



Bobcat Bits

April 2017

Hemingford Public Schools

WTC HONOR BAND CONCERT HELD

Outstanding High School Musicians from the seven Western Trails Conference Schools Performed live in Hemingford Tuesday, March 7th at 5 P.M. for some fantastic Instrumental music.

Guest Clinician Joe Rischling from Chadron worked all day long with these young Men and Ladies to blend their outstanding musical abilities for their short concert tonight.

Instructors Kristi Hiles-Smith from Kimball, George Meng from Gordon-Rushville, Austin Sailors of Mitchell, Katy Fody of Morrill,

Doug Babic of Bayard, Joe Jensen of Bridgeport, and Sara Schmidt of Hemingford, along with accompanist Sue Shaver of Hemingford have mustered the best of the best to appear together for the delight of all that can come.

The program will come from "To Dream in Brushstrokes" by Michael Bare; "Incantations" by Robert W. Smith; "Darkheart" by Randall D. Standridge; and "Rough Riders" by Karl L. King.



Special points of interest:

- Mrs. Foster's Gacts
- Mr. Arneson
- Counselor's Corner
- Honor Roll 4-12th Grades
- Spelling News
- Family Fun Festival
- High School Quiz Bowl
- Science Fair
- Famous Nebraska Night
- FFA Teams
- Speech Team
- School Way
- FFA Auction
- Health Screening
- Poison Prevention Week
- E-Cigarette Poisoning
- Information Fair
- Harvest Moon Poster Contest
- Diabetes Prevention
- Activity Calendars
- Menus
- Chamber Newsletter





As I turn the page to the April calendar, I wonder where another year has gone. It is exciting to see how a student has grown from the beginning of the school year until now. In April, come activities that tend to have students out for a major part of the day. It may be difficult for students to focus on school work; however this quarter is crucial for students to maintain their grades for semester credit. This semester is especially important to juniors where often the 6th semester GPA is used for college applications and scholarships. Please continue to promote the SST time for students. This is a great resource for HHS students. As you can see elsewhere in the newsletter and calendar, activities of all sorts are still in high gear.

April—The Month of State Testing –

NeSA (Nebraska State Accountability Testing) and ACT



During the month of April, students in grades 7, and 8 and will be finishing taking the state tests in reading, math, and for Gr 8-Science. These are state-wide tests that Hemingford students are compared to other students in the state. Each test is scheduled for at least a 55 minute block of time in two separate sessions. Students are allowed as much time as needed to complete these tests. Posted on the school calendar are the testing dates for the different grades and content areas. Juniors are currently preparing for the ACT.

April Event: Prom Eligibility

The juniors are in planning stages for the 2017 Prom (April 29). This is a reminder to parents that students must meet the academic eligibility to attend. Numerous announcements will be made to the students so that they are fully aware of the time frame also. For students to be eligible to attend prom, they must be eligible for the period beginning Wednesday, April 26 through Tuesday, May 2, 2017.



National Honor Society Induction—6:00 pm Monday, April 24



All are welcome to celebrate with the new National Honor Society Inductees. Induction will begin at 6:00 pm in the HS Library. This group of students is selected on four pillars: leadership, scholarship, character and service. When requested, the NHS students serve as tutors to other students. Ms. Culan is the sponsor of this organization.

Student Appearance

Daylight Savings time brings out the shorts. The general rule of thumb is that the short length should be longer than finger tips when arms are at side. The student handbook, page 30, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate. Even though it may be short weather, please continue your support on leggings as not school appropriate attire unless the shirt worn hangs past the butt.



Please call ahead if your son/daughter is needed for an appointment or leaving school. The office can have a pass for them and you would not be late for your appointment. It is a win-win. Thanks.





Foster's Facts

pfoster@hemingfordschools.org

Parent/Teacher Conferences were an opportunity for you to check on the progress of your student academically and socially. Report cards were mailed to those whom could not be in attendance. In addition, Progress reports for 4th quarter should be in the mail on April 12 for seniors and April 26 for other students.



Busy, Busy, Busy

The April calendar is full of student activities; please check the calendar for current happenings. At this time of year, there are great potential for changes. A good way for students to stay on track academically is to plan to be in SST the day before and after an event.

- April 2-4: State FCCLA in Lincoln
- April 5-8: State FFA in Lincoln
- April 7: CSC Scholastic Day and Elementary Health Day
- April 12: Progress Reports for Seniors
- April 13-18: NO School (Easter Break)
- April 18: District Music in Alliance
- April 19: Mandatory ACT test date for Juniors
- April 20: State Science Fair in Lincoln
- April 24: National Honor Society Induction 6 pm Library
- April 26: Progress Reports for Grades 7-11
- April 29: Prom – Theme: Masquerade Ball
- May 4: HS Spring Concert

Supervised Study Time (SST)

A great opportunity for students that need time to make up work from being absent, use computers, finish projects, ask questions, or finish homework; all ways that can raise a student's grade and reinforce material presented. All students are welcome to use this time.

