

March 2018



BOBCAT BITS

Superintendent's Notes – Mr. Ningen

SPECIAL POINTS OF INTEREST:

- > Mr. Ningen
- > Mr. Kluver
- > Counselor Corner
- > March Madness
- > Parents of Seniors
- > Ag Olympics
- > Track Schedules
- > Famous Nebraskan Night
- > Night at the Museum
- > School Way
- > Nutrition Nuggets
- > Employment and Your Benefits
- > Lunch and Breakfast Menu
- > Activities

Good Old Nebraska Weather

Weather is always a great topic where we live, isn't it? As we head towards the completion of our third quarter on March 14th I am reminded that Spring is on the way! (March 20th) Our snows and our low temperatures, along with our Western Nebraska wind have kept us from fully anticipating that approaching season. We will persevere, and enjoy the remaining snows as they turn to rain instead ☺

HHS Activities and Sports

Some wonderful outcomes for our students in speech, basketball and wrestling! Thank you for all of the efforts that our students and parents put forth to keep improving and keep learning. Thank you also to our coaches and to our club coach volunteers for their time to help our kids enjoy sports and teamwork!

FCCLA and FFA

There have been district competitions and state contests are just around the corner. What a pleasure to see our students involved in ag and in the culinary arts. Thank you to Mrs. Neefe and to Mr. Karney for their continued efforts to guide our students.

Academics

Standardized testing season will soon be upon us, as well as the annual CSC Scholastic Contest, where our high school students have done very well in recent years. Many of our teachers are finding better ways to reach our students, as well as traveling and observing other successful teachers in other schools – something new were trying. Our own school has had many guests over the years that come to see what we are doing in District 10.

Dinner Theatre

This annual time to show off the dramatic skills of many of our students will be next door at the Multi-Purpose Hall on Saturday and Sunday, March 17th and 18th. Stay tuned for more details.

2018 Prom

Our annual extravaganza will be on Saturday, April 21st, and will include a 6PM dinner in the Red Zone, Coronation and the dance in the Multi-Purpose Hall, and post-prom activities in our gym. Be sure and join in the Coronation and Grand March at 8PM.

Enjoy the last few days /weeks of winter ! Spring will soon be here!





MR. KLUVER -HIGH SCHOOL PRINCIPAL



There are several changes that have been made and will be made for next year including changing the daily schedule, adding full time Spanish and art teachers, and the addition of many new science courses. We have been working hard to make Hemingford the best school it can possibly be and in order to do that, change has to happen.

We will be changing how we instruct science classes as well as which teachers teach certain classes to benefit both the student and utilize the knowledge and expertise of our teachers. We are adding Astronomy, Earth Science, Geoscience, Genetics, Forensic Science, Zoology, and Botany. We are also switching Biology to be a 9th grade science class instead of 10th grade. All of these additions and changes are meant to promote more success in our students. In addition to science classes, we are adding a new Social Studies class called Civil Rights and a new Business class called Video Production. The seniors and juniors will be given the opportunity to once again have School-To-Work under the direction of Mrs. Wood. The Family and Consumer Science department has better defined what classes we will offer with the addition of Food Science, Early Childhood Education, Intro to Design, Creative Fabrics, and the changing of Foods II and III to Culinary I and II.

I love hearing feedback from the community in regards to the changes that have already been made or planned to be made for next year. I am excited about the future here at Hemingford and only want the best for our students, teachers, and staff.





MRS. HUCKE- COUNSELOR

COUNSELOR'S

O
R
N
E
R

Seniors – Stay on track for graduation by completing these second-semester tasks: watch your grades, make your decision about your life after high school, make sure all requirements for that decision are met, and pay attention to any and all deadlines that need to be met.

Juniors – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Come and get an idea of what the college is like. I will be conferencing with all juniors to talk about their plans for the future and to make sure that they meet the requirements of the college of their choice.

Sophomores – I will be conferencing with all sophomores to explain their high school transcript and we will be looking at class selections for the career of their choice.

**The next registration date for the ACT is March 9. The test date is April 14.
Go to ACT.org to register.**

All **juniors** will be taking the ACT on Tuesday, April 10th. This is the state test for all juniors.

I will be working with the K, 1st and 2nd graders during the month of March. We will be working on identifying our feelings.

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



Spring Picture Day

March 20, 2018

Spring Sports, Club Pictures and Senior Group Picture



NCAA MARCH MADNESS

Game Time

5:30p.m. - 8:30p.m.

