from the article with all of our newsletter readers.

Lewis consulted neuroscientist Mary Helen Immordino-Yang of the University of Southern California, who explained that most of the time, one of two "attention networks" in the brain is hard at work. This network allows us to pay close attention to activities, such as homework, chatting with friends, playing a game, or doing our taxes. Now that we have so many scheduled activities and responsibilities—sports practice, home improvement projects, youth groups, chores, homework, etc.—this part of the brain is "on" most of the time. Even in our "down time" this attention network is often engaged, whether we are watching a fascinating movie, scanning Facebook, uploading pictures of the latest basketball game, reading a book, playing video games, or engaging in other "relaxing" activities.

On the other hand, the second attention network in the brain is meant for introspection. Boredom, and the simple act of *not* doing something active, can actually allow this part of the brain to "work" and give us a chance to recall fond memories, daydream, be creative, or process negative emotions, such as those that arise from family arguments or disagreements with friends. Increasingly, though, we avoid boredom and introspection in favor of activities that seem passive, such as watching TV, even though these activities are actually engaging the brain's active attention network.

So what? Isn't it a good thing to be engaged in some sort of activity, particularly for kids, so they stay out of trouble? Yet all this activity comes with a catch. Some kids simply aren't developing one important skill: coping with boredom, which is a form of self-regulation. If kids don't know how to manage boredom and use that time for introspection, they may begin to engage in destructive behaviors or become anxious when they are not constantly being entertained or distracted in some way. Introspection is also crucial in managing emotions, but if kids never take the time to think about how they feel and find strategies to cope with those feelings, they may have difficulty interacting with adults and with peers.

To avoid these negative repercussions, encourage your kids (and yourself) to "be bored." You could try taking a walk without your phone and let your mind wander. Sit in the grass and watch the clouds float by. Think back to happy memories as you sip cocoa by the fire. With all the activities we schedule into our days, perhaps it's time to "schedule" some boredom, as well.



Quiz Bowl 2016

The quiz bowl team was off to a good start this year at the Mitchell Invitational Meet in spite of stiff competition. The A team took third place with 420 points, while the B team took seventh with 220 points. In addition, Kobe Coryell earned a spot on the All-Tourney Team. The quiz bowl team will compete again at the Bayard Invitational on March 9 and at the WTC Quiz Bowl in Gordon on March 16.



C O U N S E L O R ' S

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

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

Sophomores – I will be conferencing with all sophomores to explain their high school transcript and we will be looking at class selections for the career of their choice.

**The next registration date for the ACT is March 4. The test date is April 9.
Go to ACT.org to register.** (This is a good test for the juniors to take)

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

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

*Children need love, especially when they do not deserve it.
Harold S. Hulbert*

Summer School– 2016

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

**JR. Volleyball**

Jr. Volleyball will begin practices on Tuesday, March 15th at 4:00 PM.

The tentative schedule for games is:

April 9 - Crawford

April 16 - Hay Springs

April 23 - Hemingford

April 30 - Gordon/Rushville



We are also selling team t-shirts (\$15) and sweatshirts (\$25) please contact Jodi Sellman (308)430-2604 or Melisa Turek (308)763-1907 to place your order! We will be taking orders until March 15th

Thank you!!!

Jodi

Student Effort Awards– 1st Semester 2015-2016



K-3 Sofia Gomez (K), Desilee Hinman (K), Ty Horstman (K), Eli Hunter (K), Korbin Mazanec (K), Jade Sorensen (K), Tehya Buser (1), Dyson Fritzler (1), Marcus Garza (1), Anthony Haas (1), Carson Haas (1), Marcella Loomis (1), Jonathan Moreno (1), Eli Oetken (1), Lilly Rathjen (1), Isabella Tallon (1), Teagen Thompson (1), Dakota Horstman (2), Talon Payne (2), Gavin Bell (3), Serenity Dillard (3), Cody Galles (3), Mersades Garza (3), Seth Meyring (3), Sierra Robinson (3)