How does SST tie to eligibility? Students that are on academic probation (warning week) may stay eligible for activities by attending SST (Supervised Study Time) that is held on Monday-Thursday from 3:30-4:00. To stay eligible students must show progress toward raising their grade. It should be considered a must for students that failed a 3rd Quarter class.





Mr. Arneson-Elementary Principal

March started off with a birthday celebration. Nebraska turned 150 on March first. Our two wonderful fourth grade teachers, Mrs. Osmotherly and Mrs. Smith, planned a wonderful birthday celebration with different speakers, events, and even a Nebraska themed snack. There are pictures and videos on Mr. Arneson's website which can be found on the Hemingford Schools site.



Our state accountability testing for grades 3-6 started on March 28th. The students have been working hard to show how much they've learned this year. Help them be successful by limiting screen time, getting a good night's rest, and eating a great breakfast before they test.

Thanks to all the parents to came to our spring conferences. This time of the year is great to catch up with teachers and make sure that we finish the year strong.





COUNSELOR 'S

O R N E R

Seniors ... its decision time!

Attention seniors: Now that you have been accepted by the colleges that you have applied to, it's time to make the big college decision and determine where you'll spend the next 4-5 years of your life!

As you make your decision, have a heart-to-heart talk with your parents to make sure you pick your college for the right reasons, not because it's where your friends - or your girlfriend or boyfriend - are going. Talk about:

Location. Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If travel costs are prohibitive, you may not make it home as often as you'd like.

Cost. Can your family afford the school? What can you expect for financial aid beyond the freshman year? Did you receive renewable scholarships?

Academic program. Does the college offer the program that interests you? What happens if you change majors—does the college offer other programs of interest?

Juniors – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Are you asking the college representatives about the high school requirements that the college expects you to have to get into their college? Are you thinking about the classes you will need to register for next year?

The next test date for the ACT is April 8. Registration date was March 3.

If your child wants to take the ACT in the summer they need to be registered by May 5. Test date is June 10. It is only given one time during the summer.

I will be working with the 3 – 6 graders during the month of April. In the 3rd, 4th, and 5th grade we will be working on problem solving. 6th grade will be a combination of making right choices for themselves and registering for classes for the next school year. Upshift day for the 6th grade is set for the 3rd of May.

Kindergarten roundup is April 4th. I am looking forward to meeting all the new smiling faces.

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

Give love and unconditional acceptance to those you encounter and notice what happens. – Wayne Dyer





7-12th Honor Roll-3rd Quarter

| High School Honor Roll 2016-2017 Quarter 3 | | | High School Honor Roll 2016-2017 Quarter 3 | | |
|--|-------|--------------------|--|-------|-------------|
| Student Name | Grade | Level | Student Name | Grade | Level |
| Anglesey, Craig W | 12 | Distinguished List | Lovato, Kayden L | 12 | Honors List |
| Cullan, Carli A | 12 | Distinguished List | Mayer, Jonathan P | 12 | Honors List |
| Gasseling, Natalie M | 12 | Distinguished List | Turek, Brooke E | 12 | Honors List |
| Hansen, Emily M | 12 | Distinguished List | Glendy, Madison M | 11 | Honors List |
| Kumpf, Kaitlyn N | 12 | Distinguished List | Manning, Anna M | 11 | Honors List |
| Neefe, Taylee M | 12 | Distinguished List | Stevens, Kyler J | 11 | Honors List |
| Randolph, Mikayla B | 12 | Distinguished List | Coryell, Kobe J | 10 | Honors List |
| Riggs, Sydney M | 12 | Distinguished List | Cullan, Luke C | 10 | Honors List |
| Rohrbouck, Faith C | 12 | Distinguished List | Glendy, Mackenzie J | 10 | Honors List |
| Horstman, Kelli M | 11 | Distinguished List | Lashley, Casey M | 10 | Honors List |
| Gasseling, Lauren J | 10 | Distinguished List | Mazanec, Joe N | 10 | Honors List |
| Mutchie, Ashley R | 10 | Distinguished List | Mazanec, Mercedes K | 10 | Honors List |
| Stewart, Josie J | 10 | Distinguished List | Stumpff, Jacobi R | 10 | Honors List |
| Anglesey, Melissa A | 9 | Distinguished List | Bryner, Isaiah T | 9 | Honors List |
| Buchheit, Carter S | 9 | Distinguished List | Fritzler, Kaitlyn M | 9 | Honors List |
| Clouse, Jacob B | 9 | Distinguished List | Jespersen, Storm J | 9 | Honors List |
| Ernesti, Tayson L | 9 | Distinguished List | Knote, Emily R | 9 | Honors List |
| Hanson, Rebecca J | 9 | Distinguished List | Moss, Maggie C | 9 | Honors List |
| Hanson, Danea J | 8 | Distinguished List | Neefe, Rashell S | 9 | Honors List |
| Jespersen, Rayne J | 8 | Distinguished List | Plog, Alexander M | 9 | Honors List |
| Meyring, Jayce L | 8 | Distinguished List | Stewart, Jori S | 9 | Honors List |
| Neefe, Alex N | 8 | Distinguished List | Stumpff, Jace R | 9 | Honors List |
| Nelson, Landrie S | 8 | Distinguished List | Knote, Sara C | 8 | Honors List |
| Rozmiarek, Zachary A | 8 | Distinguished List | Payne, Jack A | 8 | Honors List |
| Wyland, Kenneth T | 8 | Distinguished List | Schekall, Rachel M | 8 | Honors List |
| Radspinner, Sarina M | 7 | Distinguished List | Varner, Katelyn N | 8 | Honors List |
| Soto, Adriana E | 7 | Distinguished List | Allen, Kylie R | 7 | Honors List |
| Ernesti, Dylan A | 12 | Honors List | Hanson, Destiny R | 7 | Honors List |
| Galles, Brooke M | 12 | Honors List | Jordan, Hunter M | 7 | Honors List |
| | | | Specht, Ethan C | 7 | Honors List |
| | | | | | |
| Distinguished--all A's | | | Distinguished--all A's | | |
| Honors--all A's or B's @ least 90% | | | Honors--all A's or B's @ least 90% | | |