In the Red Zone

On March 20th

Which is a Tuesday

Traveling Taco

(walking taco)



Dynamic Duo

(chips & dip)



Play Scripts

(seasoned pretzels)

Charge Chow

(puppy chow)



Game Fuel

(sliders)



Monster Jams

(monster bars)



Slam Dunk Cups

(dirt cups)



Nothin but Net

(funnel cakes)



Card Games

- Pitch
- Spoons
- Uno
- War
- And More!

Paint and Pop

- Ping Pong
- Jumbo Jenga
- Music
- Corn Hole
- Blind Volleyball

219 000000



PARENTS OF SENIORS

Please remember to get your senior pictures and baby pictures into Kay Horstman BY April 1 or before. Please supply pictures for these 6 areas:

1. A picture scanned for the yearbook
2. A picture scanned and used for newspaper ads
3. A picture scanned for the senior video
4. A billfold picture kept for the senior composite. Head and shoulders. Portrait layout. No caps.
5. A baby picture scanned for the yearbook.
6. Slide show pictures from birth to senior year. You will have approx. 30 seconds for your personal section. Feel free to bring in group photos as well! It would be preferred that the pictures are saved to a thumb drive, emailed, or saved on a google drive.

It is entirely up to you whether or not you use the same picture or a different one for each scenario. I just need to have this in ASAP!!! Thanks for your support. J

Parents of seniors (and others who love them!)

Your opportunity to give tribute to a graduating senior is near. Now is your chance to not only support your local yearbook, but to also purchase an ad in regards to a senior. These are called PDA ads. (Public Display of Affection.) The cost ranges from:

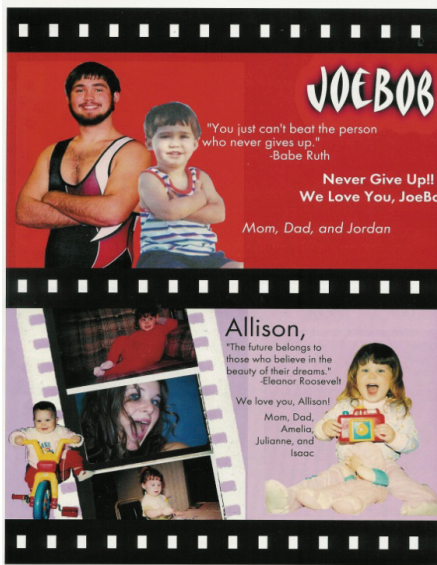
\$50.00 for a ¼ page ad

\$100.00 for a ½ page ad

Past examples included pictures of their youth, now, and a poem or special message. Basically it is anything you wish to use that will show a tribute to a graduate.

Deadline for placing a PDA ad is April 15. Easy to remember: Taxes and PDAs!!

Please call 487-3328 and talk to Kay Horstman for any questions.





2018 AG OLYMPICS HELD AT HHS

by Elijah Walters, Hemingford FFA Reporter

On Wednesday February, 21st the Hemingford FFA chapter hosted an Ag Olympics for the 7th through 12th graders. The event consisted of a series of competitions that all classes could participate in.

The competitions included bale racing, hot dog eating contest, piggy back barrel racing, hula hoop roping, tote bag race, the chicken toss, and the Miss and Mister Redneck contest.

Most students enjoyed participating in the competitions and others contributed by cheering their classmates on.

Ag Olympic Winners:

1st Class of 2019

2nd Class of 2023

3rd Class of 2021

4th Class of 2022

5th Class of 2020

6th Class of 2018

Miss and Mister Redneck Winners:

1st Becca Hanson

2nd Carter Buchheit

3rd Blake Gilkerson





TRACK SCHEDULES 2018



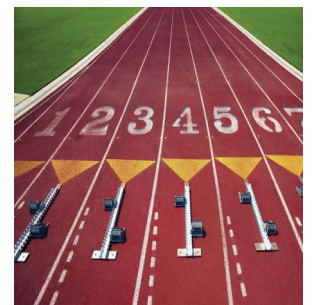
High School Track-2018

| | |
|--------------|--------------------------------|
| Sat. Mar 17 | Chadron Indoor |
| Sat. Mar. 24 | Kimball Invite |
| Thu. Mar. 29 | Bayard C-D Invite |
| Thu. Apr. 5 | Mitchell Invite |
| Sat. Apr. 14 | Western Trails Conf. @ Morrill |
| Fri. Apr. 20 | Chadron Twilight |
| Tue. Apr. 24 | Best in the West @ Scottsbluff |
| Fri. Apr. 27 | Panhandle Conference @ Morrill |
| Fri. May 4 | Bayard B-C-D Invite |
| Thu. May 10 | Districts- Sutherland |
| May 18-19 | State (Fri-Sat)- Omaha |



