

# Bobcat Bits

OCTOBER 2017

**SPECIAL  
POINTS OF  
INTEREST:**

- Homecoming 2017
- ACT Prep
- Parent Teacher Conferences
- MAPS Testing
- In-Service– October 13th
- Counselor's Notes
- Title I Reading Open House
- One-Act Auditions
- CSC Theatre Day
- Romeo & Juliet
- Walk to School
- Health Screenings
- The FLU
- Superintendent Search
- Parent Teacher Conferences–Oct. 19th
- Nutrition Nuggets
- Breakfast & Lunch Menus
- Activity Calendar



## 2017 Homecoming

CORONATION AND PEP RALLY HELD  
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HHS crowned Homecoming Royalty Monday afternoon in the high school gym, with parents, patrons, faculty, and our entire student body as guests. King Kage Jespersen and Queen Anna Manning, along with Queen's attendants Macee Buchheit and Kelli Horstman, and King's Attendants Conner Swanson and Miles Davis were honored. What a great bunch of kids we're blessed with!



## Mr. Kløver-HHS Principal

Well we survived the first full month of school! Woohoo! Now on to the next eight months we get to be with these amazing students. School athletics are underway and all the teams have shown a lot of growth over their short seasons so far and a few growing pains too. Just a reminder to all students, parents, and community members to always be a positive force for our students at activities. It is amazing for me as a new member of this community to see the support you give your students. Let's just keep it positive.

The first progress reports of the quarter have been sent home for those students who are below a 77% in any class. We made this change for a few reasons. Printing off the progress for all 186 students in all 7 classes was quite the workload for myself, the teachers, and the secretaries. A parent may always request progress reports for their students, but we will only be sending home those that have a grade of 77% or lower.

The juniors and seniors have been given access once again to online ACT prep instruction. The website is [OnToCollege.com](http://OnToCollege.com) and it really provides a lot of techniques for students to improve their ACT scores. The teachers at the school have been instructed by me to periodically utilize class time to have students access this resource but the more they can do it at home the better chance they have of truly making improvement. We will be giving all juniors access to a free practice ACT test later in the semester and I would again encourage your support at home to have your students work on these resources at home as well as at school.

Parent teacher conferences are scheduled for October 19th from 2pm to 8pm. If you are not able to attend, please make arrangements with your student's' teachers to discuss any concerns you have with their grades.



# Mr. Arneson-Elementary Principal



The school year is moving right along and it's hard to believe that it is time for the October newsletter already. With the weather growing colder, I would like to remind that your child will spend time outside every day. Please dress warmly enough for our before school recess time. Even if the high is supposed to be 60, it might only be 40 in the morning. With a little bit of a breeze, it can be pretty chilly waiting for the bell to ring.

On Friday, October 13 the school district will dismiss at 1:00 so the staff can participate in some advanced safety training. Busses will run accordingly. Thanks for your understanding so that we can make Hemingford Public Schools as safe as possible.

Please help out the office staff by sending notes with your child when their after school transport method is different from normal. If the student gives the note to the teacher, then Deb can be notified. This will help keep students safe and where they need to be after the bell rings.

This last week the elementary students have been wrapping up their NWEA MAPS test. This is a national standardized test that we give every year as part of our accreditation process. The students have been scoring well this year.

Mr. Eric Arneson



# COUNSELOR'S

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I will be working with the 3 – 6 graders during the month of October. The third, fourth, and fifth grade will be using a curriculum called Steps to Respect – A Bullying Prevention program. The sixth grade will be working with Look 2 College.

**Seniors:** Google e mail accounts have been set up for all high school students and they will need to check them regularly as I am using it as my way of communication for FAFSA changes, scholarship listings, college fairs, etc.

Don't forget to check your mail box in my office or your google e mail account for the scholarship listing.

**Seniors and Parents:** don't forget to get your FSA ID number. It is your electronic signature for the FAFSA (Free Application for Federal Student Aid). We will be having our financial aid night on October 4, 2017.

**Juniors:** The PSAT/NSMQT test will be given on October 11. It will be given here at the school. If you have any questions, please come in and see me. The cost is \$14.

**Seniors and Juniors:** The next ACT test date is October 28. Sign up date was September 22, 2017. If you still want to sign up, you may do so until October 6, 2017. There is a late fee charge.

