

# BOBCAT BITS

September 2017

MICROSOFT

## Eclipse-August 21, 2017



The total eclipse was enjoyed by everyone at Hemingford Public Schools. High School, Elementary students & Staff spent the

day watching the sun disappear and then reappear. It was a once in a lifetime opportunity to experience a total solar eclipse.



### Inside this issue:

Mr. Ningen	2
Mr. Kluver	3
Mr. Arneson	4
Books & Braids	5
Counselor's Corner	6
Play Production	7
Elementary PE	8
Homecoming Week	9-10
Nurse Amber	11

### Special points of interest:

- School Year Calendar
- Menus
- Activity Calendar
- Homecoming Activities
- Student Section Dress up Days
- Nutrition Nuggets
- When to Keep a Child Home Sick

### News from Mr. Ningen

Welcome back to all of our parents, faculty members, and our students. Our school continues to provide a solid educational setting thanks to those folks and our supportive District Patrons!

Education is our primary reason that we're all here, but first on our list of important educational objectives is the safety of our students and staff.

### Training

Fire drills and tornado drills are already being done or being planned; our faculty is being trained/renewed in CPR, suicide prevention, and specific ways to react to dangerous individuals that may come to our campus; we are blessed with a fulltime nurse, an SRO or School Resource Officer, several trained EMTs that are on our staff, and an annually inspected campus that looks at ways to improve safety.

### Campus

Our "Red Zone" addition allows visitors to enter through a main entrance where a secretary and principal have offices. Our campus is outfitted with many cameras that record movement on our grounds and many indoor areas, as well as motion sensors that are active during non-class hours.

### Authorities

Our village is blessed with a quick response police department, backed by an excellent County Sheriff's Department, as well as members of the Nebraska State Patrol. No other town in our state has as fine a Volunteer Fire Department and Emergency Response personnel as we do!

### Faculty

Our teaching staff, paras, and administration do their best to supervise our students in class, at lunch, in the halls, and on the grounds during school hours, and at school activities.

### Importance

All of this, as well as some features that have not been mentioned help to ensure the safety of our

most precious sons, daughters, grandsons and granddaughters.

### New Faces in the Hallways

Once again our district has an increased enrollment, (430 students) and is one of only two of the twenty-one school districts in the panhandle that have been able to make that claim over the past fifteen years. Scottsbluff and Hemingford deserve special mention for that trend in a time where our population is on the move and getting smaller in most school districts in rural America.

In addition to our many new faces in the hallways, we are so happy to welcome six new teachers and a new high school principal this year to our excellent school!

### New Faces in the Classrooms

Hemingford has had very small numbers of new teachers in the past on an annual basis, but with so many valuable longtime teachers making up our faculty, retirement eventually creates the opportunity for some new smiling faces in our classrooms and offices.

Please stop and say hello to Daniel Kluver, our new Secondary Principal, and to his wife Michelle, who is a new para, and will be our assistant Play Director and our new Speech Team Sponsor.

Mrs. Danielle Roland is teaching a section of our sixth grade, Mr. Jeff Maddox is teaching secondary social sciences, Ms. Lauren Freire is our new Title One Teacher, Mrs. Michelle Hoxworth is our new District Speech Therapist, Ms. Emma Harris is our new Elementary SPED Resource Room Teacher, and Mr. Josh Dean is our new Elementary Computer teacher. Also joining our faculty is Mr. Chad Bell, our new District Brailist. What a talented and Hard Working Group!



**Mr. Kluver-High School Principal**

WELCOME BACK HEMINGFORD PARENTS AND STUDENTS!!!!

I am so excited to get this year started. Thank you to the Hemingford community and school for the warm welcome my family and I have received since our arrival in July. The first full week of classes have come and gone along with the eclipse. All students and faculty did an amazing job on eclipse day and we all appreciated your cooperation and enthusiasm for this experience. This was a once in a lifetime event for many and not one that we will soon forget.

Fall activities have begun with football and volleyball competing this past weekend. Even though neither team could come out with a win, the effort and determination these two teams put forth representing this community and school was appreciated. These student athletes will continue to do their best and good things will come in the near future.

Students and parents are reminded to always dress appropriately for school and school activities. The student council and I have planned a number of fun dress-up opportunities this year and would appreciate participation from the entire community. Let's all show our support and pride in the Bobcat Nation.

