



BOBCAT BITS

Hemingford Public Schools

Bobcat Bits

December 2018

Happy Holidays



**FROM EVERYONE AT
HEMINGFORD PUBLIC
SCHOOLS**

Special points of interest:

- *Mr. Isom-School Superintendent*
- *Mr. Kløver-HS Principal*
- *Mr. Ameson-Elementary Principal*
- *Counselor's Corner*
- *Junior Class Fund Raiser*
- *Art Teacher*
- *Sportsmanship*
- *District Music Festival*
- *Holiday Play*
- *Believe in Hemingford*
- *SchoolWay*
- *School Within a School*
- *Odysseyware*
- *Nutrition Nuggets*
- *Menus*
- *Activity Calendar*





Mr. Isom-School Superintendent

One of the processes during the transition with the new administration, NASB provided the opportunity for the board and administration to sit down and develop goals/plans to move the district forward.

Last month article talked about the process of updating the educational facilities.

This month we will share the Educational Leadership Goal:

The board and administration will provide all students a positive learning environment with a top-quality education.

1-Research and grow curricular opportunities to include additional class options with the following as possibilities:

- a. Add College credit Accounting to the Business program
- b. Add certified welding to the Ag program.
- c. Add dual credit Math to build core dual credit offerings
- d. Add CNA certification program
- e. Continue to build on STEM.
- f. Continue to grow interest in School to Work Program

2-Check into the Hemingford tuition reimbursement program policy for staff to determine the parameters of the policy and report this information to the board.

- a. Do the staff members who utilize the tuition reimbursement program need to remain at the district a certain amount of time after utilizing the program?
- b. How can the school district receive the maximum return on investment from the teachers utilizing the tuition reimbursement program?

3- Market to parents and students the extra-curricular activities available to grow student interest and provide all students a well-rounded educational experience.





Mr. Kluver-High School Principal



It is so hard to believe that we have made it to December already. This time of year is extremely busy and can be a little more hectic at school and at home with activities and weather. It is very important that students and staff keep working hard and finish out this semester the right way. Parental support is essential to student success. Encouragement from you makes all the difference in the world to students especially when they are struggling. Eligibility is in effect for the entire semester through December 21st.

Remember that PowerSchool is always available to parents so you can keep track of how your student is doing. If you need assistance getting

this setup on your phones, please contact us or come in to the office and we would be happy to assist you. Your students should be in the habit of checking their grades every day and know if they have missing assignments. The number one reason why students fail is they don't complete or turn in homework. Homework is the practice they do before the test. Just like a sporting event has practices, so do classroom events.

In recent months, the administrative staff have been reviewing articles relating to trends in education and how they apply to Hemingford Public Schools. Recently, I read an article published on the AASA (a School Superintendents Association) website and it struck a chord with me. In the article, the author states that some of the issues occurring between parents and schools is the perpetuation of dishonesty in regards to school attendance. The author states that "Parents who lie to school officials about attendance" is causing schools and parents to have tense and sometimes non-working relationships.

Schools must have open dialogue with parents to determine what they should expect from each other in regards to their students and the sharing of information. Parents, please remember, you ultimately control whether or not your child attends school. You have the right as a parent to request that your student miss school for any reason. Please avoid calling in your student ill when they really are missing for another reason. We do not need to know the reason, simply just state that you are requesting their absence. Panhandle Public Health does request that we gather information on the symptoms of sicknesses that are reported to us. Honesty is and always will be the best policy.

The high school winter concert will be on Tuesday, December 18th. The last day of semester one will be Friday, December 21st and we will release students at 2 pm. Please plan accordingly. Thank you all for a great first semester and have a Merry Christmas and a Happy New Year.



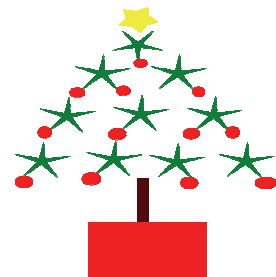
Mr. Arneson-Elementary Principal

The end of the first semester is almost upon us. Now is a great time to evaluate how the first half of the year has gone and what steps can be taken to improve in the second semester. One area that we are actively pursuing to improve is the writing skill of our students. Parents you can help by reading your child's writing and asking them questions about it and help them elaborate their ideas. During our two week break over Christmas, take some time and have your child do some writing or help them with their math facts. Two weeks can be a long time without educational routine. Help them start strong in January with a little extra practice over break.

After Christmas break on January 7th, the elementary students will have a day off while their teachers attend an in-service on implementing a new writing curriculum. There will still be preschool that day, however, if the preschool student doesn't have an older sibling to ride the bus with, they will need a different arrangement to get to and from school.

The other day I read an article from "Education Week" about how unexcused absences can be an indicator of school achievement. The article goes on to say how one unexcused absence can be more predictive of educational success than 18 excused absences. Parents are the biggest influence on getting children to school, even more so in elementary school. Please help us educate your children by making sure they attend school when they can, however, if they are unable to be at school because of illness, please call and let the office know.

I hope everyone has a great December, Christmas break, and Happy New Year.





