



Bobcat Bits

September 2015

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- Kindergarten Class of 2028



Kindergarten class for 2015-2016 school year. Front row, left to right: Jazmine Jackson, Kelly Childers, Rylei Manion, Cash Keane, Alexis Stricker, Jackson Buser, Tyan Hruby, Zoey Eide, Kinley Bixby, Aubrey Schledewitz, Jayce Haas and Desilee Hinman. Middle row, left to right: Kenton Walker, Devin Mundt, Nathaniel Bell, Connor Butler, Ty Horstman, Eli Hunter, Korbin Mazanec, Porter Sorensen, Jade Sorensen, Keith Buskirk, Isabell Donker, and Natasha Randolph. Back row, left to right: Lori Glendy, Mrs. Heusman, Sofia Gomez, Berkley Davies, Jakob Blood, EvaDena Helmink, Ainslee Woltman, Gabe Wear, Alexis Gilroy and Mrs. Frost.

CLASS OF 2028

SUPERINTENDENT NOTES – Mr. Ningen
September 2015

Classes have started in District 10, with lots of enthusiasm, smiles, and a desire to get the most out of the new school year.

Parents: Stay in touch with us on our webpage, our facebook page, our newsletter, or by just stopping in to visit.

Teachers: Dedicate your year to ensuring that your students can show you that they understand what they are learning in class.

Students: Work steadily - beginning with your first week so you won't fall behind or feel lost.

IMPORTANT RESOURCES:

Elem. Office –	Mr. Foster	487-3330
Jr. Sr. HS Office –	Mrs. Foster	487-3328
Counselor –	Mrs. Hucke	487-3328
Special Educ. –	Mrs. Plog	487-3330
School Nurse –	Amber Jacoby	487-SICK
Kitchen –	Mary Curtiss	487-3328
Fee and Reduced –	Sandy Haas	487-3330
Transportation –	Sandy Haas	487-3330
Football-	Jordan Haas	487-3328
Volleyball-	Natalie Wood	487-3330
Cross Country-	Cindy Lanik	487-3330
Cheerleading-	Laurie Weber	487-5635
Business Office-	Joyce Klemke	487-3328
Superintendent-	Casper Ningen	487-3328

Staff members can also be contacted via e-mail. Those addresses are available on our website www.hemingfordschools.org or in most cases by using the first initial and last name followed by **hemingfordschools.org** all in lower case.

I would make a special request that questions or concerns for individual staff members be shared during school hours (8:30 AM – 4 PM) if at all possible if contact is made via phone or in person.

ADDITIONS TO OUR STAFF

Mrs. Mattie Churchill will be our new Art and Spanish teacher in the secondary grades. She is a gifted artist and will be able to work with wheel thrown ceramics and kiln-fired ceramics for the first time at HHS with

the addition of those pieces of equipment. (and her expertise)

Mrs. Amber Jacoby is our new school nurse. She has a great smile and a great attitude! She has been very busy teaching our entire staff different medical procedures, and making rounds within our buildings.

Our school will also have some new para professionals that will assist in regular classrooms and with special needs students. Mrs. Cheyenne Broadway and Mrs. Beth Dahl who have both subbed in the past, will now be full-time Paras, and will be joined by Mrs. Alicia Harvey, a newcomer to our Para Staff.

STUDENT ADDITIONS AND CHANGES

Each year our school district bids farewell to a few students that transfer out or move out of our district. Each year we are also happy to welcome students optioning into our school, as well as some that move into our district.

This year there are an amazing number of newcomers, especially in the elementary grades where there will be 33 new students in grades K-6 that weren't with us last year! Just a few years ago our class sizes were in the upper teens and lower twenties, contrasting with this year's elementary enrollment that shows many classes with 30 or more students.

WORK TOGETHER

The first and most important teachers in any student's life are their parents. Grandparents are also playing a bigger role in being there for our students when they are at home. One great way to strengthen the connection between home and school would be to stop in and introduce or re-introduce yourself to the building principal your son or daughter will have. This is a great way to have questions answered and will put a face with a name and phone number. (for both parties)

We are here for our parents and for our students. Thank you for choosing Hemingford!

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 listen to a welcome back expectations and participate in a student council activity. During the morning class meetings, some general school policies and parts of the handbook were reviewed as well as the process for 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 or facebook for the most current information.

Questions -- Answers

- What are class dues used for? Each class votes on class dues with funds that accumulate each year. Expenses paid from this account include flowers/gifts, homecoming float costs, possible class projects, but mainly it accumulates for prom and graduation costs. Class Dues are voted on at the beginning of the year. The sponsors and classes are always looking for ways/projects to help reduce the 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 or what apps they are using?
- Are back packs allowed in the classroom? Sorry, No--During the back to school teacher in-service discussion it was decided that we would continue with the current guideline of not allowing students to bring back packs into the classroom. One concern was the amount of weight that a student was carrying each day; another was a safety concern (tripping over in aisles). Students may bring back packs to school and put in their locker. Also, students may take their backpack over to the gym since it may contain PE clothing.
- What are Advocate groups? Each faculty member will be assigned 9 or 10 students. 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 the overall relationship between students and teachers. These groups will also be used for academic purposes as well as STUCCO activities.



