



SPECIAL POINTS OF INTEREST:

- School Dismissed on Wednesday, November 1st.
- Mr. Ningen Notes
- Mr. Kluver
- Mr. Arneson
- 1st Quarter Honor Roll- HS & Elem
- Mrs. Huckle
- The Den
- Flowerfield School
- Nurse Amber
- Monster Mash Halloween Party
- SchoolWay
- Holiday Play
- Kris Kringle
- Chamber Trick or Treat
- The Flu: A guide for Parents
- Halloween Health and Safety Tips
- Halloween Scramble
- PPHD
- Helping Hands
- Nutrition Nuggets
- Menus
- Calendar for November & December

Bobcat Bits

HEMINGFORD PUBLIC SCHOOLS

NOVEMBER 2017

District Champs-2017



Congratulations!!

Because of the second round State Playoff Football game in Curtis, NE. Hemingford Public Schools will not have school on Wednesday, November 1, 2017. So Bobcat fans can attend the football game.

Notes from Mr. Ningen
District 10 Superintendent



KEEPING US ALL ENGAGED

Many great things are underway at District 10, including a full slate of activities for our students.

MARCHING FORWARD IN VB AND FB

The 30th of October and 1st of November are dates of important Fall Sports contests. Our Volleyball team will travel to Scottsbluff High School to be part of the C2-12 Sub-District there on October 30th. On Wednesday the 1st, the second round of D-1 State Football Play-offs takes our team and fans south of North Platte to Curtis, where we will play (9-0) Medicine Valley.

In both cases, our student athletes have the opportunity to move forward with their seasons if they play well. HHS will get a fourth chance this season to get past a pesky Bayard team in Volleyball, while the football team gets a chance to continue their success by playing well at undefeated Medicine Valley.

MUSIC

On Friday, November 3rd, our High School Band will be spending the day learning some new music and arrangements here in Hemingford, as part of the annual Panhandle Activities Conference Instrumental Music Clinic. Conference schools take turns hosting this fun activity. The public concert is at 4PM.

ART

On Monday, November 6th, our artists in the Senior High will be traveling to CSC for their annual art day

as part of the PAC and WTC Conferences. This opportunity gives our students a chance to take part in some varied experiences that may not be part of the normal High School Art class.

SPORTSMANSHIP

On Tuesday, November 14th, High School students and coaches from HHS will take part in an NSAA sponsored Sportsmanship Summit in Alliance.

ONE-ACTS

Friday, November 17th will find our High School Thespians in Harrison for the 2017 PAC One-Act Play competition. The WTC competition will be at Bridgeport on Tuesday, November 21st.

JUNIOR HIGH SPORTS

Throughout November there will also be Junior High Wrestling and Junior High Girls Basketball matches and games as well, so as you can see, November is a busy, busy month for students activities.

THANKSGIVING BREAK

On Wednesday, November 22nd through Sunday the 26th, our students and staff and their families will be on Thanksgiving Break. What a great opportunity to not only enjoy good food, good company, and hopefully good football, this also gives us a chance to look around and see how thankful we should all be. We may take our relatives and even our own families for granted, but Thanksgiving will hopefully allow us to see how good we have it.

WINTER IS AROUND THE CORNER

We have already seen a few flakes of snow, and the temperatures are getting lower, so it's never too early to prepare our cars and our mindset for winter.

Please get those shovels, candles, rock candy, and extra cap and gloves checked in all vehicles. When weather threatens, check our webpage, our facebook page, or our twitter page to get school info on early outs, late starts or even dismissed class days as they occur.

Student drivers (and adult drivers) need to plan ahead for bad road conditions and take their time to get to school – Please stay safe.



Mr. Kluver —H.S. Principal



I wanted to start by thanking all the parents and students that attended the Fall Parent/Teacher Conferences held recently on October 19th, 2017. We had just under 50% attendance and there were many very important conversations that occurred. Please keep February 8th, 2018 available for our Spring Parent/Teacher Conferences from 2pm to 8pm.

First quarter was a whirlwind for me, but I really appreciate the hospitality and welcoming that the community of Hemingford has shown our family. We cannot thank all of you enough for helping us with the transition to a new school and community.

Second quarter has begun and it is very important that our students really need to buckle down and remain focused on the task at hand. Being successful in their first semester classes is truly essential to set the tone for the year. Keep encouraging your students to attend SST (Supervised Study Time) after school from 3:30 - 4:00 pm. It is a time they can visit their teachers and get the assistance they need with their classwork.