Please feel free to contact me at school anytime if you have questions or concerns.

Dan Kluver  
Hemingford Junior/Senior High Principal



## Mr. Arneson-Elementary Principal

Our first handful of days have been exciting in the elementary school. We started with two early dismissals, then on the first full day we got to experience the eclipse and then Tuesday was business as usual.

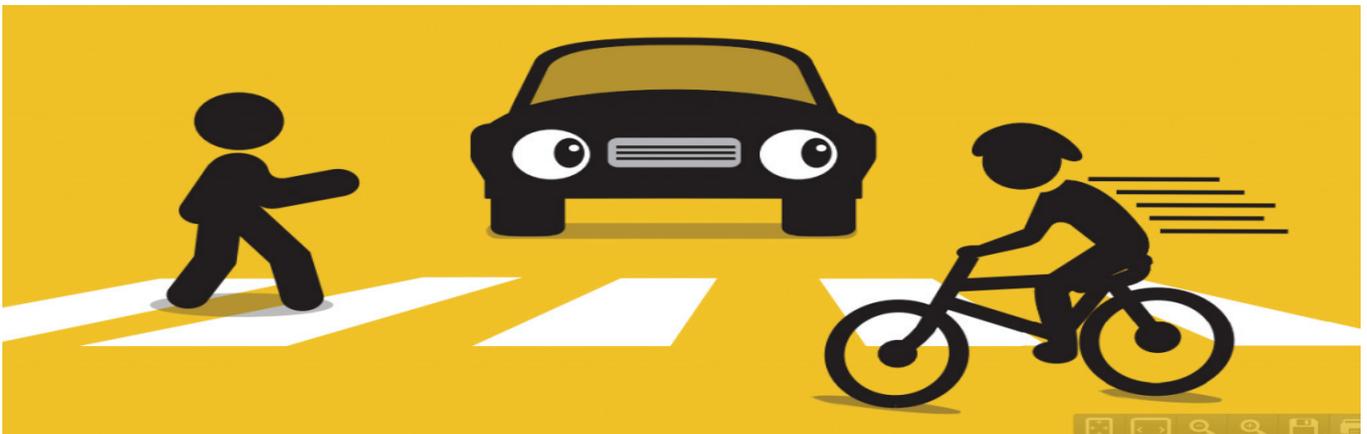
I hope everyone enjoyed viewing the eclipse either at school or with family and friends. After experiencing it I can understand why people traveled from all over the country to our neck of the woods. It truly was amazing. I know the students at school had a great time decorating their modified solar eclipse glasses, spending time learning why and how an eclipse happens, and watching for shadow snakes.

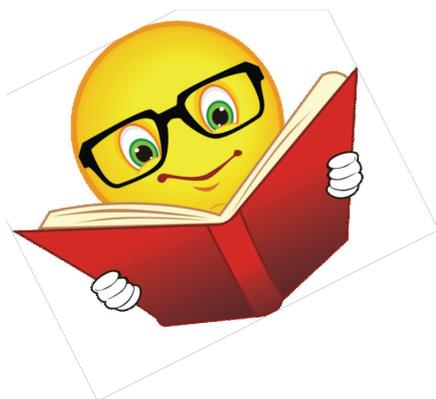
I love seeing all the parents at dismissal time. If you are parking across the highway, please remind your children to use the crosswalk. Traffic can be heavy at times and crossing at the crosswalk, with crossing guard, is the safest way to cross the highway.

Another quick reminder, if your child is staying home for the day, whether for illness or another reason, please call the office no later than 9:00 am. You may call as early as you like and leave a message for Deb. This does help us keep students accounted for and your child safe.

Thanks for a great start to the school year,

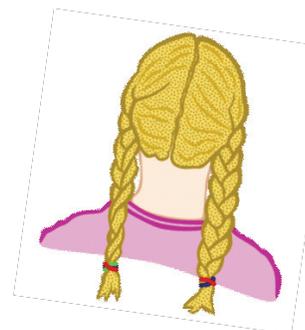
Mr. Eric Arneson



**Books and Braids-Tuesday Sept. 5**

COMING SOON!