PowerSchool Parent Letter w/Password

Upgraded this year!! 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 letter is in the mail or you may have received with directions on how to access the parent portal.

PowerSchool

Who are Class Officers this year? Leading Student Council this year are: President-Cooper W; Vice President: Devan H; Treasurer: Abby B and Secretary: Brittany T (All Seniors) STUCCO Sponsor: Mrs. Horstman

Class	Seniors	Juniors	Sophs	Fresh	8 th	7 th
President	Johnny M	Denton P	Anna M	Kobe K	Storm J	John A
Vice Pres	Lee J	Carli C	Kage J	Josie S	Jori S	Kenny W
Secretary	Cody L	Emily H	Macee B	Cade P	Alex P	-----
Treasurer	Taylor K	Mikayla R	Madison D	Boston G	Jace S	Jayce M
St Rep	Cody L Taeller A Becca S Jacob H Chanze L Troy I Danika A	Faith R Taylee N Kaitlyn K Natalie G Kaden M Tucker L Brooke T	Kelli H Madison G Kelsey W Liam S	Jacobi S Luke C Lauren G Cade P Boston G	Xavier R Elijah W Rashell N Becca H Emily K Jacob C	Numerous 7 th graders wanting to be part of STUCCO
Class Dues	\$0	\$5	Undecided	\$40	Plant Sales	\$25
Class Sponsors	Mrs. Horn Mr. Karney	Mrs. Ahrens Ms. Cullan	Ms. Janssen Mr. Brummer	Mrs. Neefe Mrs. Hurtt	Mr. Chatelain Mr. Olson	Ms. Schmidt Mrs. Stark

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. The school is definitely seeing an increase in scores of the students that fully participate in the John Baylor Test Prep course.

Grad Year	Total Tested		English		Mathematics		Reading		Science		Composite	
	School	State	School	State	School	State	School	State	School	State	School	State
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
2014	16	17768	20.0	21.3	21.1	21.1	22.1	22.0	21.4	21.5	21.3	21.7
2015	14	18347	22.6	21.1	22.1	21.0	23.1	21.9	23.1	21.6	23.0	21.5

October 24—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 approximately September 3.

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 WNCC or Curtis.

Supervised Study Time (SST)

Best use of Waiting Time—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. Students should not be in the gym or locker rooms prior to that time. Teachers still encourage students to come in and receive help in the morning if needed.



Upcoming Dates:



- **HS Picture Day– Wednesday, September 9**

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 2**—Coming to share information about graduation products for seniors as well as class rings for sophomores. Jostens then returns on Wednesday, **September 9** for orders.

- **Grade 7-12 Assembly—September 1:** Chuck Elley, retired NE Highway Patrol will be returning to our school to address students in an assembly setting. A number important topics including internet safety, cyberbullying, sexting, how to prevent and report bullying. All these topics are geared toward students making smart choices. He will address the high school in two groups: 7-8 and 9-12 so that the information is target-age specific. Presentations will last approximately 1 hour with time for questions.

- **Progress Reports—September 16:** 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 yoga pants. If worn, the shirt must be fall below the backside. One way to think about this is yoga pants are tights and not pants. They may be the current trend however; it is not a look that is appropriate for school attire. 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 14 to 19

Activities in Planning Stages

Please watch the Ledger/Website/Facebook for a list of activities and the theme.

- **Tuesday, September 15: Coronation and Pep Rally –Burning of the H following VB match**
- **Football Game against South Loop starting at 3:00 pm.**
- **School will be dismissed at 1:00 pm**
- **Friday, September 18 Homecoming Dance for High School Only—8:00-11:00 pm**

**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. My words for this year are the same as they have been "**MANNERS and RESPECT.**" 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, or just need a word of encouragement.

Together we can make a difference for kids when we have a common goal

**UPCOMING DATES OF INTEREST**

Sept. 7th – No School – Labor Day

Sept. 10th Elementary Picture Day

Sept. 11th –4th Grade Classes Field Trip to 1888 School

Sept. 18th – 1:00 p.m. Early dismissal for home football game

at 3:00 p.m. Sept. 24th – 3rd Grade Nutrition/Fitness Day at Alliance YMCA

**ELEMENTARY PICTURE DAY**

The elementary is scheduled to have their pictures taken on Thursday, September 10th. Packets will be coming home once we receive them.