Congrats to a successful season for our fall sports teams, Cross Country, Football, and Volleyball. I would like to send a special thank you to Mrs. Lanik for her years of service to the Cross Country teams here at Hemingford. Your knowledge and expertise will be missed by all. The volleyball team starts their post-season run next Monday, October 30th versus Bayard with a game time of 5:30 pm at Scottsbluff High School. Good luck girls and play on. Football finished a very successful season with a victory over Dundy County - Stratton on October 20th to win the D1-10 district championship. The boys played an amazing 1st Round playoff game versus Overton and came away with the win. Good luck as they move on in the playoffs. Well done coaches and players on your tenacity and grit throughout the season.

Students who are planning on taking the December ACT, make sure you are taking full advantage of the OnToCollege prep materials. We will offering the online ACT prep materials shortly. It is up to you as students to take full advantage of these materials.

Mr. Arneson-Elementary Principal

I wanted to thank everyone who came in for conferences. It was great having such a wonderful turnout.

With the weather growing colder, I would like to remind that your child will spend time outside every day. Please dress warmly enough for our before school recess time. Hats, coats, and gloves are important to keep warm outside in the mornings. Our policy is that if the wind-chill is 10 or above, we will go outside for recess.

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.

With daylight savings time coming to an end, so will our time for shorts wearing. Friday, November 3rd will be the last day to wear shorts until the spring.

Thanksgiving break will start on November 22nd and school resumes on November 27th.

Thanks, and have a great November.

Mr. Eric Arneson



1st Quarter-Honor Roll-High School

Student Name	Grade Level	Level	Student Name	Grade Level	Level
Gasseling, Lauren J	11	Distinguished List	Stumpff, Jacobi R	11	Honors List
Mutchie, Ashley R	11	Distinguished List	Anglesey, Melissa A	10	Honors List
Stewart, Josie J	11	Distinguished List	Buchheit, Carter S	10	Honors List
Hanson, Rebecca J	10	Distinguished List	Jespersen, Storm J	10	Honors List
Hanson, Danae J	9	Distinguished List	Knote, Emily R	10	Honors List
Neefe, Alex N	9	Distinguished List	Plog, Alexander M	10	Honors List
Wyland, Kenneth T	9	Distinguished List	Stewart, Jori S	10	Honors List
Hanson, Destiny R	8	Distinguished List	Stumpff, Jace R	10	Honors List
Radspinner, Sarina M	8	Distinguished List	Walters, Elijah J	10	Honors List
Soto, Adriana E	8	Distinguished List	Ansley, John P	9	Honors List
Specht, Ethan C	8	Distinguished List	Jespersen, Rayne J	9	Honors List
Stallings, Arielle A	7	Distinguished List	Knote, Sara C	9	Honors List
			Mendiola, Kylie M	9	Honors List
Buchheit, Macee M	12	Honors List	Meyring, Jayce L	9	Honors List
Davis, Madison M	12	Honors List	Nelson, Landrie S	9	Honors List
Glendy, Madison M	12	Honors List	Payne, Jack A	9	Honors List
Horstman, Kelli M	12	Honors List	Rozmiarek, Zachary A	9	Honors List
Jespersen, Kage J	12	Honors List	Schekall, Rachel M	9	Honors List
Kolle, Mackenzie E	12	Honors List	Swanson, Tatum E	9	Honors List
Manning, Anna M	12	Honors List	Turek, Brian E	9	Honors List
Stevens, Kyler J	12	Honors List	Varner, Katelyn N	9	Honors List
Swanson, Conner L	12	Honors List	Allen, Kylie R	8	Honors List
Swires, Nevin M	12	Honors List	McConville, Daren W	8	Honors List
Carlson, Lilyanne F	11	Honors List	Turek, Alysén K	8	Honors List
Coryell, Kobe J	11	Honors List	Bryner, Catherine M	7	Honors List
Cullan, Luke C	11	Honors List	Hill, Caiden K	7	Honors List
Lashley, Casey M	11	Honors List	Hollinrake, Jordan m	7	Honors List
Mazanec, Joe N	11	Honors List	Hunter, Taren R	7	Honors List
Mazanec, Mercedes K	11	Honors List	Meyring, Jayda A	7	Honors List
			Wyland, Hunter J	7	Honors List



