

Bobcat Bits

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December 2017

Special points of interest:

- * Mr. Ningen Notes
- * Mr. Kluver-H.S. Principal
- * Mr. Arneson-Elem. Principal
- * Counselor's Corner
- * Peace Poster Contest
- * Bus Students
- * Spelling Bee
- * Parent/Guardian Survey
- * Wrestling Schedule
- * Basketball Schedule
- * Soup Supper
- * Holiday Play
- * Holiday Safety Tips
- * Menus
- * Nutrition Nuggets
- * Activity Schedules
- * Holiday Tips
- * Chamber Newsletter



*From all the Faculty
and Staff at
Hemingford Public
Schools.*

Notes from Mr. Ningen
School Superintendent



Keeping the Holiday Spirit All Year Long

FINALLY THE HOLIDAYS ARE HERE

Wouldn't it be great to have special gifts to look forward to, along with delicious meals, fun games, our many friends and relatives to play with, special events to attend, crisp fresh air to breathe in, and no clock or schedule to follow for weeks on end? That's where we are right now - because we're in the midst of "Holiday Season", and life couldn't get much better, right?

ALWAYS LEARNING

Rather than limit this article to our most recent Thanksgiving and the upcoming Christmas of 2017, I want to try to take all of our readers on a short educational journey.

Still there? Great – Let's get started!

First, take the good feelings most of us have when thinking about family, friends, and freedom for the designated holidays – and see the parallel with the rest of our school year, and yes, even with the rest of our lives.

SCHOOL IS COOL

Being together in kindergarten through high school gives all of us many chances or opportunities to grow together. The subjects we study, or the classes we take may seem to be designed to wear us down. In reality the knowledge and experience you get each new day at home and at school are intended to do just the opposite – to build you up.

PRACTICE, PRACTICE, PRACTICE

When you're trying to ride a horse or shoot a basket, we all know that practice make perfect, so try to think of that concept when you're doing fractions, or studying vocabulary

(or helping a child with homework.) It makes our parents stronger too 😊

Its hard work at times to get "rewards" or to enjoy greater freedom, but it's all worth it in the end. Life can be a holiday all year long, and all life long, because of the way that you look at it. Sometimes you have to step back to see the whole picture.

SMELL THE ROSES

Get outside and go for a short walk – you will not only feel better, you will think better too. Those soft snowflakes that are slowly starting to fall; that amazing pink and blue sunrise that you would have missed by sleeping in; and that piece of hot toast with peanut butter that you have before you head out the door are all "gifts" you can have every day.

EMBRACE YOUR PARENTS

Even better is when you give a smile or a hug to your mother or father as you head to school, because those are special gifts that help make each day a holiday for your parents.

Of course Thanksgiving is a special time – and Christmas is very cool – just don't limit yourself to what the calendar says. GO FOR IT EACH DAY!

BE THANKFUL FOR OTHERS

When you first learn the magic of reading because of the time you've spent with a book and grandma; when you help get tools for grandpa and back him up when he's working on his old pick-up; when mom lets you help as she's making a pie, and when dad lets you sit down and watch a ballgame with him– those are special times that are like holidays to those that are closest to you.

STEP BACK AND APPRECIATE LIFE

Even as you grow older and think your parents are corny, and that school is sometimes a hassle, take some time to step back and appreciate something every single day. You will enjoy your own special holidays, day after day.

By the way – there will be cloudy days, – but don't worry, there are plenty more filled with sunshine!



Mr. Kluver-High School Principal



Well we have finally made it to the last month of the first semester. This is the time of the year when we really need to stay focused on finishing out the semester well. With winter sports practices and competitions beginning, it is very easy to get distracted. 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.

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.

The high school winter concert will be on Tuesday, December 19th. The last day of semester one will be December 21st and we will release students at 1 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

With the start of December, our first semester is nearing completion. I wanted to thank everyone for another great first half of the school year.