If your child has signed up for the October 28<sup>th</sup> test date, they will be working on the John Baylor ACT test prep course. They will be working on the course in the subject area classrooms and they will have the opportunity also during their SSR time.

**Freshmen:** There will be a student/parent meeting on Tuesday, October 24, 2017 at 6:00 p.m. in the high school library. We will be discussing graduation credits, high school life, etc. Be watching in the mail for a letter.

*If a child lives with approval, he learns to live with himself.  
Dorothy Law Nolte*







## **News from Title 1 Reading**

A meeting for parents of Title 1 Reading students will be held Wednesday, October 11, 2017 at 2:30 pm in the Cafeteria. The purpose of this meeting is to explain the Title 1 program and answer any questions you may have. The meeting will last 30-45 minutes and refreshments will be served.

**Hope to see you there!!**

**Lauren Freire, Title 1 Reading Teacher**

**Mandy Plog, Title 1 Director**

## *Play Production*



### **One Act Auditions**

When: Tuesday, October 3, 7p

Where: Big Gym

Who: Students 9<sup>th</sup>-12<sup>th</sup>

Performers and Technicians

Call Tabi Bryner if you have any questions 308-760-1120.



**Thursday, Oct 5**

**Workshops and *Charlie's Aunt***

## ROMEO AND JULIET IN HEMINGFORD OCTOBER 3RD!

### Nebraska Shakespeare On Tour Coming to Town!

#### Parents and Patrons Welcome

Nebraska Shakespeare On Tour will be bringing its traveling live production of Romeo and Juliet to the stage in our big gym for students in grades 7-12. The play, condensed for school performance, will begin at 9:30 a.m. and last approximately 75 minutes, followed by a question-and-answer session among actors and students. The Theater Troupe has graciously allowed us to invite interested parents and district patrons to the production. Thank you to the School Board and administration for supporting this theatrical treat. We're excited for this day of drama at HHS!

**No photos may be taken during the performance. Plan to come early – before the play, or to stay after the play if you wish to take a photo or two.**

Mrs. Shelly Smaha

English 7-8-9

Hemingford High School



**What:** Walk to School Day

**Who:** Hemingford students, parents, teachers, community members

**Date:** October 4, 2017

**Time:** 7:45 am



**How:** Elementary students and bus students need to turn in a participation form to your classroom teacher or to Mrs. Neefe by Monday, October 2.

**Bus students:** Let your bus driver know you would like to participate and turn in your permission form!



**Everyone:** Show up at 7:45 at the Body Shop Basketball court. Bus drivers will drop off participating students at the Body Shop. We will walk together as a group.

**Why:** Celebrate National Walk to school day, be fit and have fun!

**Sponsored by** the Hemingford FCCLA, Body Shop and Panhandle Public Health

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I (parent)\_\_\_\_\_ give my permission for (student)\_\_\_\_\_ to walk to school on October 4, 2017.

My student is a: (town or bus student) \_\_\_\_\_

Please indicate bus student rides:\_\_\_\_\_

Please list student's names and grades below that will be participating:

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I understand that Hemingford FCCLA or the Body Shop will not be responsible for any lost or damaged items.



## Nurse Amber

### Health Screenings:

Student Health Screenings will be scheduled for **November 10<sup>th</sup>** with a back-up date of **December 1<sup>st</sup>**. See attached information about state required screenings. Screenings DO NOT substitute for scheduled doctor, dental, or vision exams. Please continue to take your child to these appointments! You will be notified if your child fails any of the screening stations.

Fluoride varnish will be administered through the Panhandle Public Health Dental Health Program at this time if permission form has been turned in. Next spring the Dental Health Program will be revisiting to offer optional dental sealants to those who would like them.