Distinguished All A's

Honors List— All A's & B's or @ 90%

Seniors/2018--38%

Juniors/2019-- 56%

Sophomores/2020--46%

Freshmen/2021--50%

8th Grade/2022--43%

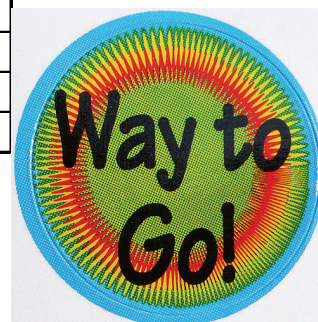
7th Grade/2023--60%

Parent Attendance at Conferences 10/19/17

1st Quarter Honor Roll-Elementary



Quarter 1 Elementary Honor Roll		
Student Name	Grade Level	Level
Benda, Aiden	6	Distinguished List
Kresl, Carlye	6	Distinguished List
Bell, Gavin	5	Distinguished List
Galles, Cody	5	Distinguished List
Jespersen, Kyra	5	Distinguished List
Meyring, Seth	5	Distinguished List
Rutkowski, Abigail	5	Distinguished List
Soto, Anjelina	5	Distinguished List
Bryner, Jacob	4	Distinguished List
Butler, Clayton	4	Distinguished List
Haas, Tayten	4	Distinguished List
Horstman, Dakota	4	Distinguished List
Gomez, Isabell	6	Honors List
Keane, Jaxon	6	Honors List
Kumpf, Mikayla	6	Honors List
Meek, Madisen	6	Honors List
Specht, Breana	6	Honors List
Swanson, Tarryn	6	Honors List
Hunter, Boady	5	Honors List
Radspinner, Madelyn	5	Honors List
Bixby, Layne	4	Honors List
Hruby, Sophia	4	Honors List
Kluver Jr., Daniel	4	Honors List
Olsen, Evah	4	Honors List
Peterson, Cayden	4	Honors List
Plog, Owen	4	Honors List
Ragsdale, Ryan	4	Honors List
Schumacher, Brenna	4	Honors List
Wilder (Sherlock), Taylor	4	Honors List
Wright, Parker	4	Honors List
Distinguished--all A's		
Honors--all A's or B's @ least 90%		



Mrs. Huckle-School Counselor

COUNSELOR'S

ORNER

Juniors and Seniors need to listen to announcements and sign up on the bulletin board across from my office if they want to attend the college representatives coming to school.

Seniors you need to be:

- Working on college applications. Many applications are due in early January.
- Check with your prospective colleges about additional financial aid application forms and requirements.
- Working on your FAFSA. If you have any questions, do not hesitate to call and we will find the answer.

Juniors you need to be:

- Thinking about your college choice.
- We will be meeting for a 15 minute conference in the near future to talk about your life after high school.

Here are some scholarship resources on the web available for anyone to check out

- ScholarshipQuest at Education Quest.org
- www.scholarshipmonkey.com
- ScholarshipExperts.com
- <https://studentaid2.ed.gov/logon.asp>
- Schoolsoup.com
- Scholarships.com
- Collegeboard.com

The Bullying Prevention Program we are using is *Steps to Respect*. Students will be practicing friendship-making skills, learning to recognize bullying, learning bullying-refusal skills, learning how to reach out to someone who is being bullied, and developing bullying-reporting skills. It also prepares students for conflicts that may happen when working in a group. If you have any questions, I can be reached at (308)487-3330 or (308)487-3328.

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

Mr. Dean— The Den



In an effort to streamline the use of technology in the elementary classrooms, a website called THE DEN has been created for our elementary students. The site was developed to improve student interaction with classroom content inside and outside of the classroom. If your elementary student would like to access THE DEN at home, please use the following link:

<https://sites.google.com/neshschools.org/hpsden/students>

Please let me know if you have any questions about the site or the use of technology in our school. You can contact me through my email address: jdean@hemingfordschools.org

Much respect,

Joshua Dean



Flowerfield School

On Thursday, October 12th the fourth grade class took a step back in time. The children were dressed in their best 1888 clothing and brought an authentic 1888 lunch with them as they traveled to an 1888 school house in Harrisburg, Nebraska.

They began their day by running over to the school house while Miss Herbel rang the school bell. Then the children formed two lines in which the girls were at the front. They entered the school house having the girls sit on the left side of the room and the boys on the right. "Silence" was the golden rule for the day. After the children were seated they stood for the pledge which is different from today. It omitted the words "Under God" and it also used hand gestures towards the flag. Next the students recited their daily song and then moved straight into geography, penmanship, reading and orthography (spelling).

During penmanship the students were escorted to the original 1888 school house. It was extremely small and only 8 children could fit in there at one time. While there, the children learned to use quill pens. They had the challenges of sitting up straight and not putting too much ink on their pen to write. Most of the children enjoyed this part and some of their penmanship was better with the quill pen than with a notebook and pencil.

While I taught some of the children penmanship the other teacher was teaching the rest of the group reading and orthography. During reading the children had to come up to the front of the room in sevens and had to read aloud. If a child should make a mistake the teacher would correct them on the spot. During this time the rest of the children would be practicing their spelling words on little slates. They had to erase the slates with small pieces of cloth.