Please remember to send hats and gloves with your child. When we spend time outside, ears and fingers get cold quickly.

With winter comes the chance for inclement weather. This year we will be using the SchoolWay app to communicate when there will be a late start, or no school due to severe weather. This app can be downloaded for both iOS (iphone) or Android. If you have questions about setting up the app, please contact the school.

I would like to invite everyone to the Elementary Christmas Concert on December 18th at 5:45 p.m. with the Skip 'n Cats in the big gym. It'll be a great way to start the holiday week.

Our last day of school before break will be Thursday, December 21. We will be having a 1:00 dismissal that day. This day will also be the last day of the first semester. School will resume on January 3rd with the start of the third quarter.

Mr. Eric Arneson



Mrs. Hucke-School Counselor

COUNSELOR'S

ORNERS

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 2016 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 13, 2018.

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 12. The test date is February 10.

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

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

Merry Christmas

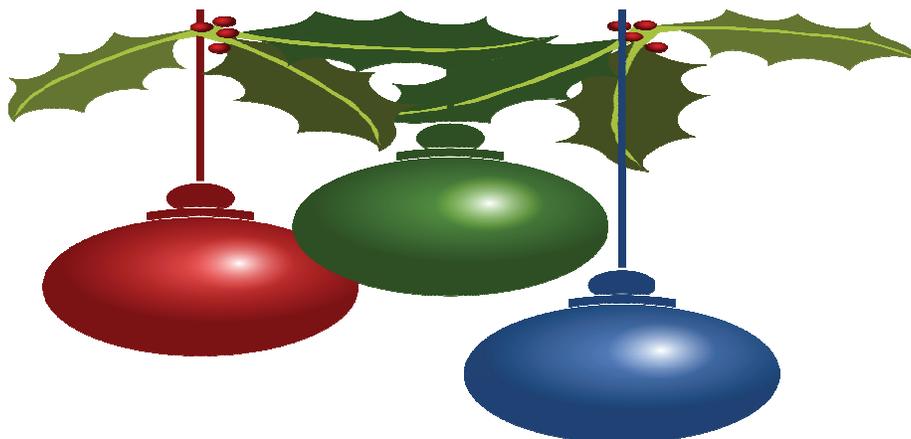


Peace Poster Contest 2017

November 12, 2017

The Sixth Grade students recently participated in this year's Peace Poster Contest, sponsored by the Lions Club. The theme this year was "The Future of Peace." Lily's poster will now be sent on to the State competition. There were many great entries and we appreciate all of the hard work that went into them.

The winning poster from our school was Lilyann Clouse. Second place was Breana Spect, and third place was Ethan Plog. First place will be awarded \$25.00 in Alliance Chamber Bucks, \$15.00 in Alliance Chamber Bucks will go to second place and third place will receive \$10.00 in Alliance Chamber Bucks. Drew Varner and Carlye Kresl received Honorable Mention.



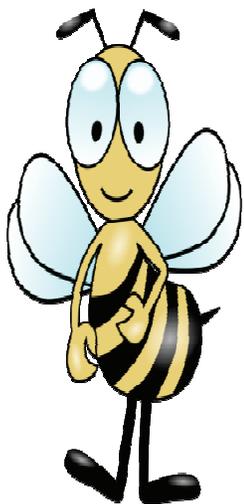
Bus Students and Parents

If your child(ren) are having extra friends ride home with them please verify with the Bus Driver that there is room and call Deb or Lisa in the offices as well. We will not allow any extra riders



that have not taken these steps. Please be considerate of your Bus Driver if your student will not be riding call the school or contact your driver. Thank you for your cooperation.

Spelling Bee



It's time for the BUZZ about the BEE!