4-6th Elementary Honor Roll

| Quarter 3 Elementary Honor Roll | | |
|---|-------------|--------------------|
| Student Name | Grade Level | Level |
| Wyland, Hunter J | 6 | Distinguished List |
| Benda, Aiden W.E. | 5 | Distinguished List |
| Kresl, Carlye Ann | 5 | Distinguished List |
| Meek, Madisen L | 5 | Distinguished List |
| Radspinner, Madelyn Katherine | 4 | Distinguished List |
| Robinson, Sierra Mae | 4 | Distinguished List |
| Soto, Anjelina Lidia | 4 | Distinguished List |
| Bryner, Catherine M | 6 | Honors List |
| Hunter, Taren R | 6 | Honors List |
| Meyring, Jayda A | 6 | Honors List |
| Rathjen, Cody Allen | 6 | Honors List |
| Stallings, Arielle A | 6 | Honors List |
| Gomez, Isabell D | 5 | Honors List |
| Keane, Jaxon D | 5 | Honors List |
| Kumpf, Mikayla E | 5 | Honors List |
| Specht, Breana Dale | 5 | Honors List |
| Bell, Gavin James | 4 | Honors List |
| Galles, Cody Joe | 4 | Honors List |
| Griewank, Anabell L | 4 | Honors List |
| Jespersen, Kyra Lynn | 4 | Honors List |
| Meyring, Seth Oliver | 4 | Honors List |
| Rutkowski, Abigail Grace | 4 | Honors List |
| Distinguished--all A's | | |
| Honors--all A's or B's @ least 90% | | |



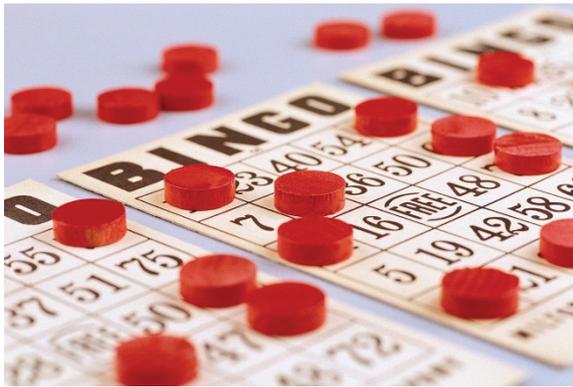


Spelling News!



A huge congratulations goes to 8th grade Box Butte County spelling champion John Ansley! John represented Hemingford High School and Box Butte County in the Nebraska State Spelling Bee in Omaha on Saturday, March 11, 2017, where he placed among the top 25 spellers in the

Family Fun Festival– April 27, 2017



Family Fun Festival will be held on Thursday, April 27, 2017, in the High School Gym. This is the annual fund raiser for the sixth grade field trip to South Dakota and the sixth grade will also be donating some of the proceeds to local charities.

Plan for a night of fun including bingo and a tattoo station.

A sloppy joe or beefy nacho meal will also be available for \$5.00.

If for some reason we have to postpone Family Fun Night our Alternate Date is Monday, May 1st.