When it was about 11:30 the children had to go and wash before lunch. They had to wash their hands with lye soap in very cold water. Lye soap had a distinct smell because it was made from pig fat and ash. After we all washed we ate our lunches. The lunches consisted of pancake sandwiches, jerky, cornbread, and fruit. We also had gingersnap cookies that we had made early that week with Mrs. Neefe's food class.

After lunch we toured the museum and the different buildings. We got to see a sod house, a country store, and a log cabin. We even got to see the types of grass that are found in Nebraska, including our state grass, Little Blue Stem.

Later the children would have resumed class for a spelling bee, however we didn't get time to do that so we performed the spelling bee in school the next day. The children lined up in two lines, girls on the right and boys on the left. They took turns spelling words. They had to repeat the word, spell the word, and then repeat it a final time. Clayton Bulter was our winner and received a spelling certificate. He won with the correct spelling of the word RECITATION.

Because Hemingford was a great time away from Harrisburg, we had to cut our day short and leave at 1:30. On the way home we enjoyed our ginger snaps as well as sang popular 1888 songs. It was a wonderful experience.



The Day in Pics-Flowerfield School



Mrs. Osmotherly's Class



Practicing Arithmetic



Wearing the Dunce Cap



Washing up with Lye soap



Nose in Circle

Nurse Amber

Dear HPS Families,

Below are HPS's guidelines regarding exclusion periods for sick children as well as some preventable tips. Please adhere to the guidelines and make note of the suggested habits. Let's work together to keep our school community and our homes as healthy as possible this year!

Exclusion periods:

Please do not send your student to school if he/she has or has had:

1. A fever over 100 F within the last 24 hours (must be fever free without medication).
2. Vomiting or diarrhea within the last 24 hours.
3. Continuous coughing not relieved with cough medication.
4. Strep throat. They may return to 24 hours after starting antibiotics.
5. Please check with the School Nurse or your doctor about other illnesses or infestations.
6. Please remember to notify the School Nurse or Front Office if your child has a contagious illness!

Helpful Tips for Staying Healthy:

1. Frequent hand washing is the BEST way to prevent and combat the spread of germs! Wash hands often with soap and water or hand sanitizer. (sing the happy birthday song twice to wash long enough😊)
2. Cover coughs and sneezes with a tissue (or as I like to call them "boogie ghosts") or use an elbow or arm if no tissue is available.
3. Do not share drinks, food, or unwashed utensils.
4. Get plenty of rest, eat healthy foods, and drink lots of water.
5. Avoid people who are sick and stay home when you are sick.
6. Disinfect surfaces that are prone to germs (phones, keyboards, door knobs, toothbrushes).
7. Get your immunizations like the influenza vaccine!
8. Educate your children on the habit of not sharing coats, hats, brushes, or other clothing items with other students.

Absences:

Please call all absences into the main office or myself. Please be clear about the reason for the absence and, if illness, please provide a brief description about the symptoms so I can track patterns of illness at school.

As always, feel free to call me anytime regarding your child's health needs. If you have any questions about process or procedures I would be happy to discuss them with you!

Amber Jacoby BSN, RN

P: 308-487-7425

ajacoby@hemingfordschools.org



*COME IF YOU DARE MY LITTLE DARLINGS!
LET'S HAVE SOME FUN...BAHAHAHA!*



6th GRADE and older

2nd Annual
MONSTER MASH HALLOWEEN PARTY
SPONSORED by the HEMINGFORD CHAMBER OF COMMERCE

TUESDAY - OCTOBER 31, 2017

6 pm - 9 pm

HEMINGFORD

MULTIPURPOSE HALL - FAIRGROUNDS

ENTRY FEE: \$5

DJ MUSIC by SC PARTY PRODUCTIONS



**COSTUME
CONTEST**



Winners will be crowned:
King Dracula & Dracula's Bride
(prize money 1st * 2nd * 3rd)
FOOD * DRINKS * DANCING

If you would like to donate some food or help at the dance contact:
PEGGY HOLLINRAKE (308) 487-5328 -OR- MARIJO MAZANEC (308) 487-5238





SchoolWay™

Powered by *Jostens*

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

WayCode

rg464h

It's FREE!

myschoolway.com

Download SchoolWay
from the app store today!



Download on the
App Store



ANDROID APP ON
Google play



Available on any other device
Web App

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. 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.



Hemingford's Annual Holiday Play

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

Auditions

Thursday, November 2nd

5p - 6:30p

at the Multipurpose Hall on the Fair Grounds

Actors and Technicians of all ages needed!

There is no one too old and if you are in school or
have a parent involved you are old enough!

If you would like to be involved and can't make
auditions or have any questions give me a call or text.