NeSA READING and MATH RESULTS

Students in last year's grades 3, 4, 5, and 6th will be bringing home the parent report that shows how your child performed during last spring's state testing of reading and math as soon as they are received. 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

MAIN DOOR ENTRY

The front door of the new addition 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 left door for you. This system is located on the west wall (on the left) by the front doors. 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 used to. **THANK YOU FOR YOUR UNDERSTANDING.**

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.

COMMUNICATION

Call us with any questions at 487-3330.

Together we can make a difference 😊

Homecoming 2015—Clash of the Clowders!

(A clowder is a group of cats in the same place—
Hemingford Bobcats vs. **South Loup Bobcats**)

Homecoming week is set for September 14-18 with a whole slew of activities slated the week.

Since the football game is an early one at 3:00 on Friday, there will be a few changes in the schedule to accommodate a shortened time schedule. It was a perfect opportunity to mix things up this year while still trying to generate a lot of fun and excitement for the week! As sponsor of over 60 students I try to encourage positive opinions and I hope that you can be positive with the new ideas as well. Change is always hard for some, but I think the kids were generally excited for a new change of schedule and events. Again, the reasons for the changes were due to an early time for the game.

Monday—Mini Locker Decorations

Each class is assigned their area of lockers to be decorated.

Dress up day includes:

Super hero vs villain OR The Great Outdoors

(Pair up with a friend to have both the hero and the villain or simply dress like one or the other! The great Outdoors is a repeat from last year wearing camouflage or any outdoor activity apparel.)



Tuesday—Coronation, Pep Rally, and Burning of the “H”/Bonfire

Coronation will be held in the gym in conjunction with the all school pep rally!! We wanted to have it on this day to spruce up coronation a bit and also since Friday’s schedule is different. Kudos to the girls’ volleyball team as they have a home triangular this same evening!! Go Lady Cats! After the triangular we will have the burning of the “H” and bonfire tailgate party out at the grandstand area. Times and details for this will come at a later date but the public is certainly invited to the pep rally and coronation.

Dress up day includes:

Topsy Turvy OR Ball-up!

(Topsy turvy is when your top half is dressed up sharp looking with suit, tie, jewelry, etc and waist down is in sweats, shorts, slippers, etc. Ball-up is simply wearing a sports jersey or sports looking attire.)

Homecoming 2015—Clash of the Clowders!

Wednesday—Field Day Fun Day!

This day is all about fun in the sun while playing some new unique games out on the grass greens north of the school. Students will be encouraged to sign up and partake in the fun. Times and games to be announced later.

Dress up day includes:

Multiplicity Day or Nerd Day

(multiplicity is a lot like twin day only with a lot more people! Encourage your entire class to dress alike! 😊)

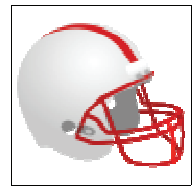
Thursday—FREE popsicles

Such a busy week that we want to catch our breath for the big day on Friday! Student council will be handing out popsicles to the student body and will catch the girls vb team before they leave for Edgemont.

Dress up day includes:

College Day or Circle of Life Day

(College day is wearing your favorite college apparel while circle of life day is either dressing like a baby or an elderly person!)



Friday—Homecoming decorating, mini pep rally, tailgates! Dress up is SPIRIT DAY!!!!

New this year, replacing the float decorating, will be decorating activities gearing up for homecoming!! We want to have all sports recognized and the student council thought of the perfect idea!! Each class will be responsible for decorating a section. For instance:

Seniors—will be decorating the bus for the cross country team when they travel to their meet on Saturday morning!!

Juniors—will be decorating the entrance into the football game

Sophomores will be decorating the tunnel walk area for the football boys to walk down

Freshmen—will be decorating the gym lobby area for the Hemingford Invite VB game on Saturday

8th Grade-- will be decorating the Fan Stands at the football field

7th Grade- will be decorating the picture area in the cafeteria for the homecoming dance

Great places to look for red/white/sports décor is in our own school supplies, at oriental-trading.com, spiritline.com, Wal-Mart, Dollar General, Target, and any prom magazine!

Homecoming 2015—Clash of the Clowers!

In addition to the decorations, each class will be asked to have a tailgate party at the game! Each class will have two totally different items to sell at their tailgate. (at least one should be a food item.) These can range from items such as chips/dip (which is one item), cheese/crackers (one item), to homemade dessert items to fruit parfaits to selling a service: face painting, temporary face tatoos.... *Whatever* the class decides! These items will then be sold before and during the football game and all money can be put into the class account! Win/win

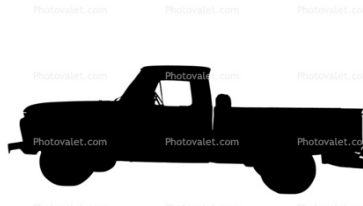
We are only asking that the item **not** be a main dish since the boosters have already set up a “Pizza” tailgate for that same game. Have questions? Please ask.