BOOKS AND BRAIDS

WHO? 2<sup>nd</sup> thru 6<sup>th</sup> graders

WHEN? Tuesday Mornings from 7:45 - 8:10

WHERE? Elementary Library

Come join Mrs. Osmotherly and volunteers in the elementary library on Tuesday mornings at 7:45. Students will read books aloud while Mrs. Osmotherly and volunteers will braid hair. If popular we will add more days at a later time. First day will be Tuesday Sept. 5<sup>th</sup>. See you then.

# COUNSELOR'S

# ORN ER N E R

The theme this year is **Stop, Collaborate, and Listen**. I will be working with the K – 2<sup>nd</sup> graders during the month of September. Casey the Caterpillar and Mury the Mannerly Mouse will be visiting again this year.

**7<sup>th</sup> – 12<sup>th</sup> graders *Get Involved*** – Start the school year by getting involved in extracurricular activities to increase your chances for scholarships and admission to college.

***Seniors & Parents – Education Quest Financial Aid night – October 4, 2017 in the distance learning room at 5:00 p.m. Please plan to attend. After Education Quest presents we will be having a meeting about your life after graduation. You will receive a reminder letter in the mail. We will cover release of transcripts, college visits, senior mailboxes, ACT test dates, signing up for the ACT, scholarships, world of work after graduation, etc.***

To take the ACT test on **October 28, 2017** the next registration date is **September 22, 2017**. Please see me if you are planning on taking the October test. I will be glad to help you with the registration process. Parents if you have any questions, come in and see me or give me a call @ (308)487-3328. The John Baylor ACT Test Prep classes will be offered again this year.

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

Guidance  
  
 Counselor

# *Play Production Updates*

## *CSC*

### *Theater Day*

We are thrilled to have Mrs. Michelle Kluver join our One Act coaching team this year! She comes to us from Paxton. She has been coaching and judging One Act Play Production for the past nine years. During her time at Paxton, she coached her team to 7 Conference Championships, 5



District Championships, qualified for state competition 5 times, and earned the State Runner-up trophy twice. She looks forward to sharing her expertise with the Hemingford High School One Act Team!

### **One Act Auditions**

When: Tuesday, October 3, 7p

Where: Big Gym

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

### **Thursday Oct 5**

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

**WE WOULD LIKE ANYONE WHO WANTS TO BE IN ONE ACT AND/OR DINNER THEATER TO ATTEND**

## Elementary PE-Coach K

Welcome Back,

As we start a new school year, I am excited to see the students' coming back to school with smiling faces and eager attitudes. The students have been adjusting well to their new classrooms and schedules. Just a reminder, that on your student(s)' assigned PE day that tennis shoes work the best and are the safest for PE activities. Boots, flip flops, sandals, and dress shoes don't work well for PE class. If a student doesn't want to wear tennis shoes to school, the student can bring them in their backpack to change into for PE class. Below you will find the PE schedule to help with knowing your student(s) assigned PE day.



### White Day

Mrs. Heusman

Mrs. Gasseling

Mrs. Hannaford

Mrs. Dean

Mrs. Osmotherly

Mrs. Clark

### Red Day

Mrs. Frost

Mrs. Benzel

Mrs. Cullan

Mrs. Huddle

Mrs. McCabe

Mrs. Lanik

Mrs. Prochazka & Mrs. Roland

Thanks for helping your student(s) remember tennis shoes for PE class.