Tabi Bryner 760-1120

Kris Kringle's Christmas Boutique

Saturday - DECEMBER 2, 2017
9 AM - 4 PM



Hemingford Box Butte County Fairgrounds - Multipurpose Hall
Lots of great VENDORS for your shopping enjoyment!
Delicious food at PEGGY's KITCHEN
Breakfast & Lunch served

and... don't forget
SANTA CLAUS will be
waiting to hear the kids
Christmas lists & storytelling
with Ms. Claus - 1 to 3 pm



www.hemingfordkriskringlechristmas.com

PARTICIPATING MERCHANT

TREATS ON THE STREETS

Downtown Hemingford

October 31, 2017

3:30 to 4:30

The Hemingford Chamber of
Commerce along with the Village of
Hemingford are proud to present:

TREATS ON THE STREETS

*The following Hemingford businesses invite
your little goblin(s) to stop by Halloween
afternoon for a Halloween treat:*

*Village Office, Village Police Department,
Mobius Communication, AJ's, The Ledger,
Hemingford Community Credit Union, The
Hemingford Dental Office, Table Top Meats,
Panhandle Public Health, The Body Shop,
Hometown Hero's, Raben Food's, Hemingford
Library, Hemingford Community Care Center,
Treasured Grounds, New Image Salon
Farmers Co-op, Dave's Pharmacy*

COMMUNICATION SOURCES

HEMINGFORD PUBLIC SCHOOLS

Our mission at Hemingford Public Schools is to cooperatively work with the community to provide our youth a safe and healthy learning environment for all students. Our school district and staff are committed to provide and promote opportunities for high academic achievement, capitalizing on student career interests and aptitudes, with a purpose to encourage student involvement and accomplishments in order to prepare accountable, responsible, self-disciplined, successful citizens in an ever-changing, global society.

Casper Ningen, Superintendent
Mr. Daniel Kluver, High School Principal
Mr. Eric Arneson, Elementary Principal
Mrs. Mandy Plog, Special Education Director

PO Box 217
911 Niobrara Avenue
Hemingford NE 69348

Phone: 308-487-3328 High School
Phone: 308-487-3330 Elementary
Phone: 308-487-5252 Distance Learning
Fax: 308-487-5215

Check out our Website:
<http://www.hemingfordschools.org>



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



The Flu:

A Guide For Parents

FLU INFORMATION

What is the flu?

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

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

How serious is the flu?

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

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

How does the flu spread?

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

What are the symptoms of the flu?

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

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

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

PROTECT YOUR CHILD

How can I protect my child against the flu?

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

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

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



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

Is there a medicine to treat the flu?

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

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

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

These include:

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

according to directions on the product label.

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



IF YOUR CHILD IS SICK

What can I do if my child gets sick?

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

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

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

What if my child seems very sick?

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

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

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

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

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

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

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

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO

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Halloween Health and Safety Tips

Swords, knives, and similar costume accessories should be short, soft, and flexible. Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

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Fasten reflective tape to costumes and bags to help drivers see you. Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you.

Always WALK and don't run from house to house. Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation. Look both ways before crossing the street. Use established crosswalks wherever possible. Lower your risk for serious eye injury by not wearing decorative contact lenses. Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe. Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers. Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never

accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

For more information about these tips, visit: www.cdc.gov/family/halloween
Office of Women's Health • 770-488-8190 (phone) • owh@cdc.gov (e-mail)

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

CS236181-A

Halloween Scramble

Unscramble the letters under the blanks to find out what you can do to help stay safe while trick-or-treating.

1. Walk on

E I A S K D W S L

2. Stay in

O S G P R U

3. Avoid

T A E S N R S G R

4. Carry a

G T A H F S I L H L

5. Ask your parents to check your

S E T T A R



ANSWERS: (1) SIDEWALKS (2) GROUPS (3) STRANGERS (4) FLASHLIGHT (5) TREATS

Join the Movement in Hemingford Starting 11-1-17

Contact Lifestyle Coach
Janelle Hansen
308-487-3600 ext 105
hansenj@pphd.org

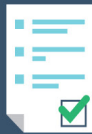


my reason
GRANDKIDS

LIFESTYLE CHANGE PROGRAM



A trained
lifestyle
coach



CDC-approved
curriculum



Group
support



16 weekly
meetings with
monthly follow-up

You will learn to make
achievable and realistic
lifestyle changes



Eat healthy



Incorporate
physical activity
into daily routine



Manage stress



Solve problems
that get in the way
of healthy changes

Are you ready to join the movement?
Be a healthier version of yourself? Increase your energy?

8,900 pounds lost in
Panhandle lifestyle change program

30 Husker defensive linemen =
8,900 pounds

Join the Movement



Panhandle

Public Health District

REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.
Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Data are from the Multiple Cause of Death Files, 1999-2015, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on April 4, 2017.
National Diabetes Prevention Program in the Panhandle data 2012-2017. Pounds lost equals 8,900.