4-6 Vincent Clements (4), Jacob Ferguson (4), Ethan Plog (4), Austin Rhoads (4), Drew Varner (4), Zane Hinman (5), Jordan Hollinrake (5), Jayda Meyring (5), Neo Powell (5), Cody Rathjen (5), Arielle Stallings (5), Rick Turek (5), Kambree Walker (5), Destiny Hanson (6), Daren McConville (6), Sarina Radspinner (6), Ethan Specht (6)

7-8 Dali Del Toro (7), Danae Hanson (7), James Jacobs (7), Rayne Jespersen (7), Sara Knote (7), Jayce Meyring (7), Landrie Nelson (7), Jack Payne (7), Rachel Schekall (7), Brian Turek (7), Katelyn Varner (7), Ellie Winner (7), Kenny Wyland (7), Isaiah Bryner (8), Jacob Clouse (8), Kaylee Connell (8), Tayson Ernesti (8), Gage Franklin (8), Kaitlyn Fritzler (8), Becca Hanson (8), Storm Jespersen (8), Emily Knote (8), Maggie Moss (8), Alex Plog (8), Jace Stumpff (8), Elijah Walters (8), Dylan Wickham (8)

9-12 Kobe Coryell (9), Luke Cullan (9), Lauren Gasseling (9), Ashley Isom (9), Joe Mazanec (9), Mercedes Mazanec (9), Ashley Mutchie (9), Mark Plog (9), Josie Stewart (9), Jacobi Stumpff (9), Baily Irish (10), Carli Cullan (11), Brooke Galles (11), Natalie Gasseling (11), Emily Hansen (11), Shawn Kvamme (11), Taylee Neefe (11), Mikayla Randolph (11), Tanner Benge (12), Jacob Horstman (12), Lee Jespersen (12), Cole Walters (12), Cooper Weber (12)

**Congratulations on your effort
and keep up the great work!**

If you have any questions about the student effort award, please contact Mandy Plog, 487-3330.



FFA-Ag Mechanics

On Wednesday February, 10th the Hemingford FFA traveled to Gordon, NE to compete in the Veterinary Science, Farm and Ranch Management, and Food Science contests. The Food Science had two FFA members compete, Madison Davis and Cade Payne this did not constitute a full team but these members choose to audit the contest. Farm and Ranch Management team consisting of Lee Jespersen who received a purple ribbon and was high individual in the district, Matt Sorenson who received a blue ribbon and placed second as an individual, Johnny Manning received a blue ribbon and Cole Walters placed second as a team and qualified to compete at the state level in Lincoln. The Veterinary Science team consisting of Sydney Riggs, Anna Manning, Miles Davis, and Mat Davis placed eleventh out of sixteen teams and will not be competing at the state level. Mat Davis received a white ribbon in this event. The next competition will be on March 2nd when the members will travel to Kimball for the District Agronomy, Meat Science and Livestock Judging contest.



World Strides Italian Buffet Dinner

When: March 1st 2016

Time: 5pm -8pm

Where: Westside Event Center in Alliance, NE

This is our last fundraiser to help the students go to Washington D.C.

The cost is \$15 for adults and \$7.50 for children 12 and under.

If you would like to purchase a ticket you can call April 760-8641. Or you can show up the night of the event.

We hope to see you there and thank you for all of your support.



ASD Family Support Group

Please join us for refreshments, activities and discussion/education. All families (parents, grandparents, siblings etc.) of children with Autism Spectrum Disorder are welcome.



Where: Regional West Medical Center in Scottsbluff
Room II (From 42nd street – park in lot 6 - enter at door 6 the Birth and Infant Care Center - follow the signs)

When: 10 am to noon

Saturday, March 5th – Pam Brezenski will speak on IEPs and parent's rights

Saturday, April 23rd - TBA

Saturday, May 21th – End of school picnic (bring a dish to pass if you can)

For further information please contact Heidi Larson, PA-C at 308-630-1811 or Lacie Linstrom, MA, CCC-SLP at 231-903-5499.