COUNSELOR'S

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Juniors and **Seniors** need to listen to announcements and sign up on the sheet across the hall from my office if they want to attend the college representatives, or military recruiters coming to school.

Seniors: Have you completed your FAFSA? The opening date was October 1. You will use 2017 taxes.

Don't ever pay for scholarship searches! Use *free* resources such as ScholarshipQuest at EducationQuest.org with over 2,000 Nebraska-based scholarships. Free national sites include Peterson's, FindTuition, Cappex, and SchoolSoup.

Seniors – I will be conducting 15 minute individual academic conferences with all the seniors concerning next year. These conferences will be held during the month of December. We will be making sure that everything is set in place for graduation on May 11, 2019.

Juniors – I will be conducting 15 minute individual academic conferences with all the juniors concerning next year. These conferences will be held during the month of January. We will be discussing many different topics. These topics include transcripts, drop/add, academic requirements, plans for life after graduation, and many other topics as well. If you have any questions, don't hesitate to call me at (308)487-3328.

The next registration date for the ACT is January 11. The test date is February 9.

The third through fifth grade will again be working on social and academic responsibility. The sixth grade is continuing with learning social responsibility.

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents. Jane D. Hull



JUNIOR CLASS-FUND RAISER



Would you like to make some brownie points this Christmas?

The Class of 2020 can wrap that up for you!

Score a 13” by 9” baking pan with a sturdy lid and a box of brownie mix for your favorite cook for \$12.00—

Better yet—a half sheet pan with a lid and TWO boxes of brownie mix for \$18.00!

Pans are high quality with tight-fitting, heavy plastic lids and can also be purchased separately (although the brownie mix is a great deal!).

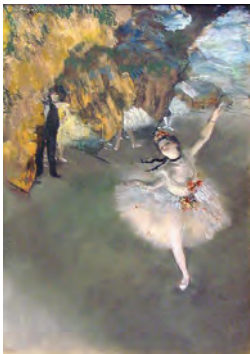
Please contact a junior class member or sponsor: Mr. Olson bolson@gubn.org
Mrs. Smaha ssmaha@gubn.org



From the Desk of the Tap Dancing Art Teacher

WHERE did the last two months go??? October was amazing as we learned about Frida Kahlo's life and how the struggles and challenges she faced influenced her art. Advanced Art Students began experimenting with the medium of Oil Paint, creating Frida Kahlo influenced self portraits. Elementary students explored the principle of symmetrical balance on drawings of guitars and sugar skulls, and worked on color theory by creating tints for paleta paintings (Mexican popsicles) or warm and cool contrasts for beautiful watercolor cacti art. We wrapped up the unit and the month with a HUGE Dias de los Muertos Fiesta, where students learned to make and then enjoyed tamales as well as an assortment of other traditional Mexican delicacies. Special thanks to Mrs. Mendiola and Roger Christiansen for helping pull it all together!

November has been filled with a much different atmosphere as we've delved into the life and art of Katsushika Hokusai - painter of the famous Japanese woodblock print "Under the Great Wave off Kanagawa" (More commonly known as "The Great Wave.") We've learned about the Japanese art of Gyotaku (fish printing), Shibori - a tie-dyeing technique, and Art I/II students are using Hokusai's waterfall prints as inspiration for an acrylic pour waterfall project that is really turning out BEAUTIFUL! I can't wait to see the finished works! Elementary artists are doing a variety of color theory projects involving warm and cool colors, complementary colors, and mixing shades. Projects are ranging from incredible directed drawings of betta fish and koi, to koi (carp) windsock projects, to student reproductions of "The Great Wave" in oil pastel and watercolor. Our unit will end with a lesson on the art of rolling Makizushi (basically, California Rolls) and a sampling of favorite Japanese treats such as Wasabi peas, squid jerky, Pocki, Hi-Chew candy, Moshi and Boba Tea.



In December, the dance teacher in me comes out as we LEAP (see what I did there?) into the life and art of French artist, **Edgar Degas**, who is most well known for his post-impressionist paintings of ballerinas. That seems to tie in really beautifully with a favorite of the Christmas season, Tchaikovsky's "The Nutcracker." And OBVIOUSLY, as a dancer, I'm gonna incorporate as much dance as I can! With the ballerinas, we'll be practicing figure drawing and will probably study muscle movement and tension with some ballet warm ups in class. Bring your leotards, artists!



We'll also briefly explore some of the countries represented in the Land of Sweets. Upcoming activities include Cubism style Nutcracker projects (Spain), Islamic art (Arabia), and Chinese art. And expect at least one class to tackle stop motion photography + claymation for a "Waltz of the Flowers" extravaganza!