### Influenza Vaccine information:

Dave's pharmacy will be on site to deliver influenza vaccines for staff members as well as any child 12 years and older who have a parent permission signed. **Date is set for October 11<sup>th</sup> at 7:15am. Please look for the permission form to be coming home with your child soon.**

If your child cannot make this day, influenza vaccines are available at Dave's pharmacy during normal business hours. **NO APPOINTMENT IS NECESSARY!**

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Amber Jacoby RN, BSN  
Hemingford Public School  
P: 308-487-7425





**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.



Education Leadership Search Service  
Staff and Community DNA Visit - Invitation

**To:** Staff/Community Members of the Hemingford Schools  
**From:** Hemingford Board of Education  
**Date:** Thursday, October 5, 2017  
**Re:** Superintendent Search – District Needs Assessment

The Hemingford School Board received notice of Mr. Casper Ningen's retirement. We are grateful for Mr. Ningen's service as Superintendent of Schools to Hemingford Public Schools and wish him well in his future endeavors.

The Board of Education is working diligently to prepare for the charge of hiring a superintendent. Hiring a superintendent is one of the most important endeavors a board must face; therefore, we will approach this task with fervent attention to each vital detail necessary to ensure a rewarding and successful search. It is our goal to hire a quality and competent administrator to continue to lead the district forward in the years to come.

As the board plans for the hire, we value and seek the input of patrons, parents, students, staff and administrators. The Nebraska Association of School Boards is assisting the board in the superintendent search, and has scheduled a visit to our community on Thursday, October 5, 2017. The board extends an invitation to the staff and community to participate in this visit to share personal thoughts regarding the district and the superintendent position. Please offer suggestions pertaining to skills, qualities, or characteristics the candidate might possess to be successful in his or her role as superintendent and your views about the strengths of the school district and community. The Staff/Community visit schedule is attached for your reference.

In the event you are unable to attend the visit, please feel free to share your comments to the following questions:

1. What are the strengths and achievements of the Hemingford school district and community?
2. What critical issues will the district face in the next three years?
3. What background/training/experience should the new superintendent possess?
4. What leadership style/personal attributes are important in the new superintendent?

You may submit your personal comments via one of the following methods:

**1) Access the online form at [www.nasbsuptsearch.org](http://www.nasbsuptsearch.org)**

Instructions for completing the online survey:

*Click on* Current Positions Available

*Click on* Hemingford Public Schools

*Scroll to* the bottom of the district web page

*Click on* Staff and Community District Assessment Survey

*Complete* the Survey

*Click on* Submit Assessment

**Other methods: a copy of this form is available at the Hemingford Superintendent's Office**

**2) Email your response to the questions: [sbecker@nasbonline.org](mailto:sbecker@nasbonline.org)**

**3) Fax: 402.858.4604**

**4) US Postal mail:**

**Nebraska Association of School Boards**

**Attn: Hemingford Supt Search**

**1311 Stockwell Street**

**Lincoln, NE 68502**

The board would like to thank you in advance for providing input through the Staff and Community District Needs Assessment Survey.

Respectfully,

Hemingford Board of Education





Education Leadership Search Service  
Hemingford Public Schools

Staff/Community District Needs Assessment Visit Schedule  
Thursday, October 5, 2017

Time	Group	Room/Location
2:15 – 2:45 p.m.	High School Students	Library
2:45 – 3:15 p.m.	Jr. High Students	Library
3:15 – 3:45 p.m.	Classified Staff	Library
3:45 – 4:30 p.m.	Certified Staff	Library
4:30 – 5:15 p.m.	Administrators	Library
Break		
6:00 – 7:00 p.m.	Parents/Community Members	Library

## School In-Service

Hemingford Schools will dismiss at 1:00 p.m. on Friday, October 13th, for a school In-Service. Bus routes will run accordingly. The In-Service is for the High School & Elementary staff for advanced safety training.



## Parent Teacher Conferences-Oct. 19th

Parents make note of the Fall Break and Parent Teacher Conferences:

Kids will get out on Wednesday, October 18th at the normal dismissal time. They will not have

school on the 19th & 20th. However the teachers will have a School Assessment Day from 8:00-Noon. Parent Teacher Conferences will begin at 2:00 p.m. - 8:00 P.M.

***Please make plans to attend your child's conference.***

# Fall is Here!



A BIG THANK YOU TO THE HEMINGFORD SPORTS BOOSTERS FOR THE BOBCAT T-SHIRT FOR EVERY STUDENT AND STAFF MEMBER AT HEMINGFORD PUBLIC SCHOOLS!!