Winter Weather

February, March, and April Bring More Chances



Weather Issues

Winter Continues in Hemingford! Snowfall, lower temperatures, road conditions and wind will create changes in our school schedules. Safety of our students, our staff, and our patrons is very important.

If Changes are Needed

Our goal is to make any weather change decision before 6AM for late starts or cancellations, and before noon for early dismissals. Input from weather forecasts, local residents, and driving our roads early in the morning help to determine these decisions.

Thanks for Helping Us Out

Our school district stretches many miles in all directions. The weather is rarely the same throughout the entire district. Parents do a great job of deciding what they need to do if there is adverse weather in their area. This may mean bringing students in late, or not at all.

Communication Methods

***Our Phone Notification system:**

Cell phones and land lines are called if numbers are registered with us

***Our school facebook page**

<https://www.facebook.com/Hemingford-Public-Schools-293886524083765/>

***Our school website:**

<http://www.hemingfordschools.org>

***Local radio stations:**

KQSK (97.5 FM); KAAQ (105.9 FM)

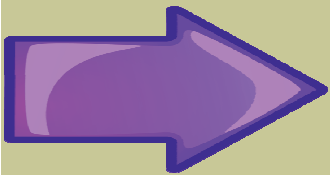
World Strides Sponsor-2017

Wanted— a new sponsor for World Strides-This will be Mrs. Hanson's last year as sponsor.

Normally there is a meeting for the 2017 group in March with the first opportunity to fund-raise in April (Mobius Annual Meeting) but looking for a sponsor that will:

- Schedule the date of trip (this has moved to summer—usually first week in June)
- Work with World Strides to set the itinerary.
- Track student participation in funding raising monies.
- locate additional sponsors for the actual trip. (these people help with the funding opportunities)

Mrs. Hanson did say that she would be available for questions, etc. but would/could not sponsor the new group. If you are interested in taking this over, please have them contact April Hanson at the school.



URGENT!



STATE WRESTLING HIGHLIGHTS-2016



Cooper Weber-5th Place



Kyle Walker, Pete Gomez, Jake Frost, Cooper Weber



Troy Isom



Kage Jespersen



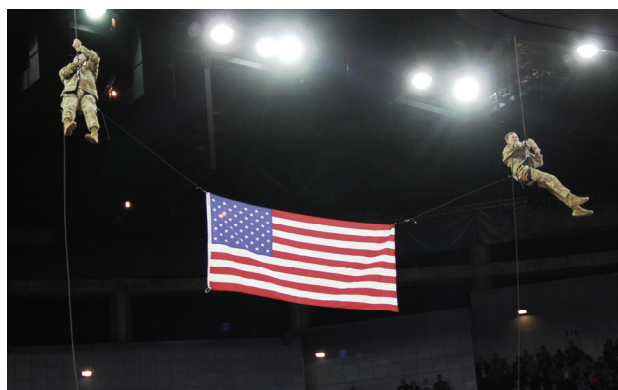
Joe Planansky –Honored by NSAA



Lee Jespersen



Justin Davis



National Guard Rappelling the colors

2016 Junior High and Senior High Track

The 2016 Track & Field season is right around the corner with Winter sports finishing up their seasons. High School athletes will report Monday, February 29th for their first workout. Junior High athletes will report the following Monday, March 7th. We encourage all athletes to consider joining the team as we continue to strive for excellence in Bobcat athletics as well as provide the basis for conditioning and athletic performance growth heading into the summer conditioning period.

Coaches for this season are as follows: Head Boys' and Girls' Coach, Randy Hiemstra, Assistant Coaches, Jake Brummer, Lisa Janssen, and Jayme Nunes. We are excited for the upcoming campaign as we believe we have a number of quality athletes to compete for personal records, meet place winners, conference championships, and district qualifying spots for the state meet in Omaha.