- 11:00 7-12 grade BBQ on the lawn
- 11:40 Mini Pep Rally
- 12:00 Football Team released for game preparation
- 1:00 School Dismissed for the day
- 2:00 Tailgates will open to the public
- 3:00 Kickoff game with Hemingford Bobcats taking on South Loup Bobcats
- Halftime—Royalty will be announced
- 8:00-11:00 pm Homecoming dance in the little gym for grades 9-12



TAILGATE

- SENIORS:** Walking Tacos
Baked Goods
Drinks
- JUNIORS:** Popcorn Balls
Cotton Candy
- Sophomores:** Caramel Apples
Drinks
Face Painting
- FRESHMAN:** Puppy Chow
Ice Tea
- 8th Grade:** Kitty Chow
Beef Sticks
Bottled Water
- 7th Grade:** Baked Goods
Tattoos



Saturday—Hemingford Volleyball Invitational at home at 9:00
Cross Country Meet at Alliance

Nurse Amber



Just a reminder, if your student is in kindergarten or newly transferred you must provide evidence of a vision evaluation or have a waiver form signed!

Visual Evaluation: Evidence of a visual evaluation by a physician, a physician assistant, an advanced practice registered nurse, or an optometrist within 6 months, prior to the entrance of the child into the beginner grade or, in the case of a transfer from out of state, to any other grade. Contact the school nurse or call 436-1657 for information regarding free or reduced-cost visual evaluations for families who qualify. No such evaluation shall be required of any child whose parent or guardian objects in writing.

-We will soon begin health screenings through the health office unless we have documentation of a recent physical. Please see attached information!

-Also, if you plan on attending any outdoor school sports activities this year please help yourself to deet wipes located at the ticket takers stand provided by Panhandle Public Health Department. You can also protect yourself and your family from hungry mosquitoes by wearing long sleeves, long pants, shoes and socks, using repellent containing deet

Coach K

Wow, what a great start to the school year we have had! I am excited and looking forward to watching the students grow and develop their skills this year in PE class. Just a reminder for parents and students, please remember to wear tennis shoes on PE days. Tennis shoes are the safest and work the best for PE class. In September, we will be working on our soccer, football, and fitness skills.

-Coach K



Alumni Survey

Hemingford School Alumni

Have you had the opportunity to check out Hemingford Public Schools' webpage and complete the alumni survey? You will find the survey by clicking on Grad Survey on the top right hand corner of the home page. This will give you the privilege of let the School Improvement Committee how you feel Hemingford Public Schools prepared you for your life after graduation. Please feel free to give suggestion in the space provided throughout the survey.



Carol Tucker RN, BSN, NCSN
School Health Program Manager
State School Nurse Consultant
DIVISION OF PUBLIC HEALTH – LIFESPAN HEALTH SERVICES
Healthy Kids = Better Learners

Frequently Asked Questions for Parents/Guardians about School Health Screenings

1. Who can do school health screenings?
 - All persons conducting school health screenings will need to meet competency requirements.
2. What health conditions will be screened for?
 - Required school health screenings include height, weight, vision, hearing and dental
3. What grade levels will receive school health screenings?
 - Students in grades Pre-K, 1st, 2nd, 3rd, 4th, 7th, and 10th.
4. Will my child's school health screening results be kept confidential?
 - All school health screening information is protected by the Family Education Rights Protection Act and will be stored securely in student's personal record. The screening information will only be released in a confidential way.
5. Can school health screening information be taken from my child's physical exam?
 - If a student provides the school with a physical exam that includes the school health screening information, the screening does not need to be repeated.
6. Can I waive my child's required school health screenings?
 - All children in the specified grades will be screened (no waivers) unless the parent/guardian provides school authorities with a statement signed by a physician, physician assistant, or an advanced practice registered nurse/nurse practitioner stating that their child has undergone the required screening within the last six months before the school's scheduled health screening.
7. My child has special needs. Will my child still receive school health screenings?
 - Students with special healthcare needs who cannot be screened by usual methods at school will not be excluded or overlooked by the school health screening program.

402 471-1373

carol.tucker@nebraska.gov www.dhhs.ne.gov/schoolhealth



For All Parents/Guardians

- Make sure immunizations are up-to-date.
- Review hygiene tips to prevent the spread of infections.
- Establish a bedtime and wake-up time to ensure adequate and consistent sleep.
- Develop a routine for homework and afterschool activities.
- Eat breakfast each day at home or at school.
- Help make appropriate clothing choices (for example, wear comfortable and safe shoes).
- Keep an open line of communication with your child to ensure that he/she remains safe at school. If a concern arises (such as bullying), contact the appropriate school officials immediately.
- Get involved! Sign up for the parent organization (PTA/PTO), school Wellness Committee, and mark events such as back-to-school night and parent/teacher meetings on your calendar.
- Ask about the school or district's wellness policy (for example, how does the school address nutrition, activity, stress and mental health concerns).
- Advocate for your child to have a school nurse all day, every day by communicating this message to school administrators and decision-makers.