Coach K

## Homecoming Week

Homecoming Week September 25-29

### “Magical World of HHS”

Monday-  on day U

#### Coronation and Volleyball Pep Rally

Dress up-- 1. College Gear or  
2. Masquerade



Tuesday- Goofy Movie

#### Grades 7-12 Decorate Designated areas:

Entrance to football field- Seniors

Cross Country Bus- Juniors

Picture Back Drop for the Dance- Sophomores

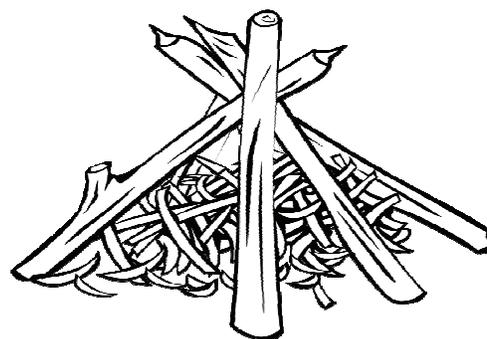
Dance decorations- Freshman

Football Stands-8<sup>th</sup>

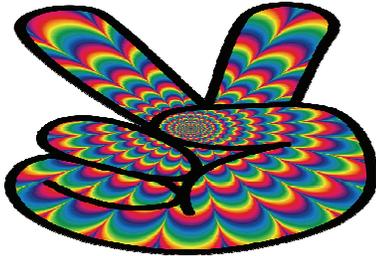
Girls Lockerroom-7<sup>th</sup>

#### Burning of the “H” and BBQ after the Junior High Football Game

Dress up-- 1. Preppy or  
2. Mixed Matched



### Homecoming Week-Cont.



Wednesday- Clueless

#### Olympic Day

- Dress up--
1. Twin Day or
  2. Throwback (50s, 60s, 70s, 80s, or 90s)

Thursday- Home on the Range

#### Color run on the golf course!

- Dress up --
1. Athlete vs. Mathlete or
  2. City vs Country



Friday-- Invincible!

#### Pep Rally

Tailgate parties at the football game  
9-12 Homecoming Dance

Dress up-- SPIRIT DAY!



## Health Office-Nurse Amber

### Notes from the Health Office

If you have not yet done so, please turn in needed health information to the health office ASAP. If you have any questions contact **Nurse Amber at 308-487-7425**. State law requires the below information in order for your child to attend public school.

***Pre-K: Copy of current vaccine records (contact nurse for complete listing)***

***K: Vision exam, Physical, and updated vaccine records (contact nurse for complete listing)***

***7<sup>th</sup> grade: Physical and updated vaccine records-one dose of TDAP required***

If your child requires any **prescribed medication** to be given at school, a note must be signed by a physician and parent/guardian. Forms may be obtained through the health office.

If your student has a medical condition such as a **severe allergy or asthma** requiring an emergency action plan at school, please contact the school nurse to review details of your child's health condition.

Please do not send over the counter medications to school with your child without a note or call to the nurse. Directions must clearly state what time and dose is needed to be given to your child. If you send medications without authorization I cannot administer without first getting ahold of you! Thank you for your help in keeping your child healthy!



## Parent Notification

### **Annual Parent Notification of Right to Inquire About Teacher and Paraprofessional Qualifications**

Schools that have a high enough percentage of students and families who qualify for free and reduced lunch benefits receive additional funds from the federal government. These funds, which are called Title I funds, support supplemental educational services to our students. Your child's school qualifies for such funding.

Parent involvement is an important part of the No Child Left Behind (NCLB) Act, the source of Title I funds as of January 8, 2001. There are several new parent communication requirements for schools that receive Title I funds. One new requirement is Title I schools must notify parents that they may request information regarding the professional qualifications of their student's classroom teachers. Information regarding the professional qualifications of our teachers is available by contacting your school principal. The information you receive includes the baccalaureate degree and academic major of the teacher, any graduate degrees or certifications, and the type of Oregon teaching license held by your child's teacher. If your child is provided specific services by paraprofessionals, you may also inquire about their qualifications.

We know we have a high quality instructional staff at our school and we are proud to share this information with you at your request. We hope you will help us foster strong parent involvement and communication at our school!

## COMMUNICATION SOURCES

### HEMINGFORD PUBLIC SCHOOLS

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

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

PO Box 217  
911 Niobrara Avenue  
Hemingford NE 69348

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



In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

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

Monthly newsletter - Mailed to every patron in the district each month. Also can be found on the webpage.

Notices sent home with students  
Information sent home with reports cards.

Phone calls to students' homes when necessary.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



### EQUAL OPPORTUNITY

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

### Web-Email Lunch Account System

Access your current account information online-at [www.hemingford schools.org](http://www.hemingford schools.org) and click the button on the right labeled "What's for Lunch".

### INCLEMENT WEATHER

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

### SchoolWay

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

School notifications will also will be posted through the school Facebook, website and local radio stations. If you have any questions please contact school at 487-3330.