***And as a quick note - the Art Room is ALWAYS in need of Clorox Wipes and Baby Wipes to facilitate cleanup - especially at the end of our short 25 minute Elementary class periods. Paper towel rolls are incredibly helpful, too. We only have one sink, and so the High School classes really benefit from these items as well. If even an entire class of 20 students brought in just ONE package each, it would help immensely and keep us supplied for a couple of months! I just don't have the funds to keep each of our 8 tables supplied with these VERY NECESSARY supplies! Consider a donation to the Art Room of these items as a Christmas gift in lieu of goodies. Thank You! And MERRY CHRISTMAS, MY MOST**



Sportsmanship

The winter sports season is upon us. My thoughts turn to sportsmanship. I have to remind myself that it is just a game. What is good sportsmanship? Good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect. Kids learn the basics of sportsmanship from the adults in their lives, especially their parents and their coaches. Kids who see adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and behave with dignity—whether they win or lose a game. Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully. Remember the saying, “action speaks louder than words”? That is especially true when it comes to teaching your kids the basics of good sportsmanship. Your behavior during practices and games will influence them more than any pep talk or lecture you give them.

Here are some suggestions on how to build sportsmanship in your kids: *unless you are coaching your child’s team, you need to remember that you are the parent. Show words of encouragement, not directions, from the sidelines (there is a difference)! *keep your comments positive. Do not bad mouth coaches, players or game officials. If you have a serious concern about the way that games or practices are being conducted, or if you are upset about other parents’ behavior, discuss it privately with the coach or with a league official. *After a competition, it is important not to dwell on who won or lost. Instead, try asking “how did you feel you did during the game? If your child feels weak at a particular skill, like throwing or catching, offer to work on it together before the next game. *applaud good play no matter who makes them. *keep your perspective. It is just a game. Even if the team loses every game of the season, it is unlikely to ruin your child’s life or chance of success. *finally, do not forget to have fun. Even if your child is not the star, enjoy the game while you are thinking of all the benefits your child is gaining—new skills, new friends, and attitudes that can help all through life.





DISTRICT MUSIC FESTIVAL



WHEN

Saturday, April 27, 2019

Time: Individual Sessions between 8am-5pm

WHERE

**Alliance High School and
Performing Arts Center in
Alliance, NE**

CONTACT

**Western Nebraska District Festival Chair: Sarah Arneson at
westerndistrictfestival@gmail.com or 402-730-5784**

**Sarah is available to help guide teachers and students
through the entry and preparation process.**

If you wish to enter another instrument, please contact us.

**Event is sponsored by the NE Music Teachers Association
www.nebmta.org**

WELCOMING PIANO* PLAYERS GRADES K-12

COST

**\$25 per entry for members
\$35 per entry for non-
members**

ACTIVITIES INCLUDE

- Perform 2 pieces, 2 Scales, & Sight-read in a low pressure environment.
- Take a Written Music Theory Test
- Music Treasure Hunt

AWARDS/ BENEFITS

Medal for a 1 rating

**Certificate for 90%+ on
theory test**

Certificate of Participation

**Opportunity to go on to
participate in the NebMTA
State Music Festival.**

**Receive a helpful critique
from a well-respected,
knowledgeable, and kind
adjudicator**

ENTRY DEADLINE

Monday, April 1, 2019



save the date

**ANNUAL HEMINGFORD
HOLIDAY PLAY**

*** THE BEST CHRISTMAS
PAGEANT EVER
AND
A SEUSSIFIED
CHRISTMAS CAROL**

DECEMBER 16TH & 17TH

**TICKETS GO ON SALE NOVEMBER 19TH
CONTACT ME IF YOU HAVE ANY QUESTIONS
TABI BRYNER 760-1120**



*B*elieve in Hemingford 2018

December 5, 2018

Village of Hemingford with the Chamber of Commerce invite you to the 2nd Annual Believe in Hemingford Tree Lighting event.

The Village of Hemingford will feature two new pole Christmas decorations at Box Butte and Niobrara, these were purchased with proceeds from the 2017 Believe Donations.

HHS Art Students will be doing Door and Window Display in businesses to be viewed all season long!

Dinner - 5:30-7:00pm
Free Will Offering at the Fire Hall
Chili or Chicken and Noodles, Homemade Breads, and
Cinnamon Rolls
Proceeds will go towards future Christmas decorations

Santa will be making a special appearance

Tree Lighting at Box Butte and Custer: 7:00 pm
Village Wide and MYF Group Caroling to follow - all are welcome

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.

Charles Isom, 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
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).**

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



School within a School Program Description

The goal of this program is to provide another method for Hemingford High School students to take and receive credit for courses. This program could be utilized by students who need to retake a course or those students who want to take a course that Hemingford does not currently offer.

Currently, the School within a School utilizes an online course program called Odysseyware. The student may apply to take any of the courses Odysseyware offers. If you go to Odysseyware.com you can explore their course catalog or request a paper copy of the course catalog from Hemingford Public Schools.

If retaking a course, the equivalent Odysseyware course will be chosen for you. If you need to retake a course, you will not automatically be placed in the School within a School Program and will need to fill out the application below.

If you want to take a class that Odysseyware offers that Hemingford does not typically offer such as an advanced math class or a class about nursing careers, the School within a School Advisory Committee (Typically made up of the High School Principal, the School within a School program director, and the School within a School teacher) will determine how much and what type of credit you will receive towards your graduation requirements based on the specific course you request to take.

School within a School currently follows the Hemingford High School 8 period day schedule. Upon approval, students may participate in the School within a School Program for one or more class periods.