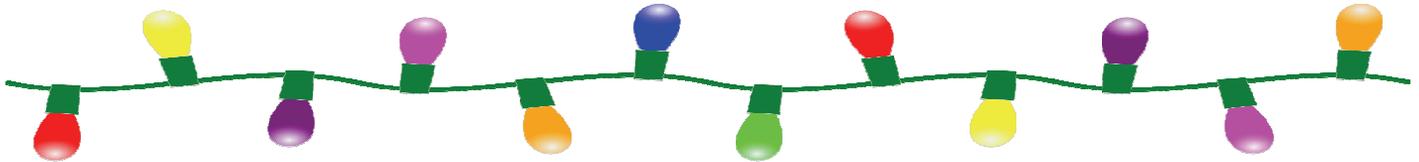
Seventh and Eighth grade students will be testing for eligibility to participate in the annual Box Butte County Spelling Bee during their English classes in early December. Students who score well on preliminary tests will practice with the 2018 Scripps Spelling Bee official list after school with Mrs. Smaha just before and after Winter Break. We'll spell down for HHS Bee participants in mid-January, and the BEE will BUZZ in the Alliance Middle School library on January 24, 2018, at 1:00 p.m. Get your word sense ready for a honey of a time!



Parent/Guardian Survey



As part of the continuous improvement process (CIP) for Hemingford Schools, parents and guardians are being asked to respond to a survey. The survey is designed to give the CIP committees a better idea of what the school does well and will assess which areas could be improved. We encourage each parent/guardian to complete a survey. Parents/guardians may do the survey together or individually, but do not need to fill out a survey for each student. Step-parents and non-parental guardians are welcome and encouraged to participate, too. All responses are anonymous. To take the survey, go to tinyurl.com/y7nawdm4. Responding to the survey takes about 10 minutes. Your assistance is greatly appreciated!



HHS is 2017 PAC One Act Play Champion!

Kelli Horstman is Best Actress / Carter Buchheit is Best Actor!



Hemingford High School won the PAC Conference One-Act Championship in Harrison today, sweeping the Best Actor and Best Actress awards as well! Kelli Horstman took home top female honors with Carter Buchheit winning a Best Actor Award

for the second straight week.

The cast and crew also celebrated their second Team Championship this season, after winning at the North Platte High School Blue and Gold Invite last week.

Other PAC Conference Member schools are Sioux County, Crawford, Hay Springs, Edgemont, and Morrill. Great Job Thespians!

High School Wrestling 2017-2018

<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
Thur. Nov. 30	Morrill	Away	
Fri. Dec. 1-2	Custer Invite	Custer	2:00p.m/9:00 a.m.
Thur. Dec. 7	Crawford/Hay Springs Tri.	Crawford	6:00 p.m.
Sat. Dec. 9	Banner County Invite	Harrisburg	9:30 a.m..
Sat. Dec. 16	Bridgeport/Sidney Invite	Bridgeport	9:00 a.m.
Thur. Dec. 21	Bridgeport/Gordon-Rushville Tri.	Hemingford	5:30 p.m.
Thurs. Jan. 4	WTC Tournament	Morrill	9:00 a.m.
Sat. Jan. 6	Garden County Invite	Oshkosh	9:00 a.m.
Fri. Jan. 12	Mullen/Southeast WY Tri	Mullen	6:00 p.m.
Sat. Jan. 13	Sandhills Invite	Dunning	8:30 a.m.
Fri.-Sat. Jan. 19-20	Chadron Invite	CSC (NPAC)	TBA
Sat. Feb. 3	Southeast Duals	Yoder, WY	10:00 a.m.
Feb. 9-10	District Wrestling	TBA	
Feb. 15-17	State Wrestling	Omaha	
Sat. Feb. 24	State Dual Tournament	Kearney	

REMEMBER ALL TIMES SUBJECT TO CHANGE!!!!