If Your Student Has a Health Concern

- Make your child's health concern known to the school and school nurse.
- Introduce yourself and your child to the school nurse.
- Bring current signed healthcare provider orders for treatments and all medications to be given at school. Bring the medication in the original pharmacy container.
- Together with the school nurse and other appropriate school officials, and family develop an individualized healthcare plan (or other educational plans, as needed, e.g., 504, IEP).
- Give permission for the school nurse to communicate with your family's healthcare provider.
- Provide parent/guardian contact information and update the school with any changes.
- Ask if non-nurses will be providing care (for example, verify who will administer medication) and how these authorized individuals will be supervised.
- Confirm the school's disaster/emergency plan. Make sure your child's medication and/or medical devices (epinephrine auto-injectors, asthma inhalers, insulin, etc.) will be readily available in an emergency.
- Let the school know how important it is to have a full-time registered school nurse in the building all day, every day.



COUNSELOR'S

ORN ER NE ER R

Mr. Foster's theme this year is **Manners, 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 will be visiting this year.

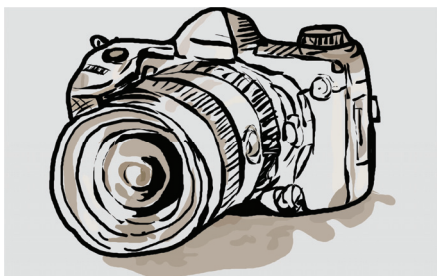
7th – 12th graders *Get Involved* – Start the school year by getting involved in extracurricular activities to increase your chances for scholarships and admission to college.

Seniors be watching in the mail. We will be having a meeting about your life after graduation. You will receive a letter for the date and time of the meeting. 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 24, 2015 the next registration date is September 18, 2015. 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 in the near future.

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

Picture Day



Remember picture day will be:

September 9: High School Picture Day

September 10: Elementary Picture Day

Mr. Hiemstra



PE/Weight Training Happenings

Welcome back; hopefully everyone had a great summer and is ready to hit the ground running as we proceed into another school year and the many activities which we all look forward to. First, let me say thank you to those who took the time to read, sign, and even comment on our Phys Ed/Weight Training Hand Out. It is much appreciated getting the beginning of the school year paperwork done! Second, the beginning of the year means test time for our students so we can assess their abilities and determine what areas are strengths and what areas we need to spend extra time on improving. Tests in 7th, 8th, and 9th PE consist of the mile run, vertical jump, sit & reach flexibility, shuttle run, pushups, and sit ups. Our Strength & Conditioning classes will test in vertical jump, 5-10-5 Pro Agility, sit & reach, sit ups, and 300 yard shuttle run. We will test 1 rep max for bench press, parallel squat, and hang clean between the Fall and Winter sport seasons.

We once again have terrific numbers in our S & C classes which is exciting as we can see our student/athletes progress through the year in terms of athletic performance. We also have a number of students participating even though they are not currently involved in a NSAA sponsored sport which is great as those students realize the benefits of strength and conditioning and how it can translate to an active lifestyle after they graduate from high school and move on.

Activities we will focus on during the Fall months consist of soccer, volleyball, and touch football. The students truly look forward to their activity day so they can have the opportunity to show their stuff in these respective activities!

In closing, I look forward to working with the students, staff and community of Hemingford in helping our youth develop healthy habits and promote the vision of athletic performance we have come to expect as Bobcats!

Sincerely,

Coach Hiemstra
PE/Weight Training

From the A.D.'s Office

Remember that we will be kicking off the year with a home Volleyball match with the Mitchell Tigers on Thursday, Sept. 3. At 5 pm. Followed by a road trip to Taylor, NE on Friday Sept. 4th for a (7 pm CST) Football Game. As a coaching staff we feel very fortunate to have such strong support for all the events and activities that our kids participate in. All events are a great opportunity to help support and encourage our kids through the game in a positive manner. It is also a great opportunity to extend our reputation of being the best community in the panhandle. As our kids are competing and representing our community to the best of their ability we need to remember as fans that we are there to support the kids in their endeavors. The Hemingford Athletic Department takes pride in strong work ethic, sportsmanship and strong moral character the students demonstrate as they prepare for the season and strive to get better every day. These things help prepare them for the game, and also for life beyond. As a coaching staff, parents, or fans, we should work together to model these same great character traits that we as of our kids. We can do so by honoring the game.