# The Flu:

## A Guide For Parents

### FLU INFORMATION

#### What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

#### How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

#### How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

#### What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

#### How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

### PROTECT YOUR CHILD

#### How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for up to 6 months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



## IF YOUR CHILD IS SICK

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu-like symptoms.

### What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

### Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

### When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

### Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat and prevent influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

### What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs.

**These include:**

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.

*These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.*



For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or [www.flu.gov](http://www.flu.gov) or call 800-CDC-INFO

## 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  
Mr. Daniel Kluver, High School Principal  
Mr. Eric Arneson, 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](http://www.hemingfordschools.org)), and Mobius web site ([www.bbc.net](http://www.bbc.net)).**

### SchoolWay

Notifications for inclement weather and other school news will be sent to parents by SchoolWay powered by Jostens. SchoolWay is a free app that is downloaded to a mobile device that will receive alerts sent out by the school. To get the app go to [myschoolway.com](http://myschoolway.com). Enter the WayCode **rg464h**.

School notifications will also will be posted through the school Facebook, website and local radio stations. If you have any questions please contact school 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](http://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

October 2017

Hemingford Public Schools



## BEST BITES

### Mason jar omelet

Here's a fun breakfast to make with your youngster. Crack 2 eggs into a Mason jar. Add chopped veggies like bell pepper and tomatoes, plus 1 tsp. shredded cheese. Screw the lid on tightly, and let him shake it well. Remove the lid. Microwave 2–3 minutes until eggs are set. Cool, and enjoy. *Note:* You can also make this in a mug. Whisk the mixture instead of shaking.

### Burpees for kids

Show your child how to do burpees, a great cardio exercise with a silly name.



Stand up straight, then squat down and place your hands palms-down in front of your feet. Kick back and do a push-up. Jump your feet back toward your hands and leap up. How many burpees can she do?

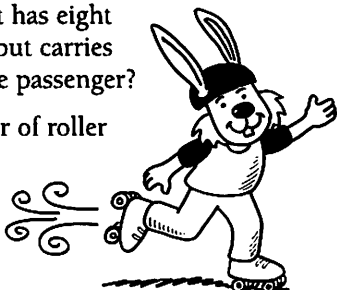
### DID YOU KNOW?

Quinoa (pronounced “keen-wah”) is prepared like a grain, but it's actually a seed from the same plant family as spinach and beets. It packs a whopping 8 grams of protein and 5 grams of fiber in each 1 cup serving! Consider tossing cooked quinoa into your youngster's favorite soup, casserole, or salad for a healthy (and tasty) twist.

### Just for fun

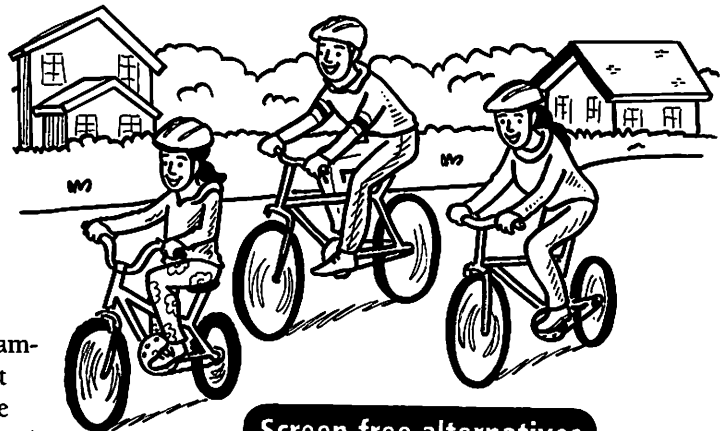
**Q:** What has eight wheels but carries only one passenger?

**A:** A pair of roller skates.



## Encourage active time

Want to get your child away from video games, television, or computers? Try these tips for helping her spend less time in front of screens and more time being active.



### Involve everyone

At breakfast, have family members talk about how they'll get exercise that day. You might mention a lunchtime walk you've planned with coworkers, and your youngster could explain a game she's going to play at recess. *Tip:* Let your child see you being active. When you put away your laptop and announce you're going for a run, you're setting a great example.