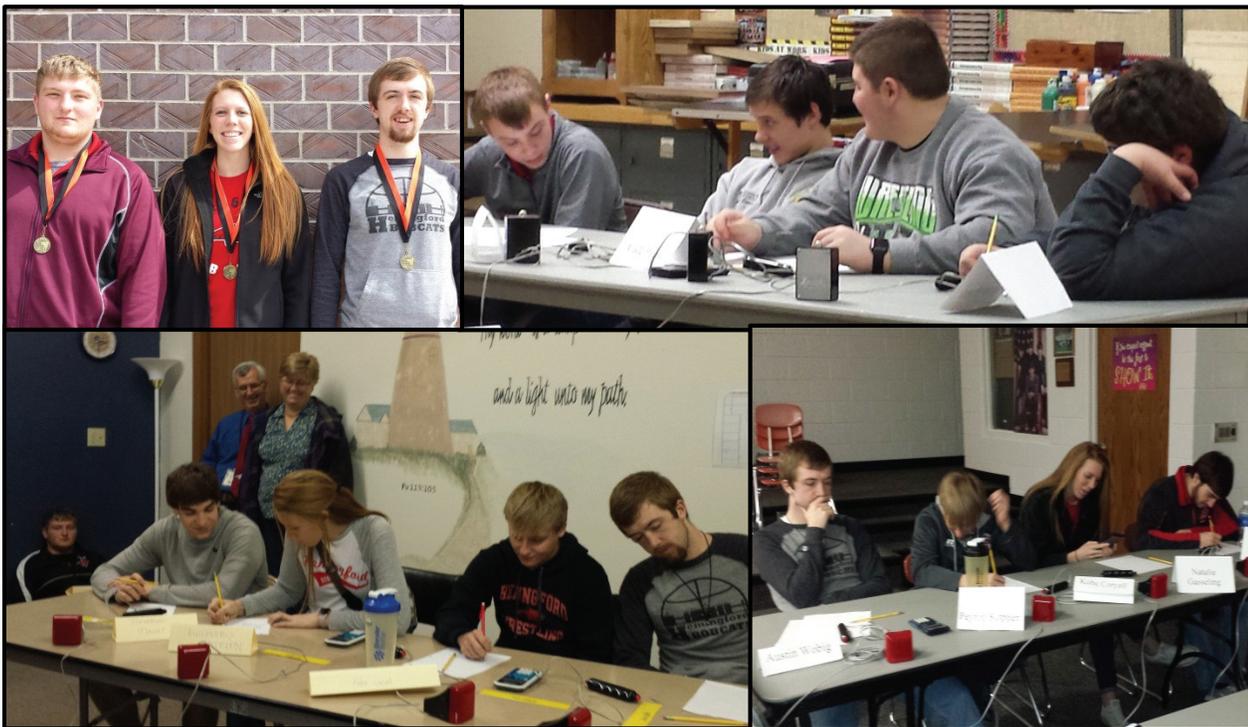




High School Quiz Bowl

High school quiz bowl season flew by this year with one invitational meet in November followed by another invitational meet and two conference meets in March. The team faced tough competition at the Mitchell invitational in November, where the varsity team finished fourth and the junior varsity came in eighth; Austin Wobig and Peyton Sutphen were members of the all-tourney team. The Bayard invitational meet on March 15 was also very competitive. The varsity squad placed seventh while the JV team was eighth, but three Hemingford team members, Natalie Gasseling, Peyton Sutphen, and Austin Wobig, were members of the all-tourney team. Sioux County hosted this year's Panhandle Conference meet on March 17, where the varsity team placed second overall (just thirty points from first place) and the JV team was ninth. Austin Wobig earned a spot on the all-conference team. Hemingford hosted the Western Trails Conference meet on March 22; only the varsity team was able to compete at this meet, but the team did well and placed fourth. Wobig completed his "sweep" by once again making the all-conference team.

Team members Natalie Gasseling, Jon Mayer, Austin Wobig, Peyton Sutphen, Miles Davis, Kobe Coryell, Luke Cullan, Cade Payne, and Lauren Gasseling, along with coach Jill Hurtt, would like to thank everyone who helped organize and host the WTC Meet, which was held at St. Bridget's Catholic Church and Parish Center. The meet was very successful but would not even have been possible without the help of numerous members of the Hemingford Schools staff as well as community volunteers who served as readers and timers. Thank you!





Seven Students Participate at the Regional Science Fair

Seven students from Hemingford High school competed at the Nebraska Academy of Science (NJAS) Regional Science Fair at WNCC Harms Advanced Technology Center in Scottsbluff on Wednesday March 1st. The five 8th grade students who participated were Anna Odeen, Alex Neeffe, Hayden Blumanthal, Kendall Huss, and Kenny Wyland. Anna insulated bowls with water, freezing them to see the difference in clarity of the ice. Alex used a fitbit to track the number of times he woke up when using different pillows. Hayden tested corn starch and water to determine the best amounts to make a gel. Kendall tested different brands of fishing line to determine which brand held the most weight. Kenny reloaded bullets with different amounts of gunpowder to determine which is the most accurate.

Two seniors, Carli Cullan and Natalie Gasseling, also competed in the High School Division. Natalie's project titled "The Great Drug Race" took first place in the High School Division. In her project, she tested how fast different types of painkillers dissolve in hydrochloric acid (stomach acid). Carli's project titled "The Sweetest Apple" took second place in the high school division. In it she tested the sugar content of different types of apples in order to determine which one had the most (and least) amount of sugar.



Pictured in order from left to right Anna Odeen, Alex Neeffe, Hayden Blumanthal, Carli Cullan, Natalie Gasseling, Kenny Wyland, Kendall Huss.