**SCHEDULE YOUR
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Stay At Home Care

PO Box 2341, Scottsbluff, NE
maggie@helpinghandsstayathomecare.com



**HELPING HANDS
STAY-AT-HOME CARE**

About Us

Helping Hands, Stay-At-Home-Care was created to offer quality and trustworthy care. We understand the desire of seniors to stay in their own homes. However, staying at home often requires special assistance in order to continue living independently. Helping Hands is ready to offer that assistance.

Call Today

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SERVICES

- Companionship
- Respite Care
- Housekeeping
- Errands
- Pet Care
- Meal Preparation
- Alzheimer's / Dementia Care
- Grooming
- Bathing
- Dressing
- Ambulation
- Medication Reminders
- Continence Care
- And more!

ONE-ON-ONE

One-on-One Care is specifically designed for our Helping Hands

Clients residing in:

- Convalescent Homes
- Assisted Living Centers
- Rehabilitation Facilities
- Rest Homes, Hospice, etc.

Sometimes residential care facilities have staff limitations. Some residents need extra hands to help with their special needs. Therefore, Helping Hands offers supplementary, One-On-One Care to help serve those extra needs.

GIVE YOURSELF OR YOUR LOVED ONE
THE BEST IN PERSONAL CARE!

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2017

Hemingford Public Schools



BEST BITES

Count the ingredients

A long list of ingredients on a cereal box or a jar of pasta sauce often means the food is highly processed. At the grocery store, let your youngster compare several brands of an item on your list (say, cereal bars). She can count the ingredients in each—and put the one with the fewest ingredients in your cart.



Explore the great outdoors

Cooler temperatures offer the perfect opportunity to discover outdoor community “gems” with your child. Help him find local plants and animals while you walk along a trail or through a park or botanical garden. For extra fun and exercise, bring along helmets and explore on bikes, skateboards, or scooters (where permitted).

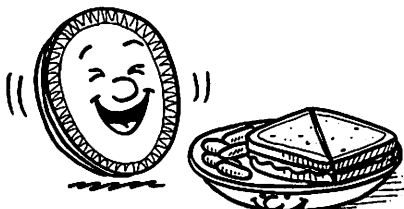
DID YOU KNOW?

November 6 is National Nachos Day. Make this popular appetizer healthier by using whole-grain tortilla chips and swapping plain Greek yogurt for sour cream. Melt real cheese on top (rather than store-bought queso). Then, add vegetables like chopped tomatoes, corn, shredded lettuce, and diced red onion.

Just for fun

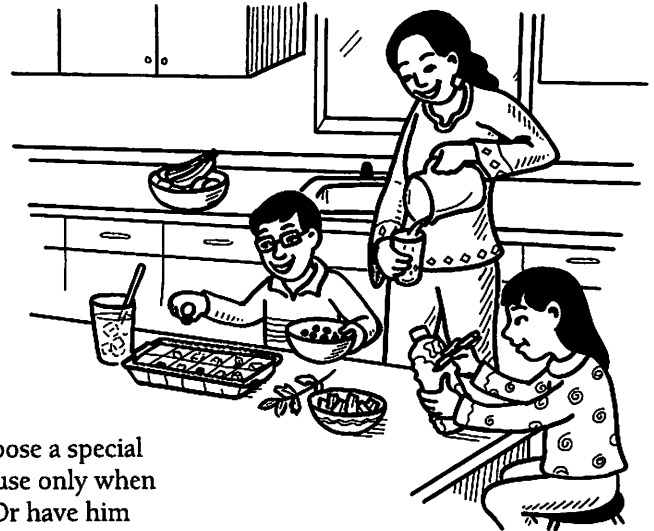
Q: What did one plate say to another?

A: Lunch is on me.



Just add water (or milk)!

Does your child ask for juice boxes, soda, or sports drinks when he's thirsty? Loaded with sugar and calories, these choices offer little nutrition. The best way to quench his thirst is to drink water or milk. Try the following tips to encourage healthier beverage choices.



Make it motivating

Let your youngster choose a special cup at the dollar store to use only when he drinks milk or water. Or have him decorate a reusable water bottle. Using permanent markers, he can jazz up a plain bottle with his name, colorful pictures, and creative designs.

Add flavor

Enhance the flavor of water and milk with these healthy twists. Fill an ice cube tray with water, invite your child to add a flavor mix-in (a mint leaf, a pineapple chunk, a raspberry) to each compartment, and freeze. Then, he could choose a cube to flavor his water. When

he drinks milk, he might try stirring in a sprinkle of cinnamon or a few drops of vanilla extract.