High School Track Schedule 2016

Saturday, March 19	CSC Indoor	Chadron State College
Thursday, March 24	Kimball Invite	Kimball
Saturday, April 2	Bayard C-D	Bayard
Thursday, April 7	Mitchell Invite	Mitchell
Saturday, April 16	WTC	Kimball
Friday, April 22	Chadron Invite	Chadron
Tuesday, April 26	Best in the West	Scottsbluff
Friday, April 29	PAC	Morrill
Friday, May 6	B-C-D	Bayard
Thursday, May 12	District	Grant
May 20-21	State	Omaha

Junior High Track Schedule 2016

Thursday, April 5	Bayard Invite	Bayard
Saturday, April 9	Chadron Invite	Chadron
Thursday, April 21	Kimball Invite	Kimball
Friday, April 29	PAC	Morrill
Tuesday, May 3	Morrill Invite	Morrill
Saturday, May 7	Alliance Invite	TBA



Poison Prevention Week Council



NATIONAL POISON PREVENTION WEEK 2015: March 15-21 poisonprevention.org

50+ Poisoning Prevention Tips

Poisoning is now the leading cause of death from injuries in the United States, as reported by the Centers for Disease Control and Prevention, National Center for Health Statistics. In this recent report, it was noted that in 2008, the number of poisoning deaths exceeded the number of motor vehicle traffic deaths for the first time since at least 1980.¹ A poison is any substance that can harm someone if it is used in the *wrong* way, by the *wrong* person or in the *wrong* amount.

These tips are brought to you by members of the National Poison Prevention Week Council. The Council has been helping to prevent poisonings for more than 50 years and is made up of representatives from industry, government, non-profit and health organizations to educate the public about the prevention of unintentional poisonings and accidental exposures in and around the home. These tips are intended for educational purposes and we encourage you to reproduce and

share them with others. Together we can reduce poisonings that can cause death and injuries in the United States. Poisoning prevention is in your hands. The following tips can help you protect yourself and your loved ones:

General Safety Tips

- Use National Poison Prevention Week as a time to raise awareness in your community about ways to prevent unintentional poisonings.
- Use National Poison Prevention Week as the time to inspect your entire home for any medicines or household products, such as detergents, cleaning products, pesticides, and fertilizers that may not be stored properly and correct the situation immediately. Always store medicines and household products up high, away and out of sight from children.
- Install safety latches on cabinets used for medicines and household products.
- Ensure children can't use chairs or stack items to climb to products stored out of their reach.
- Re-close medicines and other household products if interrupted during use. Many incidents happen when adults are distracted when using these products (e.g., by the telephone or the doorbell).
- Buy products in child-resistant packaging whenever possible. But remember, child-resistant is not childproof, and is designed to keep children away from the product for a short time before a parent notices.
- Once purchased, use child-resistant packaging properly by closing the container tightly after each use.
- If you think someone has been poisoned, call Poison Help, 1-800-222-1222, to reach your local poison center. This national toll-free number works anywhere in the U.S. 24 hours a day, 7 days a week, 365 days a year.
- Keep the toll-free Poison Help number, 1-800-222-1222, near your phone, or program 1-800-222-1222 into your home and mobile phone.
- When you leave your children in a babysitter's care, ensure he/she knows about the Poison Help number – 1-800-222-1222.
- Read medicine and product labels before each use and follow directions exactly.
- Teach children to always ask an adult before eating, drinking or touching anything.