Girls and Boys Basketball Schedule

<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
Fri. Dec. 1	Gordon-Rushville (G-B-G-B)	Home	3:00 p.m.
Sat. Dec. 2	Hyannis (G-B-G-B)	Away	1:00 p.m.
Sat. Dec. 9	Mitchell (G-B-G-B)	Home	1:00 p.m.
Tues. Dec. 12	Hay Springs (G-B-G-B)	Home	2:00 p.m.
Fri. Dec. 15	Bridgeport (G-B-G-B)	Home	2:00 p.m.
Sat. Dec. 16	Leyton (G-B-G-B)	Away	1:00 p.m.
Thurs.-Fri. Dec. 29-30	CSC George Watson Rotary Classic	CSC	TBA
Tues. Jan. 2	Crawford (Girls JV-V)	Away	6:00 p.m.
Thurs. Jan. 4	Garden County (G-B-G-B)	Home	2:00 p.m.
Fri. Jan. 5	Minatare	Away	4:00 p.m.
Tues. Jan. 9	Chadron (G-B-G-B)	Home	2:00 p.m.
Fri. Jan. 12	Bayard (G-B-G-B)	Away	2:00 p.m.
Sat. Jan. 13	Sioux County (G-B-G-B)	Home	1:00 p.m.
Week of Jan. 15	PAC Tournament (V)	Harrison	TBA
Tues. Jan. 23	Alliance (Girls Only JV-V)	Home	5:30 p.m.
Sat. Jan. 27	Edgemont (G-B-G-B)	Away	1:00 p.m.
Thur.-Sat. Feb. 1-3	WTC Tournament	WNCC	TBA
Tues. Feb. 6	Morrill (G-B-G-B)	Away	4:00 p.m.
Fri. Feb. 9	Kimball (G-B-G-B)	Away	3:30 p.m.
Fri. Feb. 16	Crawford (Boys Only JV-V)	Home	6:00 p.m.
Sat. Feb. 17	Mitchell (Boys Only JV-V)	Away	3:00 p.m.
Feb. 12-15	Girls Subdistricts	TBA	
Friday Feb. 23	Girls District Finals	TBA	
Thur.-Sat. March 1-3	Girls State Basketball	Lincoln	
Feb. 19,20, & 21	Boys Subdistricts	TBA	
Mon. Feb. 26	Boys District Finals	TBA	
Thur.-Sat. Mar. 8-10	Boys State Basketball	Lincoln	

REMEMBER ALL TIMES ARE SUBJECT TO CHANGE!!!!!!!!!!!!

2017 Annual Holiday Soup Supper Planned

Santa and his helpers have been busy planning our annual Community Soup Supper, scheduled for Friday, December 15th from 5PM – 7PM in the School Cafeteria and Redzone.

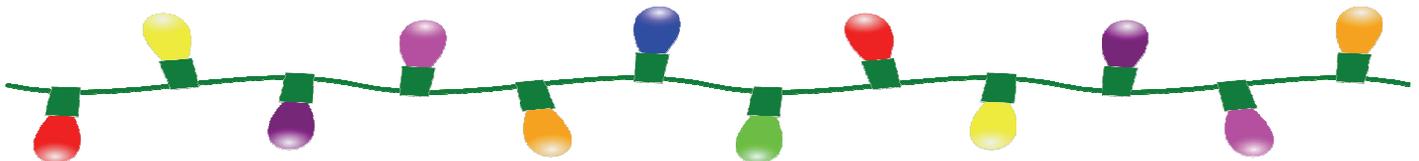
Our special guests will be District 10 Patrons as well as Basketball fans from Hemingford and Bridgeport. Please plan on joining us before and during the high school ballgames.

Admission to the games as well as the soup supper will be through the donation of canned goods for our Hemingford Food Pantry. Cash donations are also welcome.

Our menu includes both Chili and Chicken Noodle Soup. There will also be assorted bars for dessert. Thank you to our District 10 Kitchen Staff, Jim and Megan Miles, Table Top Meats, and Thomson's Seed Potatoes.

Santa will be present at 5PM for pictures with the little ones. Photos will also be available.

This annual Holiday opportunity to share some time, some great food, and donations has been a spirit lifter for many. Thank you in advance for attending !