### Set ground rules

Come up with rules that encourage physical activity and limit electronics. For example, you might require your youngster to do at least 60 minutes of physical activity before playing video games—and limit video game time to 30 minutes a day. Your child could write the rules on signs to post around the house, perhaps on the

### Screen-free alternatives

Let your youngster plan activities that don't involve sitting in front of a screen. She might:

- create a workout routine that you can record for your family to follow along with later.
- map out new routes through your neighborhood for family bike rides.
- organize a neighborhood kickball or softball game.

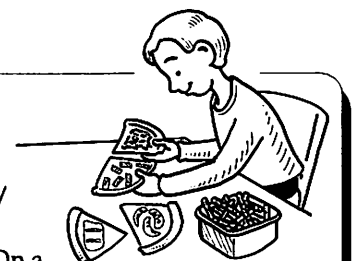
front door or by the TV. Encourage her to use clever wording (“Turn me off. I need a break!”) and illustrations (a drawing of a tired TV). ●

### A puzzle full of nutrition

Help your youngster “puzzle” out what a balanced meal looks like with this food-group activity.

First, talk about what makes up a healthy meal. *Tip:* Show him the MyPlate guide at [choosemyplate.gov/myplate](http://choosemyplate.gov/myplate). He'll see that his plate should include about a quarter each of vegetables, fruits, grains, and protein. On a paper plate or a circle cut from construction paper, he could use crayons to draw a balanced meal. Maybe he'll include chicken, brown rice, green beans, and oranges.

Have your child cut the plate into puzzle pieces, and see if you can put his puzzle back together. Then, create more healthy food puzzles for each other to assemble. ●



# Healthier fast food

When your family's busy schedule leaves you eating on the fly, use these strategies to keep everyone's nutrition on track.

## Know the facts

Teach your youngster to spot healthier menu items. Words and phrases to look for include *grilled*, *thin-crust*, *baked*, and *roasted*. On the other hand, he'll want to stay away from anything labeled *fried*, *loaded*, *stuffed*, or *bacon-wrapped*.

## Split it

Your child asks for french fries, but you want him to eat carrot sticks. The solution? Order both! Get a small order of



fries for the whole family so everyone gets just a few—and several orders of carrots so everyone fills up on the good stuff. Or share an oversized sandwich. Ask for it with a whole-grain bun (or wrapped in lettuce), mustard instead of mayo, and extra veggies.

## Bring your own

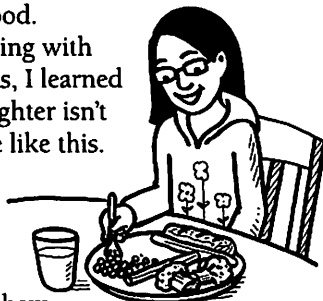
Grab a piece of fruit, string cheese, and a bottle of water for each person before leaving the house. You'll save money, and everyone will be guaranteed healthy side items and drinks to pair with your drive-thru order. ●



## PARENT TO PARENT Foods can't touch? No problem!

My daughter doesn't like it when the food on her plate touches—even if she loves each food.

After talking with other parents, I learned that my daughter isn't the only one like this. Now I'm trying strategies that have worked for them.



First, I let her spoon her foods into separate tiny bowls. She enjoyed arranging the bowls on her dinner plate, and she ate all the healthy foods—separately. Another time, she put colorful cupcake liners into a muffin tin and filled each one with a different food. Then, just yesterday, we used a carrot stick and a green bean to keep her food apart. When she finished everything else, she even ate the dividers!

With these simple changes, my daughter now eats without a fuss, making mealtimes happier for everyone. ●

## ACTIVITY CORNER A fitness carnival

Homemade carnival-style games can be a fun and inexpensive way to be active with your child. Here are two ideas to get him started.

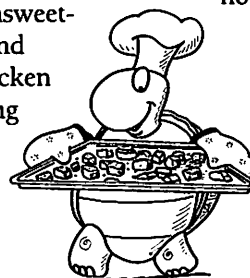
- **Ring toss.** Make rings by cutting the centers from sturdy paper plates. Line up a few pumpkins with good-sized stems. Step back a few feet, and take turns trying to toss a ring onto each pumpkin. *Idea:* For a glowing good time, get glow-in-the-dark necklaces at a dollar store to use as rings, and play after the sun goes down.
- **Cup pyramid.** Help your youngster build a pyramid with 10 plastic cups (four on the bottom row, then three, then two, and finally one cup on the top). On each turn, throw a Wiffle ball toward the pyramid twice, scoring 1 point for each cup knocked down. Restack. The winner is the first player to reach 50 points. ●



## IN THE KITCHEN A harvest feast

Take advantage of fall's harvest with these good-for-you recipes.