Medicine Safety Tips

- Ask babysitters, visitors, and houseguests to keep purses, briefcases or bags that contain medicines up high, away and out of sight from your children. The same rule applies when your children are visiting a friend or relative's home.
- Buy products in child-resistant packaging whenever possible. But remember, child-resistant is not childproof, and is designed to keep children away from the product for a short time before a parent notices.
- Use child-resistant packaging properly by closing the container tightly after use.
- If you think someone has been poisoned, call 1-800-222-1222 to reach your local poison center. This national toll-free number works anywhere in the U.S. 24 hours a day, 7 days a week, 365 days a year.
- Keep the poison center toll-free number near your phone, or program 1-800-222-1222 into your home and mobile phone.
- Read medicine and product labels before each use and follow directions exactly.
- Tell children what medicine is and why you must be the one to give it to them.
- Never call medicine "candy" to get a child to take it.
- Never leave medicine out on a kitchen counter or at a sick child's bedside.
- Always turn the light on when giving or taking medicine. Check the dosage every time.
- Put on your glasses to read the label when you need to take a medicine so that you know you have the correct amount of the right medicine.

- Avoid taking medicine in front of children.
- Never take more than the prescribed amount of medicine.
- Never “borrow” a friend’s medicine or take old medicines.
- Tell your doctor what other medicines you are taking so you can avoid harmful or dangerous drug interactions. This includes prescriptions, over-the-counter medicine, vitamins and herbal products.
- Clean out the medicine cabinet periodically, and safely dispose of medicines that are expired or no longer needed.
- Always relock the safety cap on a medicine bottle. If the medicine has a locking cap that turns, twist it until you hear the click or you cannot twist any more.
- Don’t remove medicine from a child-resistant package and put it in another type of easy to open container.
- Read the labels of prescription and over-the-counter medicine carefully to make sure you are not taking more than one product at a time with the same active ingredient.
- Use only the measuring device (dosing cup, dosing syringe, or dropper) that is included with your medicine. If a measuring device is not included or you do not receive one, ask for one from your pharmacist. Don’t substitute another item, such as a kitchen spoon.
- If you don’t understand the instructions on the medicine label, or how to use the dosing device (dosing cup, dosing syringe, or dropper), talk to your pharmacist or doctor before using the medicine.
- Never share or sell your prescription medicines.
- Monitor the use of medicines prescribed for children and teenagers, such as medicines for attention deficit disorder, or ADD.
- Keep medicines in their original bottles or containers whenever possible. If you transfer medicines to another container, such as a pill minder or organizer, store them in a place that is too high for a child to reach or see, since these containers are often not child-resistant. If possible, ensure the storage location has a safety latch.
- Some medicines are dangerous when mixed with alcohol. Consult your doctor or pharmacist before drinking alcohol if you are taking a prescription or over-the-counter medicine.
- Talk to your doctor before taking any vitamins or herbal supplements. They can interact with your medicine.

Household Product Safety

- Keep cleaning products in their original container with their original label intact.
- Laundry product labels contain first aid information and are a valuable resource for consumers.
- Always close all household cleaning product containers immediately after use and store them out of children’s reach.
- NEVER use food containers such as cups or bottles to store household and chemical products.
- Teach children that laundry and other cleaning products and their containers are not toys.
- Children are usually curious and explore all new things that they find in the home. Take care to keep laundry products out of reach of young children.
- Always remember to rinse and re-cap laundry containers before throwing away or recycling.
- Never use empty detergent containers for storage of any other materials.
- Remove children, pets, and toys before applying pesticides (inside or outside the home). Follow label directions to determine when children and pets can return to the area that has been treated.
- To protect children from exposure to mouse/rat/insect poison, use products with a tamper-resistant bait station.
- Regularly clean floors, window sills, and other surfaces to reduce possible exposure to lead and pesticide residues.
- Have your child tested for lead. Symptoms of lead poisoning may not be obvious right away, but behavior and learning problems can develop if high levels are left untreated.
- Wash children’s hands, toys, pacifiers and bottles often. Store food in a separate area than household cleaning products and chemicals. Mistaking one for the other could cause a serious poisoning.
- Never combine household cleaning products because some chemical mixtures may release irritating gases.
- Turn on fans and open windows when using household cleaners and chemicals.
- Make it a practice to check the spray nozzle on products before use to ensure that it is directed away from your face and other people.
- Wear protective clothing, including long-sleeved shirts, long pants, socks, shoes and gloves, when spraying pesticides and other chemicals. Pesticides can be absorbed through the skin and can be extremely poisonous, if not used in accordance with label directions.
- Stay away from areas that have recently been sprayed with pesticides or other chemicals.
- Don’t sniff chemical containers, whether you know what is inside or not.
- Keep batteries out of a child’s reach. Contact the poison center right away if a child swallows a battery or a battery is missing from a toy or other household item, no matter how small the battery. Properly dispose of old batteries after they have been removed from an appliance.
- Keep magnetic toys and other magnetic items away from small children. Call the poison center right away if you suspect a child has swallowed a magnet.
- Install carbon monoxide detectors near or in your home’s sleeping areas and on every level of the home.
- Know the name of all household plants in your home. Remove any poisonous plants from the house and yard.