Famous Nebraskan Night

Come and support the 4th graders as they present their speeches on their famous Nebraskans. Learn about Larry the Cable Guy, Tom Osborn, Mari Sandoz, Red Cloud and much more. Also featured will be Professional Trick Roper Joan Wells. Refreshments and treats will be provided. It will be a night you won't want to miss.

When? Monday, April 24th

Where? St. Bridget's Hall

Time? 5:30– 7:30





HHS FFA TEAMS ARE DISTRICT CHAMPIONS !

Great Job At Kimball!

The Hemingford FFA Agronomy and Agri-science teams placed first at a recent competition held in Kimball. In the Agronomy contest Jacobi Stumpff, Tarin Jespersen, Connor Swanson and Beau Edwards pulled off a narrow victory over the team from Minatare with a seven point lead.



The Agri-science team consisting of Jace Stumpff, Isaiah Bryner, Kaitlyn Fritzler and Storm Jespersen pulled off a first place finish with a commanding lead over the second place team from Leyton.

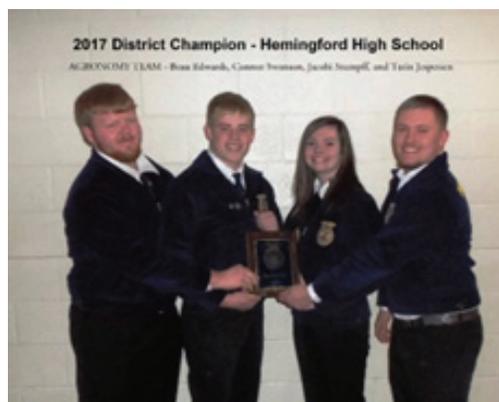
This is the first time our chapter has ever fielded an Agri-Science team and it was a great showing for our team members.



Other members competing were Elijah Walters and Shaylynn McConville in Agri-science as well as Anna Manning, Syd Riggs, Miles Davis and Luke Cullan in meats judging.

This competition closed out the district twelve contests and the members will now go on to compete in the state competition at the state convention in Lincoln on April fifth

through the seventh.





NEEFE PLACES FIFTH AT DISTRICTS !

Entire Team Performs Well

Mrs. Cullan, Speech Team Sponsor at HHS, had some positive comments regarding the Speech Team and its members after our District Meet in North Platte on March 14th, 2017.

"Despite our dramatic stay in North Platte Monday night, we gave districts our all this year. Rashell Neefe placed fifth in Entertainment. The competition was fierce, but all of our competitors did their best. I am extremely proud of each one of them! Thank you for all the support this speech season! "



2017- Speech Team



Rashell Neefe in middle....





Hemingford Public Schools



Sample messaging. Not actual screens.

Get our school's official mobile app.

Stay in the know, every day, the SchoolWay.

- School updates & information
- Instant safety notifications
- Teacher updates & assignment details
- Club & organization updates



It's FREE!

myschoolway.com

Download SchoolWay from the app store today!





SchoolWay

In an effort to improve the efficiency of school communications to parents and students, Hemingford Schools is phasing into using School Way powered by Jostens. School Way is a free app that is downloaded to a mobile device that will receive alerts sent out by the school. Phone calls will still be made through School Messenger until the end of the school year in conjunction with the use of School Way. The communication will occur through School Way in the 2017-2018 school year and phone calls will no longer be made. As always, you can receive school alerts through the school Facebook page, website, and local radio stations.

Please see the attached flyer to begin using School Way today! If you have questions about how to set up call Mrs. Wood or Mr. Arneson (308) 487-3330.



Don't forget the FFA annual Rocky Mountain Oysters/Fish Fry/Labor Auction at 6:30 p.m. on Friday, March 31, 2017 at the Multi-Purpose Hall Hemingford Fairgrounds.



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. 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>

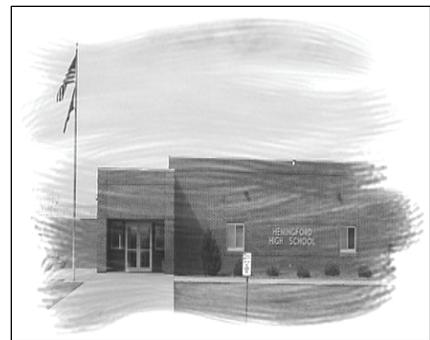
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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.



EQUAL OPPORTUNITY

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

Web-Email Lunch Account System

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

INCLEMENT WEATHER

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

SCHOOL MESSENGER

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



8401 West Dodge Road • Suite 115 • Omaha, NE 68114 • 1-800-222-1222 • 402-955-5555 • www.NebraskaPoison.com

Serving Nebraska, Idaho, American Samoa, and Federated States of Micronesia

Celebrating Milestones National Poison Prevention Week March 19-25, 2017

The Nebraska Regional Poison Center (NRPC) congratulates Nebraska for 150 years of statehood while celebrating its own milestone of serving Nebraskans for 60 years.

The first poison center was started in Chicago in 1953. By 1957, Nebraska had its own poison center which remains one of the oldest in existence. Initially, poison centers answered physicians' questions but over time began taking calls from the public. By the late 1970s there were close to 700 poison centers in the United States. Today 55 poison centers operate in the U.S. The NRPC serves Nebraska, Idaho, American Samoa and the Federated States of Micronesia.