FALL you're invited to a totally FREE
art camp
December 2nd, 2017
9 a.m. - 12:00 p.m. (snack time included)
GRADES: K-6 (SPLIT GROUPS)
LOCATION: HEMINGFORD HIGH SCHOOL
Experimenting with painting, drawing, pastels
and printmaking!
Hosted by Hemingford High School Art Teacher,
Mattie Churchill & the Advanced Art Students! To
save your spot today call Mattie Churchill @ 402-984-
5149, or email mchurchill@hemingfordschools.org

Soup Supper-December 15, 2017

High School Cafeteria 5:00 p.m.-7:00 p.m

Pictures with Santa starting 5:00 p.m



Free will donations

Canned Goods for the Food Pantry

Chili & Chicken Noodle Soup



 **On the Worst** 
~~First Day of~~ **Christmas**

By Faye Couch Reeves



Holiday Play

Double Feature

Multi-Purpose Hall at Box
Butte County Fairgrounds

Sunday, December 17th

Wednesday-December 20th

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



COMMUNICATION SOURCES

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).**

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.

Holiday Health and Safety Tips

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.



6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.



7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.



8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.

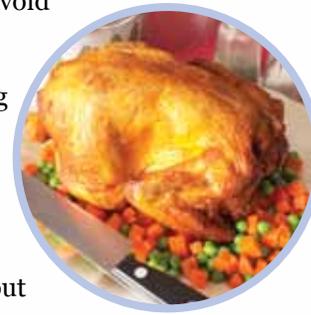


Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices

inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



To learn more, including the holiday song *The 12 Ways to Health*, visit www.cdc.gov/family/holiday



Centers for Disease Control and Prevention
Office of Women's Health

Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2017

Hemingford Public Schools

BEST BITES

Cookbooks for free

Find healthy new recipes for your family and encourage your child to read at the same time. How? Visit the library together to check out cookbooks. You could explore healthy dessert ideas, winter favorites, or recipes from different countries. At home, take turns reading recipes aloud to each other, and choose a few to make for dinner this week.

Wake up, warm up

Start your day with physical activity—and help your sleepyhead wake up!



Ask your youngster to create an active morning routine. For example, she might do 10 shoulder shrugs, 10 big arm circles, 6 lunges, and 5 toe touches before getting dressed. In the kitchen, she could do 10 jumping jacks and run in place for 1 minute before breakfast.

DID YOU KNOW?

If your child eats just one medium sweet potato, he gets more than enough vitamin A and about half of the vitamin C he needs for the entire day. Substitute sweet potatoes for white ones in his favorite potato dishes like mashed potatoes and french fries. This is one sweet you can happily say yes to.

Just for fun

Q: What did the banana say to the monkey?

A: Nothing. Bananas can't talk!



Now starring...vegetables!

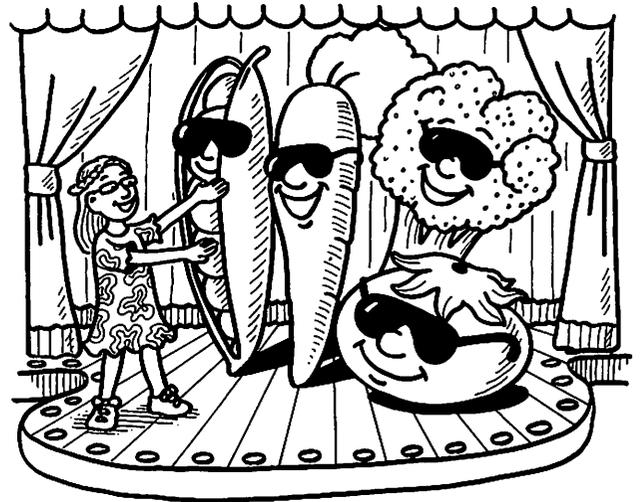
Many meals feature meat as the main attraction, with vegetables playing a “supporting role.” Why not switch things up? By letting veggies take center stage, you can encourage your youngster to eat more of them. Try these ideas.