# September 2017 Student Section Dress-up Days

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
				31 Volleyball Vs. Mitchell @ Home <b>Red out</b>	1 Varsity Football Vs. Crawford @ Home <b>Hawaiian</b>	
10	11	12	13	14	15	16
		Varsity Volleyball Triangular @ Home <b>Black out</b>			Varsity Football Vs. Overton @ Home <b>Gone Fishing</b>	Varsity Volleyball Hemingford Invite <b>White out</b>
17	18	19	20	21	22	23
24	25	26	27	28	29	30
					Varsity Football Vs. Sutherland @ Home <b>SPIRIT DAY</b>	

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

September 2017

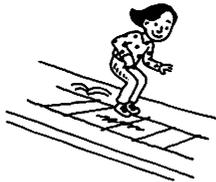
Hemingford Public Schools



## BEST BITES

### Chalk up fitness

Boost your youngster's activity by having her draw a sidewalk-chalk fitness course. On



a sidewalk or blacktop, she can create "obstacles," such as a ladder to "climb"

or a river to jump over. Then, she could write words like *cartwheel* or *crawl* beside her pictures to guide her and her friends along the course.

### Pasta—or squash?

If your child likes playing with his food, he'll enjoy this low-carb and low-calorie pasta alternative. Cut a spaghetti squash in half, put it on a baking sheet (cut sides up), and bake 30 minutes at 400°. Cool slightly. Let your youngster use a fork to scrape the flesh and pull out spaghetti-like strands! Top with your favorite sauce.

### DID YOU KNOW?

Calcium plays a key role in strengthening your child's bones and teeth—and it's not just found in dairy products. Dark leafy greens also count toward the 1,000 mg of calcium your child needs each day. And look for the phrase "calcium-fortified" on orange juice, cereals, English muffins, and non-dairy "milk" (almond, soy, coconut).

### Just for fun

**Q:** If I cut an apple into fourths and a pear into eighths, what will I get?

**A:** Fruit salad!



## Dine out in the cafeteria

Does your child love to eat out? Do you want him to eat healthy foods during the school day? Encourage him to dine in the cafeteria!

### Eat breakfast at school

Suggest that your youngster start a "breakfast club." He could meet friends in the cafeteria for a nutritious meal before school. It's easy and convenient—you won't need to make breakfast, and he'll be able to choose from healthy items like eggs, cereal, fruit, and milk.



### Sample new fruits and veggies

What does kiwi taste like? How about radishes? The cafeteria is a great place to try different fruits and vegetables. Read the school menu together each week, and let your child circle foods to "taste test." After school, play a guessing game: He gives clues about items he sampled, and you identify them. *Example:* "White and crunchy," "tastes kind of like an apple" (jicama).

### Serve "cafeteria foods"

Try making cafeteria foods at home to help your youngster get used to new flavors. For instance, coat skinless chicken pieces with whole-grain breading for healthier chicken nuggets. He'll be more likely to enjoy the flavor of whole grains if he also eats them outside of school.

*Note:* Your family might qualify for free or reduced-price school meals. Look for a form in your child's backpack or on the school website. ●

### Stretch those muscles

March like a toy soldier, then tuck in like a turtle! Stretching improves your youngster's flexibility, and you can make it interesting with these playful stretches:

- Together, imagine that you're toy soldiers. Stand tall, and kick one leg high, trying to touch your toes with the opposite hand. Repeat with the other leg and arm, and alternate until you've crossed the room.
- Pretend to be turtles in their shells. Kneel with feet together, and sit back on your heels. Then bend over, touching your forehead to the floor with your arms along your sides. Hold for 15–30 seconds.



*Note:* To prevent injury, your child should warm up before stretching with five minutes of light aerobic exercise (dancing, walking). ●

This institution is an equal opportunity provider.

# Healthy weeknight buffets at home

Make dinners easier—and more fun—by creating healthy do-it-yourself buffets ahead of time. Follow these steps.

- 1. Brainstorm.** On the weekend, ask your child to help think of ideas for the week like a pizza buffet, a taco bar, or an Asian wrap station.
- 2. Shop.** Have your youngster write or draw a grocery list for each buffet. For pizza, her list might include whole-wheat dough, turkey pepperoni, shredded mozzarella cheese, tomato sauce, and mushrooms.



**3. Prep.** On Sunday, work together to prep ingredients. Your child could roll out individual pizza crusts to pre-bake. Or you can cook lean ground beef for tacos while she drains and rinses canned black beans.