Go for fizz

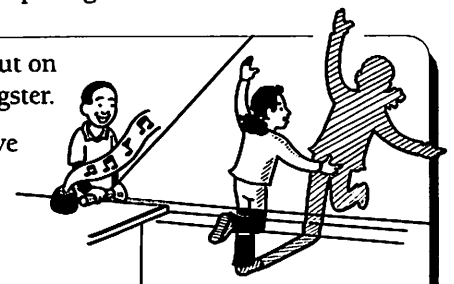
Your youngster may enjoy the fizzy effect of plain seltzer or sparkling water. With zero calories, sugar, or artificial colors or flavors, this bubbly water is fun to drink—without all the unhealthy stuff that's in soda. And seltzer is now sold in a variety of interesting natural flavors like mandarin orange, cucumber, and pomegranate. 🍷

Get your groove on

Keeping fit can be as simple as dancing! Put on music, and enjoy these ideas with your youngster.

● **Shadow dancing.** In a darkened room, have your child face a blank wall while someone else shines a flashlight on her from behind. She could create cool moves to make her shadow “dance.”

● **Chain reaction.** Build a dance sequence together. The first person does a simple movement like swinging her arms overhead. The next dancer copies that move, then adds one of her own. Take turns, each time repeating the sequence from the beginning and adding a new move at the end. 🎶



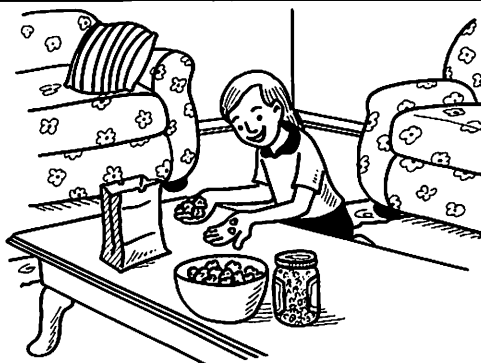
Science in the kitchen

Boost your youngster's enthusiasm for healthy eating with these hands-on experiments that weave in science fun.

"Egg-cellent" snack

Experiment: Let your child fill two glasses with water and add 1 tbsp. salt to one. Place a fresh egg in each. What happens? The egg in salt water will float. Why? (The egg is denser than plain water, but less dense than salt water.) **Note:** If the egg doesn't float, have her add 1 tsp. salt at a time until it does.

Eat: Hard-boiled eggs are a protein-rich snack. Place eggs in a saucepan, and cover with water. Put on a lid, boil 1 minute,



and remove from heat. Let sit covered for 12 minutes. Drain, rinse under cold water, and peel.

Popping perfection

Experiment: Have your youngster observe unpopped popcorn kernels. (They're small, brown, and hard.) Then, she should place $\frac{1}{4}$ cup kernels in a paper lunch bag and fold the top over a few times.

Microwave 2–3 minutes, pour into a bowl, and let her observe again: The kernels are big, white, and fluffy! What happened? (Kernels contain water that turns into steam when heated. Steam expands, making the kernels explode.)

Eat: Popcorn is a healthy whole grain. Instead of salt, sprinkle with Parmesan cheese, garlic powder, or paprika. ●

Q&A

DIY convenience foods

Q: Our grocery store stocks precut vegetables and other time-saving items, but they're too expensive for my budget! Any suggestions?

A: With a little planning, you can make your own convenience foods at home.

On week-ends, ask your child to help you prep vegetables for the week. For



example, wash and dry lettuce, and place in a covered container with a dry paper towel to absorb moisture. You can also wash, chop, and store firm veggies like carrots, broccoli, and cauliflower.

Cook chicken pieces or portions of meat, and seal in zipper bags to use within 2–3 days. You can even make pasta or rice in advance. Toss with olive oil so it doesn't get sticky, and put in an airtight container.

Your refrigerator will resemble the prepared-foods case at the grocery store—but you won't spend any extra money. ●



ACTIVITY CORNER

Fitness: It's in the cards!

Put a clever twist on physical activity by helping your youngsters make their own deck of family fitness cards. Here's how.

Together, come up with at least a dozen active ideas that can be done in less than five minutes. Be as creative or silly as you like! Write each one on the front of a separate index card. For example:

- Hop on one foot for one minute while holding the other foot with one hand and pinching your nose. Switch feet and hop for one more minute.
- Lie on your stomach, and pretend to swim like a frog for three minutes.
- Hold hands with a partner. Skip back and forth across the room five times.

On the back of each card, your children can illustrate the activity. Put the cards into a box, and pull one out whenever it's time for a burst of activity! ●



IN THE KITCHEN

Healthier holiday classics

No need to forgo favorite Thanksgiving dishes. Consider these better-for-you versions.