Plan around a vegetable

Ask your child, “What vegetable should we have for dinner?” Then, build your entire meal around her choice. Say your youngster picks carrots as the main attraction. Talk about how to prepare them (slices or sticks, roasted or steamed) and what would taste good with them (noodles and tofu).

Put vegetables front and center

The way you serve dinner can give vegetables the spotlight. Have your child place a big bowl of veggies in the middle of the table, perhaps fajita vegetables (green peppers, onions), with side dishes like corn tortillas, black beans, and brown



rice. *Tip:* Encourage family members to take a bigger portion of veggies and smaller amounts of everything else.

Add vegetables to favorites

Serve burgers on lettuce leaves instead of buns. Stir cooked peas and diced tomatoes into macaroni and cheese. While you eat these creations, brainstorm fun names for them. Who knows—maybe “leaf-burgers” or “polka-dot mac” will become famous household names. 🍎

An outdoor treasure hunt

Get a workout while searching for hidden “treasure” in your yard.

Number 10 sticky notes, and write an active clue on each, telling family members where to find the next one—and how they will move to get to it. To begin, you might stick a note on the front door that says, “Gallop to the place we get letters and cards” (mailbox). Then on the mailbox, you could put a clue that says, “Run to the tree that we see when we are eating” (outside the kitchen window).

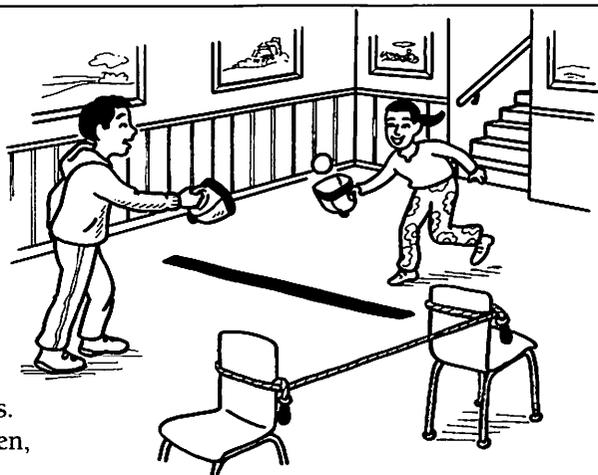
The last note should tell players where to find the “treasure”—perhaps a container of syrup with a note that says, “Head indoors for a pancake brunch!” 🍌



Make your own fitness gear

Your family doesn't need expensive gym equipment to exercise indoors. Use these common household items for fun workouts.

Catcher's scoop. Wash two empty plastic milk jugs and cut each in half, keeping the top parts with the handles. Cover sharp edges with duct tape. Then, play catch using a foam ball.



Balance beam. Ask your youngster to stick a line of duct tape or masking tape on the floor. Family members can walk forward and backward, tumble, and hop along the "beam."

Hockey goal. Turn a laundry basket on its side, and place it against a wall. Players use a pool noodle to shoot crumpled waste-paper into the goal.

Limbo. Tie opposite ends of a jump rope to two chairs, and separate the chairs so the rope is stretched tight. Play "limbo" by going under the rope without touching it. Slide the rope down a little on each round—how low can you go? ●

chairs so the rope is stretched tight. Play "limbo" by going under the rope without touching it. Slide the rope down a little on each round—how low can you go? ●

ACTIVITY CORNER

Graph family favorites

What kind of bagel is most popular in your house? Which fruit or nut do family members like best? Your child can find out by taking a survey and graphing the results.



Have your youngster choose three foods for family members to sample—at least one should be unfamiliar. *Examples:* grapefruit, pear, persimmon. Then, he could conduct a blind taste test by having everyone try each food without looking.