Honoring the game consists of several simple key ideas. As fans, parents and staff, we are there to help support the students as they perform to the best of their ability. We support and follow all rules of competition that help promote safety and equity during competition. We acknowledge the efforts of all kids during competition in a supportive tone, regardless of the team they are on. We acknowledge that during competition, not everything will go as planned, and it is during these times we must model our true positive character and unconditional support for the students. If we are not modelling positive behaviors, our kids are watching and learning the behaviors we do model in times of adversity.

DATE CHANGES TO THE CALENDAR.


Please notice the following corrections to the calendar at this time. Remember to check the calendar on the school web page for all times and dates, last minute changes will also be posted on the school facebook page also.

9/26 JH VB @ Hay Springs
10/1 JH VB 4 PM @ Crawford
 JH FB 5 PM @ Crawford
10/1 JV/V VB w/ Hay Springs 5 PM start
10/17 HS VB @ Edgemont
11/9 Art Clinic @ CSC
11/20 One Act Play @ Hemingford
12/8 JH G BB @ Crawford - 5PM

12/14 JH Girls BB @ Hay Springs
12/15 Elem & HS Christmas Concert
1/5 JV/V G BB @ Crawford 6 pm
1/18 – 1/23 PHC BB @ Hemingford
2/01 – JH BB @ ST. AGNES
4/29 Track @ Morrill
5/3 BGolf @ Rushville Golf Course

IT'S A GREAT DAY TO BE A BOBCAT!





Library News

We're off to a fast start in both libraries this year! Many students have checked out books already, and many new books are ready to go. Reading isn't just for school--studies have shown that reading with or to younger students is a great way to build vocabulary and literacy skills. Additionally, discussing books they are currently reading with older students can be a great way to connect after a long day at school—and you might just find some ideas for *your* next great read!

New books at HHS

Ebola: Fears and Facts: This informational book describes Ebola from its discovery to the recent epidemics in Western Africa, and uses charts, maps, and full-color photos to supplement clear, easy-to-understand text to explain how the virus is spread, its symptoms, and how it can be avoided.

Mountain Dog: This book is told alternatingly from the perspectives of Tony, a boy learning to cope with a difficult family situation and a new home, and his new canine friend Gabe, a search-and-rescue dog in the Sierra Nevada mountains.

Camo Girl: Ella wants to befriend Bailey, the popular new kid at school, but will this mean that she must leave Z, the eccentric friend she's known for years, behind?

The Nightsiders: The Orphan Army: In this first book in a new series, Milo learns about the Nightsiders, powerful creatures who live in the shadows and are the key to saving the world from the Bugs who are destroying the planet.

Prisoner 88: This tale of Jake Oliver Evans, a boy who in 1885 at the age of ten was sent to live in the Idaho Territorial Penitentiary, is based on a true story.

After the Red Rain: On an Earth ruined by an apocalyptic red rain, humans reside in megacities. Deedra's mundane existence is brightened when she meets Rose, a boy who seems to have special powers, but when she is accused of killing an important official's son, she must find a way to survive.

The Sacrifice, The Fallen, and The Hunted: These three books complete Charlie Higson's popular series describing the struggle to survive in Great Britain, where zombies have run amok.

Turn Left at the Cow: Trav learns that his dad, who died before he was born, is believed to have robbed a bank in rural Minnesota. With the help of some new friends, he hopes to discover the truth and recover the stolen money.

Servants of the Storm: Dovey's best friend Carly died in a hurricane—or did she? When Dovey stops taking her medication, she finally starts to see the truth about the horror that the disaster has wreaked upon her hometown of Savannah, and determines that she will help Carly, no matter the cost.

Golden Boy: Habo can't help that he is albino, but in his homeland of Tanzania this could be deadly-- albino children are sometimes hunted and killed because it is thought that their body parts bring good luck. When his family is forced to move because of his condition, he must find a way to accept himself as well as to survive.

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.



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.

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".

Nutrition Nuggets™

Food and Fitness for a Healthy Child

Hemingford Elementary School
Ron Foster, Principal

BEST BITES

Math + fitness

Give your child a chance to

combine math practice and exercise with daily

“math breaks.” Give directions that include a math problem and a fitness activity. For example, say, “Do $2 + 2$ jumping jacks” or “Do $11 - 2$ cartwheels.”



Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don’t do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If he’s having trouble waking up early enough, move his bedtime back.

Just for fun

Q: What’s the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

“I’m starving!” When your child bursts through the door after school or day care, she’s probably hungry. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She’ll have a say in what she eats, but she’ll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with raisins and nuts or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese, and



vegetables (sliced mushrooms, chopped onions), and bake until the cheese melts.