Poison control centers save lives and health care dollars. While the majority of poison-related exposures occur in children under 5 years of age, deaths among young children decreased from approximately 450 in 1961 to 24 in 2015. This is in great part to poison centers' accessibility to the public, and their efforts to provide public education and sound the alarm on the dangers of laundry packets, disc batteries, trending synthetic drugs and the opioid epidemic in this country. More than 75% of exposure cases are managed at home greatly reducing the need for a costly emergency room visit.

Nebraska has not seen the numbers of opioid deaths that other states have experienced; however in 2015 there were 54 deaths from opioids. Drug overdose deaths in Nebraska have increased more than 20 percent over the last decade. **This is no time for Nebraska to let down its guard!**

Poison Prevention Week is March 19-25th and is a time to remind the public that while poisonings are the leading cause of injury death in the U.S., many poisonings are preventable and expert help is just a phone call away.

Let's continue living the **GOOD LIFE** in Nebraska by remembering these tips:

- Save the Poison Center number in your phone as a contact: 1-800-222-1222
- Be sure to read and follow medicine labels every time.
- Never share your medicine with others or use someone else's medicine.
- Remember to always use the dosing device that comes with the medicine.
- Take only one medicine at a time with the same active ingredient.
- Store all medicines up and away and out of reach and sight of children.
- Teach children to only take medicines with the permission and guidance from a parent or trusted adult.
- Install and maintain carbon monoxide detectors in your home.
- Be aware of where the disc batteries are in your home. They may be found in remote controls, key fobs, watches and toys. Keep batteries away from children!
- Make sure all cleaning materials, including laundry packets, are stored in original containers and up and out of sight of children.
- **Text "poison" to 797979 to save the contact information for poison control in your smartphone.**

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.

E-CIGARETTE POISONING

E-cigarettes contain a liquid nicotine solution that can be poisonous. These products come in bright colors and appealing flavors and scents, making them particularly attractive to young children.

Lethality¹

Nicotine is an **acute toxin**



Liquid nicotine can be harmful if **swallowed** or **absorbed through the skin**

Symptoms include:

Nausea
Vomiting
Increased heart rate
Increased blood pressure
Seizures
Death



Just a few drops of liquid nicotine could result in a **trip to the ER**



Lethality depends on the **weight** of the child and the **concentration** of the liquid nicotine

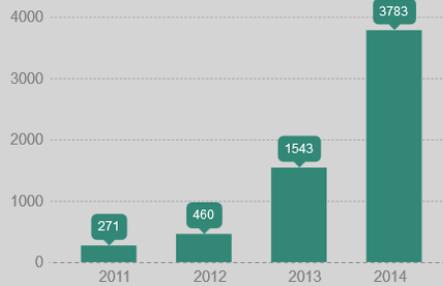


Ingesting less than **1/4 of a teaspoon** of 1.8% concentrated liquid nicotine can be fatal to a 50 pound child



A Growing Problem²

Poison control centers reported a **145% increase** in calls involving e-cigarettes and liquid nicotine between 2013 and 2014



E-Cigarette and Liquid Nicotine Exposures Reported to Poison Centers

More than half of these exposures occurred in **children ages 5 and under**



Safety Tips



Keep liquid nicotine and e-cigarettes locked up, out of sight, and out of reach

Make sure liquid nicotine is stored in child-resistant containers



Protect your skin when handling liquid nicotine

Program the poison control number into your phone and call immediately if skin contact or ingestion occurs



1 (800) 222-1222

For detailed sources and resources:
childrenssafetynetwork.org/infographics/e-cigarette-poisoning

July 2015

E-Cigarette Poisoning

E-cigarettes contain a liquid nicotine solution that can be poisonous. These products come in bright colors and appealing flavors and scents, making them particularly attractive to young children.

Lethality¹

Nicotine is an acute toxin

Liquid nicotine can be harmful when swallowed or absorbed through the skin

Symptoms include:

- Nausea
- Vomiting
- Increased heart rate
- Increased blood pressure
- Seizures
- Death

Just a few drops of liquid nicotine could result in a trip to the ER

Lethality depends on the weight of the child and the concentration of liquid nicotine

Ingesting less than a quarter of a teaspoon of 1.8% concentrated liquid nicotine can be fatal to a 50 pound child

A Growing Problem²

Poison control centers reported a 145 percent increase in calls involving e-cigs and liquid nicotine between 2013 and 2014

| E-Cigarette and Liquid Nicotine Exposures Reported to Poison Centers | | | | |
|--|------|------|------|------|
| | 2011 | 2012 | 2013 | 2014 |
| Calls | 271 | 460 | 1543 | 3783 |

More than half of these exposures occurred in children ages 5 and under

Safety Tips

Keep liquid nicotine and e-cigarettes locked up, out of sight, and out of reach

Make sure liquid nicotine is stored in child-resistant containers

Protect your skin when handling liquid nicotine

Program the poison control number into your phone and call immediately if skin contact or ingestion occurs: 1 (800) 222-1222