Encourage your child to graph everyone's favorites. He can list choices on the left side of a sheet of paper, write each person's name across the bottom, and draw one piece of fruit to represent each vote. Let him share his findings at dinner. Do this activity regularly, and you've got an easy way to motivate your youngster to taste different foods and practice creating graphs. ●

Q&A Healthier holiday baking

Q: I love baking holiday treats with my daughter, but I'd like to make them more nutritious this year. Any ideas?

A: You can boost the nutrition simply by swapping in some healthier ingredients.

Try using unsweetened applesauce in place of sugar or butter in recipes for muffins and cakes. For every cup of sugar, substitute 1 cup applesauce. Or replace half of the butter with applesauce. For cookies, dried cranberries and chopped dried apricots are colorful alternatives to chocolate chips (choose varieties with no added sugar).

Your treats will still taste delicious, and you'll feel better about enjoying them together! ●



IN THE KITCHEN

"Souper" recipes

A bowl of hearty yet healthy soup makes a perfect winter dinner.

● **Creamy broccoli.** Saute 1 tbsp. crushed garlic in 1 tbsp. olive oil in a large pot over medium-high heat. Add ½ tsp. salt and ¼ tsp. pepper. Cook until soft, stirring constantly. Add 4 cups vegetable broth, 2 lbs. chopped broccoli, and 1 cup fat-free evaporated milk. Simmer 20 minutes or

until the broccoli is tender. Transfer to a blender, and puree until thick.

● **Chicken and spinach tortellini.** In a large pot, bring 28 oz. low-sodium chicken broth to a boil. Add a 9-oz. package of refrigerated cheese tortellini, and cook 7–9 minutes. Reduce heat to medium, and stir in 3 cups shredded cooked chicken and 6 oz. fresh baby spinach. Cook until spinach is wilted. ●



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.
ISSN 1935-4630



Hemingford Public Schools Breakfast Menu

December

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Sandwich or Cereal Fruit/Juice
4 Pancakes Sausage or Cereal Fruit/Juice	5 Scrambled Eggs Muffin or PBJ Fruit/Juice	6 Waffles N' Strawberries Or Cereal Fruit/Juice	7 Breakfast Pizza Or PBJ Fruit/Juice	8 Breakfast Burrito or Cereal Fruit/Juice
11 Biscuits N' Gravy or Cereal Fruit/Juice	12 Omelet & Toast Or PBJ Fruit/Juice	13 French Toast Sausage of Cereal Fruit/Juice	14 Breakfast Casserole or PBJ Fruit/Juice	15 Breakfast Sandwich or Cereal Fruit/Juice
18 Pancakes Sausage or Cereal Fruit/Juice	19 Scrambled Eggs Muffin or PBJ Fruit/Juice	20 Waffles N' Strawberries Or Cereal Fruit/Juice	21 Breakfast Pizza Or PBJ Fruit/Juice	22 



Christmas Break

No School Dec 22-Jan 2

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

December

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Turkey Sub Cheesy Broccoli Pumpkin Bars
4 Hot Ham & Cheese/Bun Green Beans	5 Mandarin Orange Chicken Rice Egg Roll	6 Beef N' Bean Burrito Mexican Corn	7 Chicken Fried Steak Mashed Potato/Gravy Dinner Roll	8 Bobcat Taco Refried Beans Cookie
11 Ready Rib Sub Corn	12 Teriyaki Chicken Over Rice Mixed Veggies	13 Cavatini Green Beans Garlic Bread	14 Chicken Sandwich Candied Carrots	15 Crispito Peas Pudding Cups
18 Chili/or Chicken Noodles Carrots/Celery	19 Shepard's Pie Dinner Roll	20 Ham N' Scalloped Potatoes Peas	21 Cooks Choice	22 



Christmas Break No School Dec 22-Jan 2

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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