**4. Store.** Let your youngster put items for each buffet into individual containers. For Asian wraps, she might place diced grilled chicken, cooked brown rice, mandarin oranges, and peanut dressing into separate bowls.

**5. Enjoy.** At dinnertime, set out the ingredients for that night's buffet, along with anything else you need (tortillas, lettuce leaves, dressing). Reheat items if necessary. Then, family members can make their way through the line and customize their dinners! ♣

## ACTIVITY CORNER

### Creative catches

Throwing and catching build your youngster's arm strength and improve her hand-eye coordination. Try these games for a catch-y twist.

#### Play hot potato

Don't be caught holding the ball when the music stops! Players toss a ball back and forth while one person stops the music every few throws. Whoever is holding the ball is the new DJ.

#### Count it out

Have your child throw a ball high in the air and count how many times she can clap her hands before catching the ball. Or take turns, and see who claps the most times.

#### Go for variety

Vary the "balls" you throw. Consider small pillows, bean bags, or socks filled with rice. *Idea:* Go outside and play catch with water balloons. ♣



## O&A Get excited about PE

**Q:** My son doesn't like to participate in PE class because he says he's "not athletic." How can I help him get comfortable so he enjoys PE?

**A:** PE is a great opportunity for your son to run and play with classmates while he learns and stays active.

You could start by mentioning his hesitation to his PE teacher. She might suggest activities you can do at home or pair him up in class with a student who seems more confident about PE. Then, send the teacher occasional notes to check on his progress.

Also, visit a playground, and encourage your son to teach you skills he is learning or games he plays in class. As he shows you how he can do a chin-up or cross the balance beam, or explains the rules for kickball, he'll build confidence in his athletic ability. ♣



## IN THE KITCHEN

### Think outside the bottle

Salads can pack a lot of nutrition into one bowl. But store-bought dressing may add unwanted ingredients like preservatives, saturated fat, or MSG. With your youngster, whip up these good-for-you dressings.

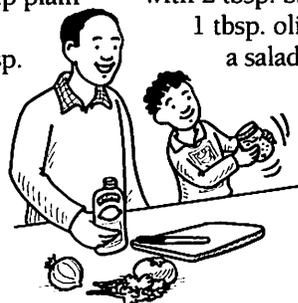
● **Tahini.** Whisk together  $\frac{1}{3}$  cup plain yogurt, 2 tbsp. tahini, 1 tbsp. lime juice,  $\frac{1}{2}$  tsp. oregano,  $\frac{1}{2}$  tsp. cumin, and  $\frac{1}{2}$  tsp. minced garlic. Pair with butterhead lettuce, chickpeas (canned, rinsed), and sliced cucumber.

● **Pico de gallo.** Combine 2 diced tomatoes, 1 small

diced onion, and 1 minced garlic clove in a bowl. Stir in 2–3 tbsp. lime juice and  $\frac{1}{4}$  cup chopped cilantro. Toss with shredded romaine lettuce, diced bell pepper, and avocado chunks.

● **Citrus.** Mix  $\frac{1}{3}$  cup orange juice with 2 tbsp. balsamic vinegar and 1 tbsp. olive oil. Sprinkle over a salad of spinach, dried cranberries, and sliced almonds.

*Note:* Toss dressings with salad just before serving, or refrigerate for 3–4 days. ♣



**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 • rfcustomer@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

## September

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Breakfast Burrito or Cereal Fruit/Juice
<b>4</b>  Labor Day No School  	<b>5</b> Omelet & Toast or PBJ Fruit/Juice	<b>6</b> French Toast Sausage or Cereal Fruit/Juice	<b>7</b> Breakfast Casserole or PBJ Fruit/Juice	<b>8</b> Breakfast Sandwich or Cereal Fruit/Juice
<b>11</b> Pancakes Sausage or Cereal Fruit/Juice	<b>12</b> Scrambled Eggs Muffin or PBJ Fruit/Juice	<b>13</b> Waffles N' Strawberries Or Cereal Fruit/Juice	<b>14</b> Breakfast Pizza Or PBJ Fruit/Juice	<b>15</b> Breakfast Burrito or Cereal Fruit/Juice
<b>18</b> Biscuits N' Gravy or Cereal Fruit/Juice	<b>19</b> Omelet & Toast or PBJ Fruit/Juice	<b>20</b> French Toast Sausage or Cereal Fruit/Juice	<b>21</b> Breakfast Casserole or PBJ Fruit/Juice	<b>22</b> Breakfast Sandwich or Cereal Fruit/Juice
<b>25</b> Pancakes Sausage or Cereal Fruit/Juice	<b>26</b> Scrambled Eggs Muffin or PBJ Fruit/Juice	<b>27</b> Waffles N' Strawberries Or Cereal Fruit/Juice	<b>28</b> Breakfast Pizza Or PBJ Fruit/Juice	<b>29</b> Breakfast Burrito or Cereal 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