The SWS Advisory Committee will not automatically accept everyone into the School within a School Program and will consider each request on an individual basis. It is a privilege to take an online course and even after acceptance into this program, this privilege may be revoked at any time due to a student not following school policies, procedures, and expectations.

Please fill out the application on back to apply.

Staff only Teacher Recommendation:

Would you recommend this student to take this course online and why?



School within a School Program Application

Student First and Last name Student Cell/Home Phone Number

Student Street Address, Mailing Address City, Zip Code

Parent/Guardian Name Parent/Guardian Home# Cell Phone Number

Parent/Guardian Street Address / Mailing Address City, Zip Code

Parent/Guardian Name Parent/Guardian Home# Cell Phone Number

Parent/Guardian Street Address / Mailing Address City, Zip Code

What course(s) do you want to take online utilizing Odysseyware? If you need to retake a class, just list the class you need to retake.

Why do you want to take this particular course(s) in Odysseyware? Please include all possible reasons. Please use additional paper if needed.

If you previously did not pass another class, Why do you think you did not pass? Please include all possible reasons. Please use additional paper if needed.

Have you received additional services such as what would be found in the school's Special Education Program? Please Circle: YES NO

Please include any additional information that would be helpful for us to know in regards to accepting you to take online coursework through Odysseyware on an additional piece of paper.

CORE COURSES & ELECTIVES

Courses in **BOLD** indicate full-year courses.

- Odysseyware Full Course Library License includes all items listed plus additional content resources and other LMS features
- Easy-to-use course customization and teacher authoring tools
- Credit recovery, remediation & acceleration solutions
- Single platform supports multiple uses: intervention, credit recovery, online learning, blended learning, and more!
- Videos and interactive activities
- Dashboard progress monitoring and extensive reporting options
- Individualized Learning Path option with NWEA™ MAP® Growth™ assessment scores
- Search by State Standards, CCSS, and other search options

ENGLISH LANGUAGE ARTS	
Language Arts 300	3
Language Arts 400	4
Language Arts 500	5
Language Arts 600 Fundamentals	6
Language Arts 600	6
Language Arts 700 Fundamentals	7
Language Arts 700	7
Language Arts 800 Fundamentals	8
Language Arts 800	8
English I Fundamentals	9-12
English I	9-12
English II Fundamentals	9-12
English II	9-12
English III Fundamentals	9-12
English III	9-12
English IV Fundamentals	9-12
English IV	9-12
Spelling 300	3
Spelling 400	4
Spelling 500	5
Spelling 600	6

SCIENCE	
Science 300	3
Science 400	4
Science 500	5
Science 600	6
Science 700	7
Science 800	8
Biology	9-12
Chemistry	9-12
Earth Science	8-9
Environmental Science	9-12
Integrated Physics and Chemistry	9-12
Physics	9-12

HEALTH	
Health Quest	7-8
Health Education	9-12
Personal and Family Living	9-12
Physical Education	9-12
Physical Fitness	9-12

WORLD LANGUAGES	
French I	9-12
French II	9-12
Spanish I	9-12
Spanish II	9-12
Spanish III	9-12

MATHEMATICS	
Mathematics 300	3
Mathematics 400	4
Mathematics 500	5
Mathematics 600 Fundamentals	6
Mathematics 600	6
Mathematics 700 Fundamentals	7
Mathematics 700	7
Mathematics 700 EOC Test	7
Mathematics 800 Fundamentals	8
Mathematics 800	8
Mathematics 800 EOC Test	8
<i>Traditional Pathway:</i>	
Algebra I Fundamentals	9-12
Algebra I	9-12
Algebra I EOC Test	9-12
Geometry Fundamentals	9-12
Geometry	9-12
Geometry EOC Test	9-12
Algebra II Fundamentals	9-12
Algebra II	9-12
Algebra II EOC Test	9-12
Pre-calculus	9-12
Probability & Statistics (Available 2018-19)	9-12
<i>Integrated Pathway:</i>	
Coordinate Algebra	9-12
Analytic Geometry	9-12
Advanced Algebra	9-12
<i>Electives:</i>	
Consumer Math	9-12
Trigonometry	9-12

HISTORY/SOCIAL SCIENCES	
History and Geography 300	3
History and Geography 400	4
History and Geography 500	5
History and Geography 600	6
World Civilizations	7-8
History and Geography 800	7-8
Civics (Available 2018-19)	7-8
U.S. History: Foundations to Present	9-12
U.S. History: Reconstruction to Present	9-12
World Geography	9-12
World History	9-12
<i>Electives:</i>	
Twentieth Century American History	9-12
Civil War	9-12
Economics	9-12
Government	9-12
Personal Financial Literacy	9-12
Psychology	9-12
Vietnam Era	9-12

BUSINESS	
Business Computer Information Systems	9-12
Essentials of Business	9-12
Essentials of Communication (Speech)	9-12
Technology and Research	9-12

FINE ARTS	
Art History	9-12
Digital Arts	9-12
Media Studies	9-12
Music Appreciation	9-12
Music Theory	9-12