¹ Tobacco Control Legal Consortium. (2015). *Policy Approaches to Prevent Liquid Nicotine Poisonings*. Retrieved from: <http://publichealthlawcenter.org/sites/default/files/resources/tclc-fs-e-liquid-nicotine-poisonings-2015.pdf>

² American Association of Poison Control Centers. *E-Cigarette Devices and Liquid Nicotine*. Retrieved from: <http://www.aapcc.org/alerts/e-cigarettes/>

THE BODY SHOP AND PANHANDLE PUBLIC HEALTH DISTRICT PARTNER TO OFFER LIFESTYLE CHANGE PROGRAM IN HEMINGFORD

About the Program:

- ❖ Evidence- based, CDC lifestyle change program
- ❖ 12-month program
 - In Months 1-4, classes meet weekly
 - In Months 5-12, classes meet once or twice a month
- ❖ Taught by trained lifestyle coach, Janelle Hansen
- ❖ Provides all of the important factors for sustaining long-term weight loss and reducing your risk for diabetes and chronic disease.

If you are ready to improve your health, lose weight, and reduce your risk of developing diabetes join this lifestyle change program today!

You will get the information and support needed from the group and coach to:

- ❖ increase your physical activity
- ❖ lose 5-7% of your starting body weight
- ❖ manage stress
- ❖ identify triggers for overeating
- ❖ learn coping skills
- ❖ identify tools for living a healthy lifestyle

Proven-effective lifestyle change program offered in your community free of charge.

**Classes Begin: March 29th, 6p at The Body Shop
April 5th is the last day to join.**

**Sign up today call (308)487-3600 ext 105
or email hansenj@pphd.org**





**2017 HARVEST MOON FALL FESTIVAL
POSTER CONTEST**
(SPONSORED BY BANK OF THE WEST - HEMINGFORD)



NAME: _____

MAILING ADDRESS: _____

CITY: _____ **ZIP CODE:** _____

PHONE: _____ **EMAIL:** _____

Prizes: \$100 First Place \$50 Second Place \$25 Third Place

Winning posters will artistically and colorfully communicate this theme and promote the 2017 Harvest Moon Fall Festival. Entries must be original two-dimensional works of art created by the entrant. Entries may not include clip art, copyrighted material, or any registered trademark or logo.

No Lettering. Do not include the event name, logo or theme name in the original artwork as it will be inserted in production.

Kids grades 4 - 12 are eligible to enter. Only one (1) entry per person will be accepted. If the entrant is under 18 as of July 1, 2016 a parent or legal guardian must sign the entry form.

All entries must be submitted on **11" w x 17" h** paper. **(No newsprint)** Entries received on a different size paper or in the wrong orientation (must be 11" w x 17" h) will be disqualified. Entrant's name, address and phone number must be legibly written on the back of the poster.

Deadline is September 1, 2017. Late entries will not be accepted. All entries must be accompanied a signed official entry.

Deliver posters to:

2017 Harvest Moon Fall Festival - Poster Contest
Hemingford Community Federal Credit Union
P.O. Box 991
Hemingford, NE 69348

Entries must be received no later than September 1, 2017

For more information contact:
Julie Lawrence 308-487-3562 hm - OR - 805-302-9319 cell
lawrenceadventures@yahoo.com

www.hemingfordharvestmoonfallfestival.com
www.hemingfordevents.com
-OR-
Facebook HARVEST MOON

Hemingford Public Schools Breakfast Menu

April 2017

Milk is served with all meals. Alternative: Either hot or cold cereal will be offered everyday.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 3 French Toast Sausage Patty Fruit/Juice | 4 Breakfast Sandwich Fruit/Juice | 5 Breakfast Pizza Fruit/Juice | 6 PB Jelly Sandwich Fruit/Juice | 7 Sausage Gravy & Biscuit Fruit/Juice |
| 10 Pancakes Sausage Link Fruit/Juice | 11 Breakfast Burrito Fruit/Juice | 12 Waffles Yogurt Cup Fruit/Juice | 13  | 14  |
| 17  | 18 Breakfast Sandwich Fruit/Juice | 19 Breakfast Pizza Fruit/Juice | 20 PB Jelly Sandwich Fruit/Juice | 21 Sausage Gravy & Biscuit Fruit/Juice |
| 24 Pancakes Sausage Link Fruit/Juice | 25 Breakfast Burrito Fruit/Juice | 26 Waffles Yogurt Cup Fruit/Juice | 27 Scrambled Eggs Muffin Fruit/Juice | 28 Breakfast Casserole 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 - 6 Lunch - \$2.05 7 - 12 Lunch - \$2.35 Adult Lunch - \$3.15