## September

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Crispito Red Beans & Rice Fruit Crisp
<b>4</b> Labor Day No School 	<b>5</b> Teriyaki Chicken/Rice Green Beans	<b>6</b> Frito Pie Broccoli	<b>7</b> Chicken Bowls Dinner Roll	<b>8</b> Hamburgers Baked Beans Brownie
<b>11</b> Pulled Pork Sundae Carrots Dinner Roll	<b>12</b> Chicken Enchilada Spanish Rice	<b>13</b> Goulash Green Beans Garlic Bread	<b>14</b> Salisbury Steak Mashed Potatoes/Gravy Dinner Roll	<b>15</b> Beefy Nacho Corn Banana Bread
<b>18</b> Beef N' Cheddar Sub Peas	<b>19</b> Chicken N' Noodles over Mashed Potatoes	<b>20</b> French Bread Pizza Carrots	<b>21</b> Chicken Fajita Bowl w/Rice	<b>22</b> Chili Cinnamon Roll Carrots/Celery
<b>25</b> Chili Dogs Corn	<b>26</b> Turkey Gravy Mashed Potatoes Dinner Roll	<b>27</b> Sweet N' Sour Chicken /Rice Green Beans	<b>28</b> Taco Refried Beans	<b>29</b> Cooks Choice Veggie Dinner Roll Cookie

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

## Calendar Events October 2017

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

## Calendar Events September 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Red Day 11:00am CC @ Gering Invite 7:00pm VFB @ Home vs Crawford	2
3	4 No School - Labor Day	5 White Day 4:00pm JH FB @ Kimball 5:00pm VVB Triangular @ Hay Springs 6:00pm JV FB @ Gordon/Rushville	6 Red Day	7 White Day	8 Red Day 1:00pm CC @ Kimball Invite 5:00pm VFB @ Ainsworth	9 8:00am VVB @ Sheridan County Invite
10	11 White Day 4:00pm JH VB @ Home vs Morrill 5:00pm JH FB @ Home vs Morrill 5:00pm JV VB @ Mitchell Triangular 6:00pm JV FB @ Crawford 7:00pm School Board Meeting	12 Red Day 4:00pm VVB Triangular @ Home 4:00pm CC @ Bridgeport Invite	13 FCCLA Fall Leadership Wkshp @ Kearney White Day	14 Red Day 4:00pm JH VB @ Home vs Bridgeport 5:00pm JH FB @ Home vs Gordon/Rushville 5:00pm JV/VVB @ Edgemont	15 White Day 5:00pm VFB @ Home vs Overton	16 9:00am VVB Hemingford Invite 9:00am CC @ Alliance Invite
17	18 Red Day 5:30pm JH VB @ Gordon/Rushville 6:00pm JV FB @ Home vs Morrill	19 White Day 5:00pm VVB @ Morrill Triangular	20 Red Day 11:15am FCCLA Gift Sales Lunch 2:31pm Big Brother / Big Sister	21 White Day 4:00pm CC @ Gordon/Rushville Invite 5:00pm JH FB @ Hay Springs	22 Red Day 7:00pm VFB @ Perkins County	23 JH VB PHC Tourney in Morrill 8:00am JV/VVB @ Mitchell Invite
24 Homecoming Week Activities Sept 25-29	25 White Day 4:00pm VVB @ Bridgeport Triangular 5:00pm JV FB @ Bridgeport	26 Red Day 4:00pm JH VB @ Home vs Garden County 5:00pm JH FB @ Home vs Garden County	27 White Day	28 Red Day 2:30pm CC @ Bayard Invite 6:30pm FFA Meeting	29 Homecoming Dance White Day 6:00pm VFB @ Home vs Sutherland	30 9:00am JH VB Hemingford Invite