Junior High Track Schedule

| | |
|--------------|----------------------------|
| Sat. Apr. 7 | Chadron Invite |
| Mon. Apr. 9 | Bayard Invite |
| Thu. Apr. 10 | Kimball Invite |
| Fri. Apr. 27 | Panhandle Conf. @ Morrill |
| Tue. May 1 | Morrill Invite |
| Sat. May 5 | Western Conf. Invite @ TBA |





Famous Nebraskan Night

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

When? Monday, April 16th

Where? St. Bridget's Hall

Time? 5:30– 7:30



Hemingford High School

Proudly presents our

Dinner Theater

NIGHT-AT THE- WAX MUSEUM



By: Craig Sodaro

The hysterical meets the historical in this comic romp through the wackiest wax museum in history! Join the hilarious fun as treasure-hungry outlaws, pirates and royalty mount the greatest siege since Vicksburg! The magic of history comes alive in this comedic adventure!

Saturday, March 17

Sunday, March 18

Tickets will be available at the Hemingford Credit Union
487-5578

Please join us for great food and wonderful entertainment!

Any questions contact:
Tabi Bryner
308-760-1120



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!





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

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



Employment and Your Benefits

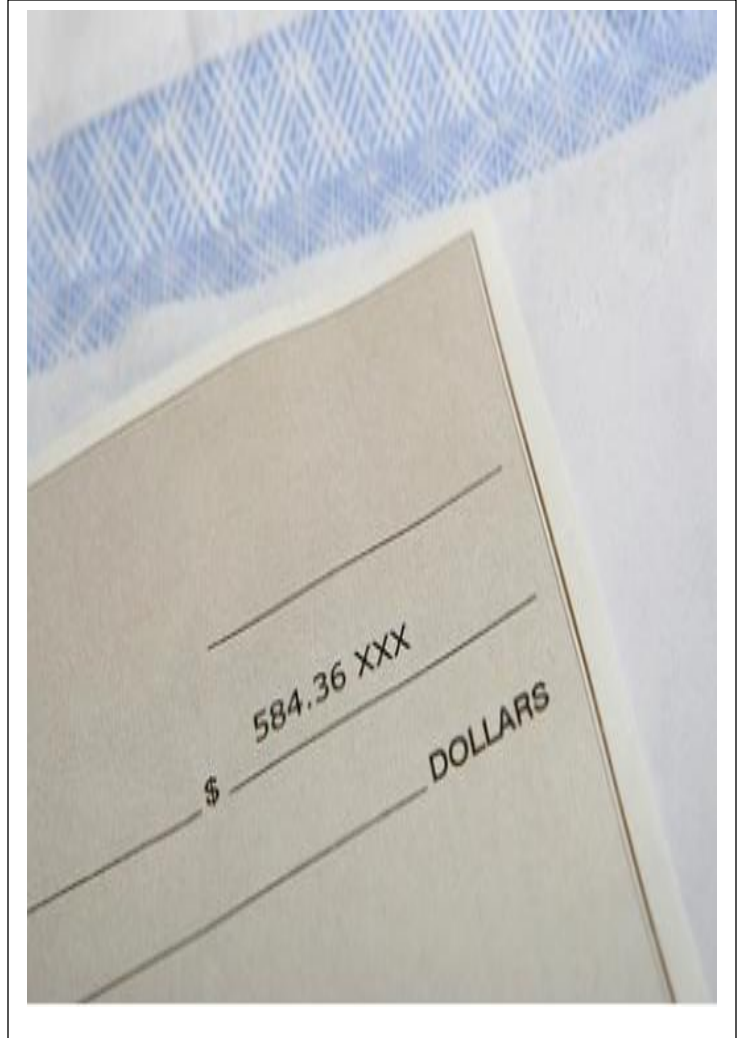
Goodwill Industries of Greater Nebraska, Inc.

Benefits Night

Susan Kubart-Program Manager

Pre-Employment Transition Services Benefits Workshops

- Overview of Disability Programs (SSDI, SSI), Eligibility, Application Process
- Introduction to Social Security Work Incentives
- Reporting Requirements
- Asset Development – Enable Savings Plan and Special Needs Trusts
- Age 18 Critical Changes and Age 18 Redeterminations



Free Event:

Open to the Public

March 6, 2018

6:00-8:00 p.m. (Refreshments Served)

WNCC Harms Center; Room 188

RSVP by March 1st: (308) 630-6506 or pbrezenski@esu13.org; *limited seating available*

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>

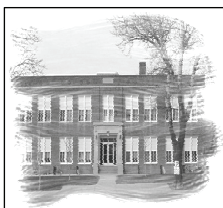
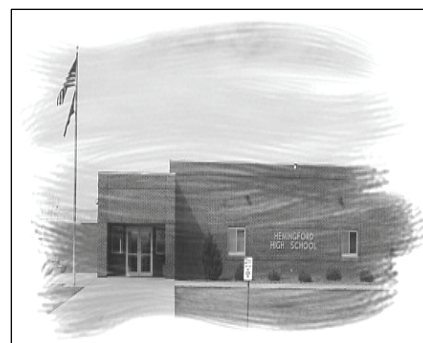
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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 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.