Build your own

Let your child get creative in the kitchen, and she’ll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and low-fat cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread peanut or almond butter on rice cakes, apples, or bananas and decorate them with raisins and nuts. ●

Feeling good about sports

Participating in sports can build your child up ... or drag him down. Make athletics a positive experience for your youngster with these strategies:

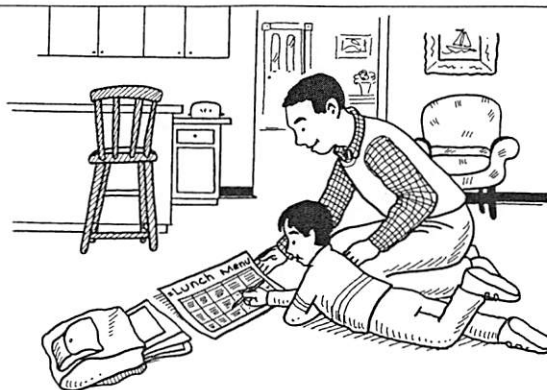
- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals — but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he’s been working on.
- Avoid comments about your youngster’s size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth (“I love how you tried to get the rebound”). ●



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these three suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items (“The pork burrito sounds really good!”). If you’re excited about the choices, he’s likely to share your excitement.



2. Discuss what he eats at school. What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also mention what he doesn’t like and make recommendations for new foods to serve.

Note: If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. 🍓



Q&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?



A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar. Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar—the same as in a can of cola—and a glass of grape juice can

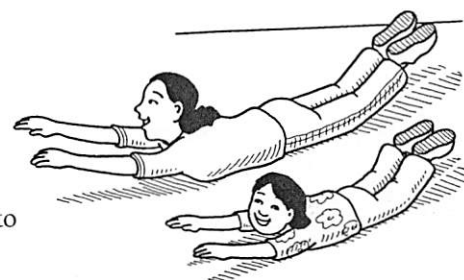
have 15 teaspoons of sugar. Encourage your children to eat fruit rather than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. 🍓

ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Try these ideas for putting more physical activity into your youngster’s day.



Superman

Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she catch as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. 🍓

IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Pizza: Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano

Chicken: Cubed, cooked chicken (use last night’s

leftovers), microwaved frozen vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Ground beef (browned and drained), canned kidney beans (drained), shredded cheddar cheese, low-fat sour cream, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended).

Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. 🍓



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
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www.rfonline.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 2015

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oatmeal or Cereal Fruit Juice	2 PB & J or Cereal Fruit Juice	3 Pancakes & Sausage Links Fruit Juice	4 Fruit Yogurt Parfait Granola Juice
7 LABOR DAY NO SCHOOL	8 Scrambled Eggs & Sausage Fruit Juice	9 French Toast Fruit Juice	10 Cream of Wheat or Cereal Fruit Juice	11 Fruit Yogurt Parfait Granola Juice
14 Biscuits & Gravy Fruit Juice	15 Pancakes & Sausage Links Fruit Juice	16 Cream of Wheat or Cereal Fruit Juice	17 Breakfast Sandwich Fruit Juice	18 Fruit Yogurt Parfait Granola Juice
21 Breakfast Burrito Fruit Juice	22 Oatmeal or Cereal Fruit Juice	23 French Toast Fruit Juice	24 Cereal Fruit Juice	25 Fruit Yogurt Parfait Granola Juice
28 Pancakes & Sausage Links Fruit Juice	29 Cream of Wheat or Cereal Fruit Juice	30 Biscuits & Gravy 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 - \$2.30 Adult Lunch - \$3.10



Hemingford Public Schools Lunch Menu

September 2015

Milk is served with all meals Fruit & Vegetable Bar Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ham & Scalloped Potatoes Fruit Vegetable	2 Chef's Salad Fruit Vegetable	3 Beef Tacos w/Spanish Rice Fruit Vegetable	4 Hamburgers Green Beans Fruit
7 Labor Day No School	8 Meat Loaf Mashed Potatoes & Gravy Fruit	9 Grilled Cheese Tomato Soup Fruit Vegetable	10 Chicken Quesadilla Fruit Vegetable	11 Turkey Subs Broccoli Fruit
14 <i>Super Comeback</i> Chicken Sandwich Fruit Vegetable	15 <i>Tailgate Tuesday</i> Hot Dogs Fruit Vegetable	16 <i>Meatball Mashup</i> Subs Fruit Vegetable	17 <i>Dorm Room Delivery</i> Pizza Fruit Vegetable	18 <i>Bobcat BBQ</i> Hamburgers Fruit Vegetable
21 Baked Potato Bar Fruit Vegetable	22 Honey Lemon Chicken Fruit Vegetable	23 Pizza Burger Fruit Vegetable	24 Beef Burrito Refried Beans Fruit	25 Hot Ham & Cheese Fruit Vegetable
28 Beef Shepherd's Pie Fruit Vegetable	29 Bobcat Tacos Fruit Vegetable	30 Pizza Green Beans Fruit		

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7 - 12 Lunch - \$2.30 Adult Lunch - \$3.10*