ADVANCED PLACEMENT® (USE WITH AP® COURSES)	
Calculus	9-12
Comparative Government and Politics	9-12
English Language and Composition	9-12
Human Geography	9-12
Macroeconomics	9-12
U.S. Government and Politics	9-12
U.S. History	9-12

BLENDED LEARNING LIBRARY	
Mathematics 700 Resources	7+
Mathematics 800 Resources	8+
Algebra I Resources	9-12
Algebra II Resources	9-12
Geometry Resources	9-12
Language Arts 600 Resources	6+
Language Arts 700 Resources	7+
Language Arts 800 Resources	8+
English I Resources	9-12
English II Resources	9-12
English III Resources	9-12
English IV Resources	9-12

ASSESSMENTS, DIAGNOSTICS AND TEST-PREP RESOURCES	
SPARK Assessment and Remediation Solution for English Language Arts and Mathematics	K-8
Core Placement Tests for History, Language Arts, Mathematics, and Science	3-12
GED® Test Prep	9-12
ACT® Test Prep	9-12
TASC Test Assessing Secondary Completion™ Prep	9-12
HiSET® Test Prep	9-12
Essentials of Mathematics	9-12
Essentials of Language Arts	9-12
Skills and Diagnostic Tests for English Grammar and Mathematics	9-12

CAREER & TECHNICAL EDUCATION COURSES

As more schools expand CTE programs, Odysseyware provides a wide array of courses to support all 16 career clusters. Our rigorous, media-rich 80+ CTE courses prepare students for the workforce and post-secondary education.

MIDDLE SCHOOL
Career Explorations I
Career Explorations II
Career Explorations III
Keyboarding and Applications
Principles of Coding

AGRICULTURE, FOOD & NATURAL RESOURCES
Introduction to Agriculture, Food, and Natural Resources
Agribusiness Systems
Animal Systems
Environmental Service Systems
Food Products and Processing Systems
Natural Resources Systems
Plant Systems
Power, Structural, and Technical Systems

BUSINESS MANAGEMENT & ADMINISTRATION
Business Law
Career Management
Office 2010 Applications 1 Microsoft Word®, PowerPoint®, and Publisher®
Office 2010 Applications 2 Microsoft Excel® and Access®
Office 2013 Applications 1 Microsoft Word®, PowerPoint®, and Publisher®
Office 2013 Applications 2 Microsoft Excel® and Access®
Principles of Business and Finance
Small Business Entrepreneurship
Technology and Business

HEALTH SCIENCE
Introduction to Careers in the Health Sciences
Careers in Allied Health
Forensics: Using Science to Solve a Mystery
Nursing: Unlimited Possibilities and Unlimited Potential
Physicians, Pharmacists, Dentists, Veterinarians, and Other Doctors
Public Health: Discovering the Big Picture in Health Care
Scientific Discovery and Development
Therapeutics: The Art of Restoring and Maintaining Wellness

HOSPITALITY & TOURISM
Introduction to Hospitality and Tourism Systems
Food and Beverage Management
Food Safety and Sanitation
Lodging Operations Management
Marketing and Sales for Tourism and Hospitality
Planning Meetings and Special Events
Sustainable Service Management for Hospitality and Tourism
Transportation and Tours for the Traveler

HUMAN SERVICES
Introduction to Human Services
Counseling and Mental Health Services
Early Childhood Development and Services
Family and Community Services
Introduction to Consumer Services
Introduction to Human Growth and Development
Personal Care Services

INFORMATION TECHNOLOGY
Introduction to Information Technology
Fundamentals of Computer Systems
Fundamentals of Digital Media
Fundamentals of Programming and Software Development
Introduction to Information Technology Support and Services
Introduction to Network Systems
Network System Design
New Applications: Web Development in the 21st Century
Software Development Tools

LAW, PUBLIC SAFETY, CORRECTIONS, AND SECURITY
Introduction to Law, Public Safety, Corrections, and Security
Corrections: Policies and Procedures
Fire and Emergency Services
Law Enforcement Field Services
Legal Services
Security and Protective Services

SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS (STEM)
Introduction to STEM
Engineering and Design
Engineering and Innovation
Engineering and Product Development
Principles of Technology and Engineering
Science and Mathematics in the Real World
Scientific Research
STEM and Problem Solving

ARCHITECTURE & CONSTRUCTION
Introduction to Careers in Architecture and Construction
Construction Careers

ARTS, A/V TECHNOLOGY & COMMUNICATIONS
Introduction to Careers in Arts, A/V Technology, and Communications
A/V Technology and Film Careers

EDUCATION & TRAINING
Introduction to Careers in Education and Training
Teaching and Training Careers

FINANCE
Introduction to Careers in Finance
Banking Services Careers
Money Matters A
Money Matters B

GOVERNMENT & PUBLIC ADMINISTRATION
Introduction to Careers in Government and Public Administration
National Security Careers

MANUFACTURING
Introduction to Careers in Manufacturing
Careers in Manufacturing Processes

MARKETING
Introduction to Careers in Marketing
Careers in Marketing Research

TRANSPORTATION, DISTRIBUTION & LOGISTICS
Introduction to Careers in Transportation, Distribution, and Logistics
Careers in Logistics Planning and Management Services

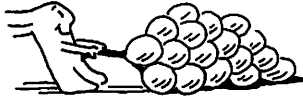
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Nutrition Nuggets™

Food and Fitness for a Healthy Child

December 2018

Hemingford Public Schools



BEST BITES

Edible art

Suggest that your youngster use her plate as a canvas and create a work of art she can eat! Help her select healthy snacks in different shapes and colors. Maybe she'll make a "portrait" with mini turkey-meatball eyes, a cheese-cube nose, a red bell pepper mouth—and a drizzle of marinara hair.