Calendar Events March 2018

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-------------------------------------|--|--|--|---|---|--|
| | | | | 1 Girls' BB State Red Day Pro-Start Competition in Lincoln 4:00pm Dinner Theatre Three Act Play | 2 Girls' BB State White Day 4:00pm Dinner Theatre Three Act Play | 3 Girls' BB State Best of the Actual West Speech Invite 6:00pm Hemingford Jr. Wrestling Tournament |
| 4 | 5 Red Day 6:00pm Dinner Theatre Three Act Play | 6 WTC Instrumental Music @ Kimball White Day 8:00am 2018 Regional Science Fairs 4:00pm Dinner Theatre Three Act Play | 7 Red Day 7:30am EL/MS High Ability Learner Meeting 9:00am FFA Ag Ed Contest 3:30pm JH/HS High Ability Learner Meeting 4:00pm Dinner Theatre Three Act Play | 8 Boys' BB State White Day 6:00pm Dinner Theatre Three Act Play | 9 Boys' BB State Red Day 6:00pm Dinner Theatre Three Act Play | 10 Boys' BB State Hemingford District Warmup |
| 11 | 12 White Day 6:00pm Dinner Theatre Three Act Play 7:00pm School Board Meeting | 13 NSAA District Speech Red Day 6:00pm Dinner Theatre Three Act Play | 14 End of Quarter 3 White Day H S Quiz Bowl @ Bayard 4:00pm Dinner Theatre Three Act Play 5:30pm Booster Club Meeting | 15 Red Day 6:00pm Dinner Theatre/Dress Rehearsal | 16 PHC Quiz Bowl @ Crawford JH & HS White Day 6:00pm Dinner Theatre Three Act Play | 17 V Track in Chadron @ CSC Dinner Theatre Three Act Play Performance 1 Dinner Theatre Performance |
| 18 Dinner Theatre Three Act Play | 19 Red Day 8:45am ACT Workshop for Juniors 6:30pm FFA Meeting | 20 White Day 5:30pm March Madness Game Night/StuCo & 5th Hour Marketing Class Sponsoring | 21 WTC Quiz Bowl @ Kimball Red Day JH Quiz Bowl/Chadron Middle School 7:30am EL/MS High Ability Learner Meeting 3:30pm JH/HS High Ability Learner Meeting | 22 State Speech in Kearney White Day | 23 State Speech in Kearney Red Day 7:00pm FFA Oyster Feed / Labor Auction | 24 V Track @ Kimball Invite |
| 25 | 26 PHC Music Contest @ Sioux County White Day | 27 Red Day | 28 White Day 2:31pm Big Brother / Big Sister | 29 V Track @ Bayard C-D Invite Red Day | 30 No School - Spring/Easter Break | 31 |

Calendar Events April 2018

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|----------------------------|--|---|--|--|--|--|
| 1 | 2 No School - Spring/Easter Break | 3 White Day State FFA Convention | 4 Red Day State FFA Convention | 5 V Track @ Mitchell Invite White Day State FFA Convention | 6 Red Day State FFA Convention CSC Scholastic Contest | 7 JH Track @ Chadron Invite |
| 8 FCCLA State @ Lincoln | 9 FCCLA State @ Lincoln White Day 7:00pm School Board Meeting | 10 FCCLA State @ Lincoln Red Day | 11 White Day 5:30pm Booster Club Meeting | 12 Golf at Bridgeport Invite Red Day | 13 White Day | 14 WTC V Track @ Morrill |
| 15 | 16 Red Day 5:30pm 4th Grade Famous Nebraskan Night | 17 Golf at Morrill Invite White Day | 18 Red Day | 19 JH Track @ Kimball Invite White Day | 20 V Track @ Chadron Twilight Red Day | 21 Golf at Alliance Invite 6:00pm PROM |
| 22 | 23 White Day 6:00pm NHS Induction in RedZone | 24 V Track Best in the West @ Scottsbluff Red Day | 25 White Day 2:31pm Big Brother / Big Sister | 26 Golf at Chadron Invite Red Day 5:00pm Family Bingo Night | 27 PHC JH / V Track @ Morrill White Day | 28 WTC Golf at Morrill |
| 29 | 30 Red Day 6:30pm FFA Meeting | | | | | |