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.



Hemingford Public Schools Breakfast Menu

March 2016

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal Fruit Juice	2 Oatmeal Fruit Juice	3 Scrambled Eggs & Sausage Fruit Juice	4 Fruit Yogurt Parfait Granola Juice
7 Pancakes & Sausage Fruit Juice	8 Cereal Fruit Juice	9 Cream of Wheat Fruit Juice	10 Breakfast Burrito Fruit Juice	11 Fruit Yogurt Parfait Granola Juice
14 Oatmeal Fruit Juice	15 Breakfast Sandwich Fruit Juice	16 Cereal Fruit Juice	17 Pancakes & Sausage Fruit Juice	18 Fruit Yogurt Parfait Granola Juice
21 Cream of Wheat Fruit Juice	22 Biscuits & Gravy 1:00 Dismissal	23 	24 Spring Break	25 
28 	29 Oatmeal Fruit Juice	30 Cereal Fruit Juice	31 Peanut Butter & Jelly Fruit Juice	

Menus are subject to change

USDA is an equal opportunity provider & employer.

The Hemingford Public School provides lunches in accordance with the National School Lunch Program.

The cost of a breakfast is as follows: PreK-12 - \$1.50 Adult Breakfast - \$2.00

The cost of a lunch is as follows: PreK - 6 Lunch - \$2.00 7 - 12 Lunch - \$2.10 Adult Lunch - \$3.10



Hemingford Public Schools Lunch Menu

March 2016

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beefy Nachos Fruit Vegetable	2 Chicken Fajitas Fruit Vegetable	3 Ham & Cheese Subs Fruit Vegetable	4 Cheese Quesadilla Fruit Vegetable
7 Hamburgers Fruit Vegetable	8 Beef Burrito Fruit Vegetable	9 Chicken Sandwich Fruit Vegetable	10 Honey Lemon Chicken Fruit Vegetable	11 Cheese Pizza Fruit Vegetable
14 Hamburgers Fruit Vegetable	15 Rotini Fruit Vegetable	16 Sloppy Joe Fruit Vegetable	17 Throwback Chicken Fried Steak Mashed Potatoes & Gravy Fruit	18 Grilled Cheese Tomato Soup Fruit Vegetable
21 Hamburgers Fruit Vegetable	22 Chicken Alfredo w/Twist Fruit Vegetable 1:00 Dismissal	23 	24 Spring Break	25 
28 	29 Chicken Sandwich Fruit Vegetable	30 Spaghetti w/ Meat Sauce Fruit Vegetable	31 Chicken & Cheese Subs Fruit Vegetable	

Menus are subject to change

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The Hemingford Public School provides lunches in accordance with the National School Lunch Program.