Active with pets

Need an easy way to encourage your child to move more? Let him help with pet care. He could walk the dog around the block after dinner or throw toys for the cat to chase. *Tip:* If you don't have a pet, he might ask to play with a relative's or a neighbor's pet.

DID YOU KNOW?

You'll save money *and* boost your youngster's nutrition by using parts of fruits and vegetables that you normally throw away. For example, peel broccoli stems, then cut them into "coins" to add to soups. Also, consider making a pesto out of leafy green carrot tops or grating citrus peel onto steamed veggies.

Just for fun

Q: Why did the golfer have an extra pair of pants?

A: In case he got a hole in one!



Family wellness challenges

How can you motivate your child to live a healthy lifestyle? Turn nutritious eating, exercising, and getting enough sleep into fun family challenges. Use these ideas to get started.

Challenge #1: Fruit and veggie bingo

Have each person create a bingo card with five rows and five columns. In each square, write or draw produce (*orange, green beans, sweet potato*). Then, swap cards and cross out each one you eat this week (a *strawberry* smoothie counts). Everyone who gets five in a row wins. *Tip:* Involve relatives you'll visit with during the holidays.

Challenge #2: Fit weekends

Brainstorm fitness-related activities to enjoy together. Some ideas: hold a dance-off, play balloon volleyball, have a snowball fight, visit a recreation center. Ask your youngster to write one on your



calendar every weekend. As you complete each activity, he can color in that day's calendar square.

Challenge #3: Sleep tracking

Getting enough sleep gives your child energy to run and play. Let him make a "sleep chart" with a column for each family member. For one week, write down the time you turn out the lights and the time you wake up. Draw a star in your column for each night you get the recommended amount of sleep (kids need 9–11 hours, adults need 7–9).

Save on fitness equipment

Inspire your youngster to stay fit by keeping an assortment of sports and exercise gear handy. Consider these suggestions to help her stock up on a budget:

- Ask family and friends if they have equipment they no longer use. Perhaps your brother can pass along a softball mitt his daughter has outgrown. A friend may offer an old tennis racket.

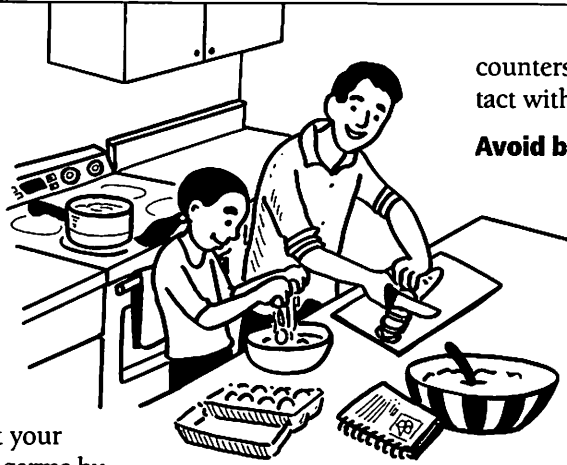
- Search flea markets, thrift shops, and online yard sales. For just a few dollars, you might find a gently used balance ball or yoga mat (disinfect before use). Or you could buy a jump rope, a can of tennis balls, or a Frisbee for less than a dollar.

Note: Always make sure used gear is in good condition.



Kitchen safety for kids

Confidence in the kitchen can set your youngster up for a lifetime of healthy eating. Before the two of you cook together, share these basic safety rules. *Note:* Always supervise your child in the kitchen.



counters and wash cutting boards that come in contact with uncooked meat or eggs.

Avoid burns. Show your child how to turn pot handles toward the back of the stove to avoid accidental bumps. Also, teach her to never touch anything hot (pans, plates) with bare hands. She could practice using potholders by carrying dishes that aren't hot.

Use knives carefully. Demonstrate the "two-hand" technique: One hand grips the knife firmly while the other holds the food in a "claw" position (fingers curled under). *Tip:* Have your youngster start with a plastic or butter knife and soft foods like bananas or bread. ●

Practice cleanliness. Explain that your youngster should avoid spreading germs by washing her hands in warm, soapy water before and after touching food. Point out that it's also important to wipe

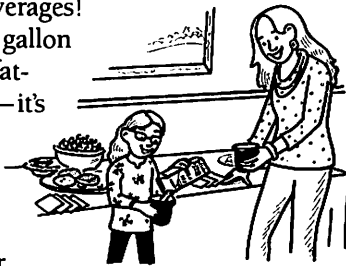
counters and wash cutting boards that come in contact with uncooked meat or eggs.