Calendar Events December 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 White Day 2:00pm V WR @ Custer,SD Invite 3:00pm JV/V G/B BB vs. Gordon/Rushville at Home	2 9:00am V WR @ Custer,SD Invite 1:00pm JV/V G/B BB @ Hyannis
3	4 Red Day 4:30pm JH GBB at Alliance St. Agnes	5 White Day 5:00pm JH GBB at Crawford	6 Red Day	7 White Day 4:00pm JH GBB vs. Bridgeport at Home 6:00pm V WR @ Crawford Triangular	8 Red Day	9 9:30am V WR @ Banner County Invite 1:00pm JV/V G/B BB vs. Mitchell at Home
10	11 JH GBB PHC Tourney in Morrill White Day FCCLA Secret Santa 7:00pm School Board Meeting	12 Red Day FCCLA Secret Santa 2:00pm JV/V G/B BB vs. Hay Springs at Home	13 White Day FCCLA Secret Santa 2:31pm Big Brother / Big Sister 5:30pm Booster Club Meeting	14 Red Day FCCLA Secret Santa FFA Gift Exchange and Party	15 White Day FCCLA Secret Santa 2:00pm JV/V G/B BB vs. Bridgeport at Home 5:00pm Community Soup Supper	16 9:00am V WR @ Bridgeport Invite 1:00pm JV/V G/B BB @ Leyton
17	18 Elem Christmas Concert Red Day Staff Secret Santa	19 HS Christmas Concert White Day Staff Secret Santa	20 Red Day Staff Secret Santa	21 End of Qtr 2 / Sem 1 White Day Staff Secret Santa 1:00pm Dismissal for Christmas Break 5:30pm V WR Home Triangular	22 Christmas Break	23 Moratorium
24 Moratorium	25 Christmas Break Moratorium	26 Christmas Break Moratorium	27 Christmas Break Moratorium	28 Christmas Break	29 Christmas Break V G/B BB @ Chadron Holiday Invite	30 V G/B BB @ Chadron Holiday Invite
31						

Calendar Events January 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 Christmas Break	2 Christmas Break Teacher Inservice 6:00pm JV/V Girls' BB @ Crawford	3 School Resumes Red Day	4 White Day 9:00am V WR WTC in Morrill 2:00pm JV/V G/B BB vs. Garden County at Home	5 Red Day 4:00pm JV/V G/B BB @ Minatare	6 Speech @ Gordon 9:00am V WR @ Garden County Invite
7	8 White Day 7:00pm School Board Meeting	9 Red Day 2:00pm JV/V G/B BB vs. Chadron at Home 5:00pm JH BBB at Crawford	10 White Day 9:00am FFA District Ag Ed Contest 2:31pm Big Brother / Big Sister 5:30pm Booster Club Meeting	11 Red Day 8:00am Hemingford Science Fair - Local	12 White Day 2:00pm JV/V G/B BB @ Bayard 6:00pm V WR @ MullenTriangular	13 8:30am V WR @ Dunning Invite 1:00pm JV/V G/B BB vs. Sioux County at Home
14	15 V G/B BB @ PHC Tourney in Sioux County Red Day	16 V G/B BB @ PHC Tourney in Sioux County White Day	17 V G/B BB @ PHC Tourney in Sioux County Red Day	18 V G/B BB @ PHC Tourney in Sioux County White Day 4:00pm JH BBB at Mitchell	19 V G/B BB @ PHC Tourney in Sioux County V WR @ Chadron Invite Red Day	20 V G/B BB @ PHC Tourney in Sioux County V WR @ Chadron Invite Speech @ Scottsbluff
21	22 White Day 4:00pm JH BBB at Home vs Morrill	23 Red Day 5:30pm JV/V Girls' BB vs. Alliance at Home	24 White Day 8:00am FCCLA STAR @ Hemingford	25 Red Day 5:00pm JH BBB at Hay Springs	26 White Day 6:30pm FFA Meeting	27 Speech @ Perkins County 1:00pm JV/V G/B BB @ Edgemont
28	29 PHC JH BBB at Edgemont Red Day	30 White Day	31 Red Day			