The cost of a breakfast is as follows: PreK-12 - \$1.50 Adult Breakfast - \$2.00

The cost of a lunch is as follows: PreK - 6 Lunch - \$2.00 7 - 12 Lunch - \$2.30 Adult Lunch - \$3.10

Calendar Events March 2016

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 White Day World Strides Italian Buffet Spring Writing for Grades 7,9,10,12	2 Red Day NHS reads to EL (Dr. Seuss Day) 9:00am FFA Ag Ed Contest @ Kimball	3 White Day Girls State BB	4 Red Day Girls State BB State ProStart in Lincoln	5 Girls State BB State ProStart in Lincoln
6	7 White Day PHC Music Contest @ Hemingford	8 Red Day WTC Instrumental @ Bdpt	9 White Day HS Quiz Bowl at Bayard Box Butte B&I Day?? (Sophs) 2:30pm FCCLA Big Brother/Sister	10 Red Day Boys State BB	11 White Day Boys State BB	12 Boys State BB
13	14 Red Day District Speech at Gering Civic Center 7:00pm School Board Meeting	15 White Day 6:30pm FFA Meeting	16 Red Day WTC Quiz Bowl @ Gor/Rush (date change)	17 White Day Quarter 3 Ends Credit Union Annual Meeting	18 Red Day Quarter 4 Begins 6:30pm FFA Rocky Mt Oyster Feed @ Multi Purpose	19 Track at CSC Indoor
20	21 White Day NeSA Testing Window Capital Forum	22 Red Day 1:00 P.M. Dismissal P/T Conferences 2 - 8 P.M. NeSA Testing Window	23 No School -- Assessment Day NeSA Testing Window	24 No School -- Easter Break State Speech in Kearney Track at Kimball NeSA Testing Window	25 No School -- Easter Break NeSA Testing Window	26
27	28 No School -- Easter Break NeSA Testing Window	29 White Day NeSA Testing Window	30 Red Day NeSA Testing Window	31 White Day NeSA Testing Window ??Dinner Theatre @ Multi- Purpose Hall		

Calendar Events April 2016

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Red Day NeSA Testing Window ??Dinner Theatre @ Multi-Purpose Hall CSC Scholastic Day	2 Track at Bayard C-D ??Dinner Theatre @ Multi-Purpose Hall
3 FCCLA State @ Lincoln	4 White Day FCCLA State @ Lincoln NeSA Testing Window County Govt Day	5 NeSA Testing Window JH Track at Bayard Golf at Bayard FCCLA State @ Lincoln FFA State Convention @Lincoln Red Day	6 White Day FFA State Convention @Lincoln NeSA Testing Window	7 Red Day Track at Mitchell FFA State Convention @Lincoln NeSA Testing Window	8 White Day FFA State Convention @Lincoln NeSA Testing Window Post Prom Gym Use - Both Gyms	9 Prom 2016 JH Track at Chadron ACT Test Date Post Prom Gym Use - Both Gyms
10	11 Red Day NeSA Testing Window 5:30pm SB Planning Committee 7:00pm School Board Meeting	12 White Day NeSA Testing Window 6:30pm FFA Meeting	13 Red Day NeSA Testing Window 2:30pm FCCLA Big Brother/Sister	14 White Day Golf at Bridgeport NeSA Testing Window	15 Red Day NeSA Testing Window	16 WTC Track at Kimball
17	18 White Day NeSA Testing Window	19 Red Day Golf at Morrill NeSA Testing Window	20 NeSA Testing Window White Day Progress Reports for Seniors Mailed District 6 Music at Alliance Ag Field Trip to Gudmundsen Sandhills Lab 5:30pm NHS Induction	21 Red Day JH Track at Kimball NeSA Testing Window 5:00pm 6th Grade Bingo Night	22 White Day Track at Chadron Twilight NeSA Testing Window	23 Golf at Alliance
24	25 Red Day NeSA Testing Window	26 White Day Track (Best in the West) at Scottsbluff WTC Golf at Kimball NeSA Testing Window	27 Red Day Progress Reports Sent Home NeSA Testing Window	28 White Day Golf at Chadron NeSA Testing Window 6:00pm HS Spring Concert	29 Red Day PHC Track at Morrill PHC JH Track at Morrill NeSA Testing Window	30