Q&A

Healthier beverage choices

Q: With holiday parties coming up, how can I help my daughter steer clear of soda and choose healthier drinks?

A: One easy solution for parties? Offer to supply beverages! Drop off a gallon or two of fat-free milk—it's perfect for dunking holiday cookies. Or let your daughter help you make a bowl of healthy punch to share. She could choose a flavor of sparkling water and decide what kind of fruit to mix in.



Before you go to a party, talk to your daughter about making good choices. Keep in mind that banning treats completely may make them more tempting to her. For example, suggest that she drink just one glass of chocolate milk or apple juice, then switch to water or regular fat-free milk for the rest of the party. ●

OUR PURPOSE

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

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

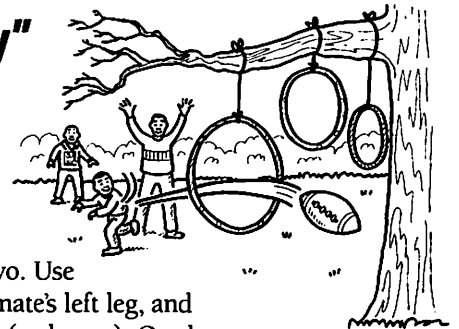
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ACTIVITY CORNER

Winter "field day"

Your youngster doesn't need to wait until spring to enjoy Field Day. Pick his favorite events, and create your own versions at home with family and friends. Here are two.



1. Three-legged race. Split into teams of two. Use a scarf to tie one person's right leg to his teammate's left leg, and line up about 25 feet away from a pile of snow (or leaves). On the count of three, teams race around the pile and back. The first team to return to the starting line wins.

2. Football ring toss. Tie several hula-hoops or large rings cut from cardboard to a tree branch using different lengths of rope. Assign a point value to each hoop, with higher hoops worth more points. Each person gets five tries to throw a football through any of the hoops. Have each player keep track of his own score. Earn the most points to win. ●

IN THE KITCHEN

Better-for-you appetizers

Chips, mozzarella sticks, and deviled eggs are popular among kids—and they can actually be nutritious. Try these recipes.

Tortilla chips

Cut 6 small corn tortillas into 6 wedges each. Combine 3 tbsp. lime juice, 1 tbsp. olive oil, and ½ tsp. salt. Arrange wedges in a single layer on a baking sheet, and brush both sides with the mixture. Bake at 350° for 15 minutes, flipping once.

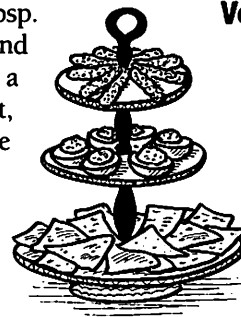
Baked cheese sticks

Combine ½ cup whole-grain breadcrumbs with

1 tsp. each onion powder, garlic powder, and salt. In a separate bowl, beat 1 egg. One at a time, dunk 12 part-skim mozzarella cheese sticks into the egg, then coat with the breadcrumb mixture. Bake at 425° for 10–15 minutes.

Vegetable deviled eggs

Peel 6 hard-boiled eggs, and cut in half. Scoop the yolks into a bowl, and add 3 tbsp. fat-free Greek yogurt and ½ tsp. Dijon mustard. Then, stir in 2 tbsp. each diced cucumber and tomato. Divide the mixture among the egg whites. ●



Hemingford Public School District #10

December ▾

2018 ▾

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ● 9:00am: WR @ Custer Invite ● 1:00pm: G/B BB vs. Hyannis
2	3 ● 4:30pm: JH Girls BB vs. Alliance St. Agnes Red Day	4 ● 4:00pm: JH Girls BB vs. Crawford White Day	5 Red Day	6 ● 3:00pm: JH Girls @ Bridgeport White Day ● 6:00pm: WR vs. Crawford/ Hay Springs Triangular @ Hay Springs	7 Red Day	8 ● 1:00pm: G/B BB @ Mitchell WR @ Gordon Invitational
9	10 White Day JH Girls Panhandle Conference Tourney @ Harrison ● 7:00pm: School Board Meeting	11 ● 3:30pm: G/B BB @ Hay Springs Red Day	12 White Day	13 Red Day ● 6:30pm: Elementary Music Program ● 6:30pm: * FFA Christmas Party	14 ● 7:30am: FCCLA HS Staff Secret Santa Breakfast ● 2:00pm: G/B BB @ Bridgeport White Day	15 WR @ Bridgeport/Sidney Invitational ● 1:00pm: G/B BB vs. Leyton
16 Community Holiday Play	17 Red Day Community Holiday Play ● 7:00pm: FCCLA Chapter Meeting	18 White Day ● 6:30pm: High School Music Program	19 Red Day	20 ● 2:45pm: Big Brother/Big Sister ● 5:30pm: WR @ Bridgeport/Gordon-Rushville Triangular White Day	21 End of 2nd Quarter/1st Semester Red Day	22
23	24 Christmas Break - No School	25 Christmas Break - No School	26 Christmas Break - No School	27 Christmas Break - No School	28 Christmas Break - No School G/B BB @ Chadron Holiday Tournament	29 G/B BB @ Chadron Holiday Tournament
30	31 Christmas Break - No School					