Hemingford Public Schools Lunch Menu

April 2017

Milk is served with all meals. Fruit/Vegetable Bar offered daily.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 3 Beefy Nachos Mixed Veggies | 4 Cooks Choice Dinner Roll | 5 Italian Sub Broccoli/Rice | 6 Chili Cheese Fries Peas | 7 Italian Dunkers Corn Cookie |
| 10 Ham & Scalloped Potatoes Green Beans | 11 Lemon Chicken Carrots Dinner Roll | 12 Hamburgers French Fries | 13  | 14  |
| 17  | 18 Chicken Noodles over Mashed Potatoes Dinner Rolls | 19 Ready Rib Sub Corn | 20 Tacos Refried Beans | 21 Shepard's Pie Bread Pudding |
| 24 Chicken Bowls Dinner Roll | 25 Frito Pie Carrots | 26 Chicken Sandwich Broccoli/Rice | 27 Salisbury Steak Mashed Potato Brown Gravy | 28 Sloppy Joes Corn Cookie |
| | | | |  |

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The cost of a lunch is as follows: PreK - 6 Lunch - \$2.05 7 - 12 Lunch - \$2.35 Adult Lunch - \$3.15

Calendar Events April 2017

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|---|--|--|--|--|---|---|
| | | | | | | 1 Track at Bayard C-D Invitational |
| 2 State FCCLA at Lincoln | 3 Red Day State FCCLA at Lincoln 5:00pm School Board Policy Review Meeting 6:30pm FFA Meeting | 4 White Day State FCCLA at Lincoln JH Track at Bayard Invitational Golf at Bayard Invitational | 5 Red Day FFA State @ Lincoln 8:20am 8th NeSA Testing in AM 12:10pm 7th NeSA Testing in PM | 6 White Day Track at Mitchell Invite FFA State @ Lincoln 8:20am 8th NeSA Testing in AM 12:10pm 7th NeSA Testing in PM | 7 Red Day CSC Scholastic Day FFA State @ Lincoln 8:30am Elem Health Day | 8 JH Track at Chadron Invitational 8:00am ACT Test Date |
| 9 | 10 White Day 7:00pm School Board Meeting | 11 Red Day | 12 White Day Progress Reports for Seniors Mailed Booster Club Meeting in HS Library | 13 No School -- Spring Break/Easter Break WTC Track at Mitchell Golf at Bridgeport Invitational | 14 No School -- Spring Break/Easter Break | 15 |
| 16 | 17 No School -- Spring Break/Easter Break | 18 Red Day Golf at Morrill Invitational District Music in Alliance | 19 White Day NE Mandatory ACT Test Date for Juniors 5:30pm NHS Induction (moved to 24th) | 20 Red Day JH Track at Kimball Invitational State Science Fair @ Lincoln | 21 White Day Track at Chadron Twilight Invitational | 22 Golf at Alliance Invitational Junior Volleyball |
| 23 | 24 Red Day 5:30pm Famous Nebraskan Night @ St Bridget Parish Hall 6:00pm NHS Induction in Library | 25 White Day Track at Best of the West in Scottsbluff | 26 Red Day Progress Reports Sent Home 2:30pm FCCLA Big Brother/Sister | 27 White Day Golf at Chadron Invitational Middle School Annual Bingo Night | 28 Red Day PHC Track at Morrill PHC JH Track at Morrill | 29 WTC Golf at Mitchell PROM 9:00am Post Prom Setup --HS Gym |
| 30 Post Prom Activities and Cleanup HS Gym | | | | | | |

Calendar Events May 2017

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-------------------------------|--|--|---|--|---|--|
| | 1 White Day Alternative Date/Middle School Bingo Night | 2 Red Day JH Track at Morrill Invitational PHC Golf | 3 White Day | 4 Red Day 6:00pm HS Spring Concert | 5 White Day State NeSA testing window ends 9:00am Sports Physicals Grades 6-8 12:00pm Concussion Testing Grades 9-11 6:00pm Track at Bayard B-C-D Invitational | 6 WTC JH Track 8:00am Happy Feet Dance Recital in HS Gym |
| 7 | 8 Red Day 7:00pm School Board Meeting | 9 White Day 6:00pm EL Spring Concert | 10 Red Day Booster Club Meeting in HS Library | 11 White Day District Track Golf at Crawford Invitational | 12 Red Day FFA Banquet 9:00am Sports Physicals Grades 9-11 12:00pm Concussion Testing Grades 6-8 | 13 FCCLA 5K Family Event |
| 14 | 15 White Day District Golf TBA | 16 Red Day District Golf TBA | 17 White Day | 18 Red Day 9:00am Tentative Honors Day | 19 White Day StateTrack in Omaha | 20 StateTrack in Omaha |
| 21 2:00pm Graduation | 22 Red Day Athletic Banquet | 23 White Day State Golf TBA | 24 Red Day State Golf TBA | 25 White Day | 26 Last Day of School 2017 World Strides Trip 11:30 A.M. Dismissal Teacher Work Day 11:30-3:00 Red Day Quarter 4 & Semester 2 End | 27 2017 World Strides Trip |
| 28 2017 World Strides Trip | 29 2017 World Strides Trip | 30 2017 World Strides Trip | 31 2017 World Strides Trip | | | |