Calendar Events September 2015

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Red Day 8:45am 7-12 Assembly	2 White Day 8:30am Josten's Presentation (Gr 10 and 12)	3 Red Day 5:00pm VB vs Mitchell (C-JV-V)	4 White Day 1:00pm JH/V CC at Gering Invite 7:00pm FB at Twin Loup played in Taylor	5
6	7 No School -- Labor Day	8 Red Day 5:00pm V VB Tri. vs Banner Cty/ Hay Springs @ Home 6:00pm JV FB at Gor/Rush in Gordon	9 White Day HS Picture Day FCCLA Fall Leadership @ Alliance 8:30am Josten's Ordering (Gr 10 and 12)	10 Red Day Elem Picture Day	11 White Day 4th Grade Field Trip to Historical School 1:00pm JH/V CC at Kimball Invite 7:00pm FB at Crawford	12 ACT Test Date 8:00am JV/V VB at Sheridan Cty. Invite played in Hay Springs & Gor/Rush
13	14 Red Day Homecoming Week 4:00pm JH VB vs Morrill (now at home) 4:30pm JV VB at Mitchell Tri. 5:00pm JH FB vs Morrill 7:00pm School Board Meeting	15 Homecoming Week White Day 1:30pm Coronation, Pep Rally and Burning of H 4:00pm V VB Tri. vs Gor/Rush/ Kimball @ Home	16 Red Day Progress Reports Sent Home Homecoming Week	17 White Day Homecoming Week 4:00pm JH VB vs Bridgeport 5:00pm JH FB vs Gor/Rush 5:00pm JV/V VB at Edgemont	18 Red Day Homecoming Week Homecoming Dance 8 - 11 p.m. 3:00pm FB vs South Loup (Homecoming)	19 9:00am V VB Hemingford Invite 9:00am JH/V CC at Alliance Invite
20	21 White Day 6:00pm JV FB vs Morrill	22 Red Day 4:30pm JH/V CC at Scottsbluff Invite 4:30pm PreSchool Open House 5:00pm V VB Tri. at Bridgeport	23 White Day FCCLA Gift Sales Meeting (Fundraiser) BB Business and Industry Day	24 3rd Grade Kids Fitness & Nutrition Day Red Day 11:59am JH/V CC at Gord./Rush. Invite 6:30pm FFA Meeting	25 White Day Volunteer Fire Dept -- Seat Belt Safety 7:00pm FB vs Perkins County	26 JH VB @ PHC in Hay Springs 8:30am JV/V VB at Mitchell Invite
27	28 Red Day School Improvement Workshop 5:00pm V VB Tri. vs Bayard/ Bridgeport @ Home 5:30pm JH VB @ Gord/Rush (Rushville) 6:00pm JV FB at Bridgeport	29 White Day School Improvement Workshop 4:00pm JH VB vs Garden County 5:00pm JH FB vs Garden County	30 Red Day			

Calendar Events October 2015

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 White Day 2:30pm JH/V CC at Bayard Invite 4:00pm JH VB @ Crawford 5:00pm JH FB at Crawford 5:00pm JV/V VB at Hay Springs	2 Red Day 7:00pm FB at Morrill	3 10:00am JH VB @ Hemingford Quad
4	5 White Day 5:30pm JV FB vs Garden County	6 Red Day 4:00pm JH FB at Kimball 5:00pm JV/V VB at Crawford	7 White Day 2:30pm FCCLA Big Brother/Sister	8 Red Day 4:00pm JH FB at Alliance MS	9 White Day 11:00am WTC CC at Hemingford 6:00pm FB vs Dundy Cty Stratton	10 9:00am JV VB at Gord/ Rush Invite
11	12 Red Day 5:00pm JV FB at Chadron Freshmen 5:00pm JH VB @Hay Springs 7:00pm School Board Meeting	13 White Day 6:30pm FFA Greenhand Potluck and FFA Alumni Organizational Meet	14 Red Day 8:15am PSAT Test (Juniors-Option)	15 White Day CC Districts 4:00pm JH/JV/V VB vs Bayard 4:00pm JH VB vs Bayard	16 Red Day 7:00pm FB vs Creek Valley	17 V VB Panhandle Conf. at Edgemont Hemingford Fall Festival
18	19 White Day 5:00pm C/JV VB vs Gord./Rush	20 Red Day Quarter 1 Ends 6:30pm FFA Meeting	21 White Day Quarter 2 Begins FCCLA District @ Bdpt	22 Red Day 6:00pm FB at Sutherland	23 White Day State Cross Country	24 ACT Test Date 1:00pm V VB WTC at Morrill
25	26 Red Day 5:00pm V VB Tri. vs Crawford/ Sioux Cty. @ Home	27 White Day 1:00 P.M. Dismissal P/T Conferences 2 - 8 P.M.	28 No School -- Assessment Day	29 No School -- Fall Break FB Playoffs Rd 1	30 No School -- Fall Break	31 JH Wr at Banner Cty. Invite