● **Green bean casserole.** For the topping, toss 1 chopped onion and $\frac{1}{2}$ cup sliced fresh mushrooms with 2 tbsp. whole-wheat breadcrumbs. Spread mixture on a greased baking sheet, and bake 10–15 minutes at 400° or until browned. Microwave 12 oz. fresh or frozen green beans, transfer to a dish, and add topping.

● **Cranberry-orange sauce.** In a medium saucepan, combine 10 oz. fresh cranberries, 1 cup water, $\frac{1}{3}$ cup honey, 2 tbsp. grated

orange rind, $\frac{1}{4}$ cup orange juice, $\frac{1}{2}$ tsp. cinnamon, and $\frac{1}{4}$ tsp. allspice. Boil, reduce heat, and simmer 20 minutes until mixture thickens.

● **Sage-couscous stuffing.** Cook 1 cup whole-wheat pearl couscous according to package directions. Then, heat 2 tbsp. olive oil in a large skillet over medium heat. Add $\frac{1}{2}$ cup each diced onion, celery, and carrots. Saute until soft. Stir in couscous, 1 tbsp. fresh sage, and $\frac{1}{2}$ tsp. each salt and pepper. ●



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

November

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 French Toast Sausage or Cereal Fruit/Juice	2 Breakfast Casserole or PBJ Fruit/Juice	3 Breakfast Sandwich or Cereal Fruit/Juice
6 Pancakes Sausage or Cereal Fruit/Juice	7 Scrambled Eggs Muffin or PBJ Fruit/Juice	8 Waffles N' Strawberries Or Cereal Fruit/Juice	9 Breakfast Pizza Or PBJ Fruit/Juice	10 Breakfast Burrito or Cereal Fruit/Juice
13 Biscuits N' Gravy or Cereal Fruit/Juice	14 Omelet & Toast Or PBJ Fruit/Juice	15 French Toast Sausage or Cereal Fruit/Juice	16 Breakfast Casserole or PBJ Fruit/Juice	17 Breakfast Sandwich or Cereal Fruit/Juice
20 Pancakes Sausage or Cereal Fruit/Juice	21 Scrambled Eggs Muffin or PBJ Fruit/Juice	22 	23 Thanksgiving Break No School November 22-24	
27 Biscuits N' Gravy or Cereal Fruit/Juice	28 Omelet & Toast Or PBJ Fruit/Juice	29 French Toast Sausage or Cereal Fruit/Juice	30 Breakfast Casserole or PBJ Fruit/Juice	

Menus are subject to change

USDA is an equal opportunity provider & employer.

The Hemingford Public School provides lunches in accordance with the National School Lunch Program.

The cost of a breakfast is as follows: PreK-12 - \$1.55 Adult Breakfast - \$2.05

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



Hemingford Public Schools Lunch Menu

November

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Frito Pie Celery/Carrots	2 Chicken Bowls Dinner Roll	3 Hamburgers French Fries Cookie
6 Pepperoni Stromboli Corn	7 Chicken Enchilada Spanish Rice	8 Goulash Green Beans Dinner Roll	9 Salisbury Steak Mashed Potatoes Dinner Roll	10 Beefy Nachos Peas
13 Beef N' Cheddar on Bun Corn	14 Chicken N' Noodles over Mashed Potatoes Dinner Roll	15 Pizza Carrots/Celery	16 Chicken Fajita Bowls Green Beans	17 Chili Cinnamon Rolls
20 Turkey Gravy Mashed Potatoes Dressing	21 Pulled Pork Sandwich Baked Beans	22 	23 Thanksgiving Break No School November 22-24	
27 Chicken Bacon Ranch Flatbread Green Beans	28 Chuckwagon Stew Biscuit	29 Spaghetti w/Meatballs Peas Breadstick	30 Wiener Boats Corn Dinner Roll	

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Calendar Events November 2017

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

Calendar Events December 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 White Day 2:00pm JV/V G/B BB vs. Gordon/Rushville at Home 2:00pm V WR @ Custer,SD Invite	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 7:00pm School Board Meeting	12 Red Day 2:00pm JV/V G/B BB vs. Hay Springs at Home	13 White Day 2:31pm Big Brother / Big Sister 5:30pm Booster Club Meeting	14 Red Day FFA Gift Exchange and Party	15 White Day 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	19 HS Christmas Concert White Day	20 Red Day	21 End of Qrter 2 / Sem 1 White Day 1:00pm Dismissal for Christmas Break 5:30pm V WR Home Triangular	22 Christmas Break	23
24	25 Christmas Break	26 Christmas Break	27 Christmas Break	28 Christmas Break	29 Christmas Break V G/B BB @ Chadron Holiday Invite	30 V G/B BB @ Chadron Holiday Invite
31						