Hemingford Public School District #10

<div style="display: flex; justify-content: space-around; align-items: center;"> January ▾ 2019 ▾ </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Christmas Break - No School	Christmas Break - No School	● 3:00pm: G/B BB @ Garden County Christmas Break - No School	● 2:00pm: G/B BB vs. Minatare Christmas Break - No School	● 9:00am: WR @ Garden County Invite
6	7	8	9	10	11	12
	White Day	● 4:00pm: G/B BB @ Chadron ● 5:00pm: JH Boys BB @ Crawford Red Day	● 9:00am: FFA District Ag Ed Conference @ WNCC White Day	Red Day	● 2:00pm: G/B BB vs. Bayard White Day ● 6:00pm: WR @ Mullen/Southeast/Star Quad	● 8:30am: WR @ Sandhills-Dunning Invite ● 1:00pm: G/B BB @ Sioux County Gering Speech Invite
13	14	15	16	17	18	19
	Red Day G/B BB Panhandle Conference Tourney @ Crawford ● 7:00pm: School Board Meeting	White Day G/B BB Panhandle Conference Tourney @ Crawford	● 9:00am: FFA District Ag Ed Conference @ WNCC Snow Date Red Day G/B BB Panhandle Conference Tourney @ Crawford	● 5:00pm: JH Boys BB vs. Mitchell White Day G/B BB Panhandle Conference Tourney @ Crawford	Red Day G/B BB Panhandle Conference Tourney @ Crawford WR @ Chadron Invite	Scottsbluff Speech Invite G/B BB Panhandle Conference Tourney @ Crawford WR @ Chadron Invite
20	21	22	23	24	25	26
	● 4:00pm: JH Boys BB @ Morill White Day JVB BB @ Bridgeport JV Tourney	Red Day JVB BB @ Bridgeport JV Tourney ● 6:00pm: G BB vs. Crawford	White Day FCCLA District Star Competition @ Alliance	● 5:00pm: JH Boys BB vs. Hay Springs Red Day ● 6:30pm: FFA Meeting	White Day	● 1:00pm: G/B BB vs. Edgemont Alliance Speech Invite
27	28	29	30	31		
	Red Day JH Boys BB Panhandle Conference Tourney @ Hay Springs ● 7:00pm: FCCLA Chapter Meeting	● 2:45pm: Big Brother/Big Sister White Day	Red Day	● 9:00am: WR @ WTC/SPVA @ Bridgeport White Day G/B BB Western Trails Conference Tourney @ WNCC		

* = Event displays only on this view



Hemingford Public Schools Breakfast Menu

December 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Sandwich or Cold Cereal Fruit/Juice	4 Omelet/Toast Or PBJ Fruit/Juice	5 Waffles N' Strawberries Or Oatmeal Fruit/Juice	6 French Toast Sausage Links or PBJ Fruit/Juice	7 Breakfast Pizza Or Cold Cereal Fruit/Juice
10 Biscuits & Sausage Gravy Or Cold Cereal Fruit/Juice	11 Scrambled Eggs Muffins or PBJ Fruit/Juice	12 Pancakes Sausage Patty Or Yogurt Parfait Fruit/Juice	13 Breakfast Casserole or PBJ Fruit/Juice	14 Breakfast Burrito or Cold Cereal Fruit/Juice
17 Breakfast Sandwich or Cold Cereal Fruit/Juice	18 Omelet/Toast Or PBJ Fruit/Juice	19 Waffles N' Strawberries Or Oatmeal Fruit/Juice	20 French Toast Sausage Links or PBJ Fruit/Juice	21 Breakfast Pizza Or Cold Cereal Fruit/Juice



Christmas Break
No School Dec 22-Jan 6



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 - \$1.65 Adult Breakfast - \$2.15

The cost of a lunch is as follows: PreK - \$2.15 K-6th - \$2.40 7-12 Lunch - \$2.70 Adult Lunch - \$3.85



Hemingford Public Schools Lunch Menu

December 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Ready Rib Sub Corn	Chicken Strips Green Bean Casserole Dinner Roll	Chicken Fried Steak Mashed Potatoes/Gravy Dinner Roll	Chicken Bacon Ranch Flatbread Candied Carrots	Pizza Squash Banana Bars
10	11	12	13	14
Philly Steak N' Cheese Sub Corn	Orange Chicken over Rice Egg Roll	Pulled Pork Nacho Baked Beans	Spaghetti & Meat Sauce Garlic Bread Peas	Crispito w/Cheese Green Beans Xmas Cookie
17	18	19	20	21
Turkey Sub Cheesey Broccoli	Tater Tot Casserole Dinner Roll	Chicken Cheese Enchilada Spanish Rice	Ham Scalloped Potato Dinner Roll	Hamburgers Asst. Chips Gingerbread Men



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