- **Pumpkin apple soup.** In a large pot, heat 2 tbsp. olive oil over medium heat. Sauté 1 cup diced onion and 2 cups diced apples for 3–5 minutes. Add 3 cans (15 oz. each) unsweetened pumpkin puree and 5 cups low-sodium chicken or vegetable broth. Bring to a boil, then simmer 10 minutes. Leave chunky, or puree in a blender (a few cups at a time).



● **Pear grilled cheese.** Thinly slice 1 pear. On a piece of whole-wheat bread, layer 1 tbsp. shredded cheddar cheese, pear slices, and another 1 tbsp. cheese. Top with a second piece of bread, and brown in a heated skillet (coated with nonstick spray), 2–3 minutes per side.

● **Baked butternut squash.** Peel and cube 1 large squash, or buy it already cubed. Toss in a bowl with 1 tbsp. olive oil, spread on a baking sheet, and sprinkle with salt and pepper. Bake 30–40 minutes at 400°, turning once, until golden brown. ●

### OUR PURPOSE

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

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
www.rfeonline.com

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

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# Hemingford Public Schools Breakfast Menu

## October

Milk is served with all meals: Alternative either hot or cold cereal offered every day.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Biscuits N' Gravy or Cereal Fruit/Juice	<b>3</b> Omelet & Toast or PBJ Fruit/Juice	<b>4</b> French Toast Sausage or Cereal Fruit/Juice	<b>5</b> Breakfast Casserole or PBJ Fruit/Juice	<b>6</b> Breakfast Sandwich or Cereal Fruit/Juice
<b>9</b> Pancakes Sausage or Cereal Fruit/Juice	<b>10</b> Scrambled Eggs Muffin or PBJ Fruit/Juice	<b>11</b> Waffles N' Strawberries Or Cereal Fruit/Juice	<b>12</b> Breakfast Pizza Or PBJ Fruit/Juice	<b>13</b> Breakfast Burrito or Cereal Fruit/Juice
<b>16</b> Biscuits N' Gravy or Cereal Fruit/Juice	<b>17</b> Omelet & Toast or PBJ Fruit/Juice	<b>18</b> French Toast Sausage or Cereal Fruit/Juice		<b>Fall Break</b> <b>Oct. 19-20</b>
<b>23</b> Pancakes Sausage or Cereal Fruit/Juice	<b>24</b> Scrambled Eggs Muffin or PBJ Fruit/Juice	<b>25</b> Waffles N' Strawberries Or Cereal Fruit/Juice	<b>26</b> Breakfast Pizza Or PBJ Fruit/Juice	<b>27</b> Breakfast Burrito or Cereal Fruit/Juice
<b>30</b> Biscuits N' Gravy or Cereal Fruit/Juice	<b>31</b> Omelet & Toast or PBJ 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 - \$1.55 Adult Breakfast - \$2.05**

**The cost of a lunch is as follows: PreK - \$2.05 K-6 Lunch - \$2.30 7-12 Lunch - \$2.60 Adult Lunch - \$3.75**



# Hemingford Public Schools Lunch Menu

## October

Milk is served with all meals. Fruit/Salad/Vegetable Bar Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Hot Ham N' Cheese/Bun Green Buns	<b>3</b> Mandarin Chicken over Rice Egg Roll	<b>4</b> Beef N' Bean Burrito Mexican Corn	<b>5</b> Spaghetti and Meatballs Garlic Bread	<b>6</b> Cooks Choice Watermelon
<b>9</b> Ready Rib Sub Veggie	<b>10</b> Chicken Bacon Ranch Flatbread Celery/Carrot Sticks	<b>11</b> Cavatini Garlic Bread	<b>12</b> Chicken Fried Steak Mashed Potato Gravy	<b>13</b> Bobcat Taco Refried Beans Zucchini Bars
<b>16</b> Smoked Turkey Sub Candied Carrots	<b>17</b> Shepard's Pie Dinner Roll	<b>18</b> Chili Cheese Fries Green Beans	<b>19</b> 	<b>20</b> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">           Fall Break            October 19-20         </div>
<b>23</b> Philly Steak N' Cheese Sub Corn	<b>24</b> Lemon Chicken Broccoli Dinner Roll	<b>25</b> Ham N' Scalloped Potatoes Peas	<b>26</b> Chicken Sandwich Green Beans	<b>27</b> Crispito Refried Beans Brownie
<b>30</b> Chicken Strips Broccoli N' Cheese	<b>31</b> Beef N' Noodles Mixed Veggies			

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## Calendar Events October 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Red Day 3:30pm JH VB @ Crawford 5:00pm JH FB @ Crawford 5:30pm JV FB @ Garden County 6:00pm JV/VVB @Crawford	3 White Day 9:30am Shakespere Theatre --Assembly	4 Red Day 8:30am Business and Industry Day	5 White Day 8:00am CSC Theatre Day	6 WTC CC @ Mitchell Red Day 7:00pm VFB @ Morrill	7 8:00am JV VB @ Gordon/Rushville Invite
8	9 White Day 5:00pm JH VB @ Hay Springs 7:00pm School Board Meeting	10 Red Day 5:45am National Honor Society Field Trip	11 White Day 8:00am PSAT--Jrs (optional) 2:30pm Title I Parent Meeting	12 District CC TBA Red Day 4:00pm JH VB @ Bayard 5:00pm JV/VVB @ Home vs Bayard	13 White Day School Dismissed @ 1 pm Teacher In-Service 1:00 - 3:30 6:30pm Greenhand Potluck	14 9:00am VVB PHC Tourney in Hemingford
15	16 Red Day 5:00pm F/JV VB @ Home vs Gordon/Rushville	17 End of Quarter 1 White Day 5:00pm JV/VVB @ Home vs Hay Springs	18 Red Day 2:31pm Big Brother / Big Sister	19 No School - Teacher Assessment Day No School - Fall Break 2:00pm Parent/Teacher Conferences	20 No School - Fall Break State CC in Kearney 7:00pm VFB @ Home vs Dundy Co./Stratton	21 1:00pm WTC VVB Tourney @ Bridgeport
22	23 White Day 5:00pm VVB Triangular @ Crawford	24 Red Day	25 FCCLA District @ Alliance White Day	26 VFB 1st Round State Playoffs Red Day	27 White Day 6:30pm FFA Meeting	28 9:00am JH WR @ Banner County Invite
29	30 VVB Sub Districts Red Day	31 VVB Sub Districts White Day				

# Calendar Events November 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 VFB 2nd Round State Playoffs Red Day	2 VVB Districts White Day 1:00pm JH WR @ Gordon/Rushville Invite	3 PHC Vocal Music in Hemingford Red Day	4
5	6 WTC / PHC Art Clinic @ CSC White Day	7 VFB Quarter Finals State Playoffs Red Day	8 White Day	9 VVB State Red Day 12:00pm JH WR Home Hemingford Invite	10 VVB State White Day	11 VVB State 10:00am JH GBB at Hay Springs
12	13 VFB Semi Finals State Playoffs WTC Vocal Music @ Gordon/Rushville Red Day 7:00pm School Board Meeting	14 White Day 5:00pm JH GBB vs. Crawford at Home	15 Red Day 9:00am FFA Contest - LSE 2:31pm Big Brother / Big Sister	16 White Day 6:30pm FFA Meeting	17 PHC One Act @ Sioux County Red Day 9:00am JH WR @ Morrill Invite	18 9:00am JH WR @ Alliance Invite
19	20 VFB State Championship White Day 4:00pm JH GBB vs. Bayard at Home	21 WTC One Act @ Bridgeport Red Day 3:00pm JH WR @ Sidney Invite 4:00pm JH GBB at Morrill	22 No School - Thanksgiving Break	23 No School - Thanksgiving Break	24 No School - Thanksgiving Break	25
26	27 White Day	28 Red Day 9:00am JH WR @ Bayard Invite	29 White Day	30 Red Day 5:00pm JH GBB at Gordon/Rushville		