Hemingford Public Schools Breakfast Menu

March

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | | 1 Breakfast Casserole or PBJ Fruit/Juice | 2 Breakfast Sandwich Cereal |
| 5 Pancakes Sausage Cereal Fruit/Juice | 6 Scrambled Eggs Donut Holes or PBJ Fruit/Juice | 7 Waffles N' Strawberries Cereal Yogurt | 8 Breakfast Pizza Or PBJ Fruit/Juice | 9 Breakfast Burrito Cereal Fruit/Juice |
| 12 Biscuit N' Gravy Cereal Fruit/Juice | 13 Omelet & Toast PBJ Fruit/Juice | 14 French Toast Sausage Oatmeal Fruit/Juice | 15 Breakfast Casserole or PBJ Fruit/Juice | 16 Breakfast Sandwich or Cereal Fruit/Juice |
| 19 Pancakes Sausage or Cereal Fruit/Juice | 20 Scrambled Eggs Donut Holes or PBJ Fruit/Juice | 21 Waffles N' Strawberries Yogurt Fruit/Juice | 22 Breakfast Pizza Or PBJ Fruit/Juice | 23 Breakfast Burrito Cereal Fruit/Juice |
| 26 Biscuit N' Gravy Cereal Fruit/Juice | 27 Omelet & Toast Or PBJ Fruit/Juice | 28 Waffles N' Strawberries Cereal Oatmeal | 29 Breakfast Pizza Or PBJ Fruit/Juice | 30  |

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

March

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| | | | 1 Chili Cheese Fries Baked Beans | 2 Hamburgers Mac/Cheese Banana Bars |
| 5 Philly Steak Sub Green Beans | 6 Chicken & Noodles Mashed Potatoes Dinner Roll | 7 Sloppy Jo on Bun Carrots | 8 Salisbury Steak Mashed Potato Dinner Roll | 9 Super or Cheesy Nachos Mexican Corn Cookie |
| 12 Beef & Cheddar on Bun Green Beans | 13 Pepperoni Stromboli Baked Beans | 14 Beef & Noodles Mashed Potato Dinner Roll | 15 Chicken Strips Cheesy Broccoli/Rice | 16 Tomato Soup Grilled Cheese Brownie |
| 19 Pulled Pork Sandwich Corn | 20 Goulash Peas Garlic Bread | 21 Frito Pie Refried Beans | 22 Teriyaki Chicken over Rice Broccoli | 23 Pizza Carrots/Celery Lemon Bar |
| 26 Chicken Bacon Ranch Flatbread Corn | 27 Taco Refried Beans | 28 Turkey Gravy Mashed Potato Green Beans Dinner Roll | 29 Cook's Choice Cookie | 30  |

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

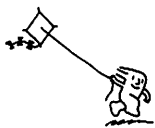
The cost of a lunch is as follows: PreK - \$2.05 K-6 Lunch - \$2.30 7 - 12 Lunch - \$2.60 Adult Lunch - \$3.75

Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2018

Hemingford Public Schools



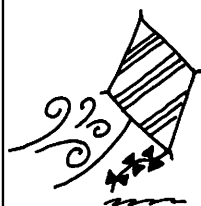
BEST BITES

Sandwiches for dinner

Here's a no-cook idea for busy weeknights. Have your child help you set out whole-grain bread plus healthy fixings, and let each person make her own sandwich. You might offer lean sliced turkey and ham, cheese, lettuce, and tomato. Or put out leftover chicken and canned tuna, light mayonnaise, chopped celery, and halved grapes so family members can whip up chicken or tuna salad.

Let's fly kites!

Spend a windy March afternoon flying kites together. You can get everyone's heart rate up by running across a field, taking turns holding the kite string. If you have two kites, race, and see who can keep his kite in the air the longest.



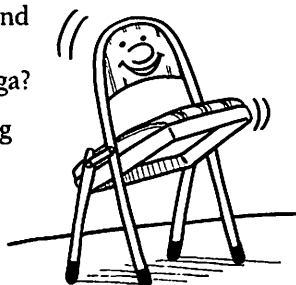
DID YOU KNOW?

Some foods "brush" your youngster's teeth! Chewing carrots, celery, leafy greens (spinach, kale), and apples with the skin on can help to clear away plaque and food particles. Plus, the acid in apples kills germs that cause cavities. *Tip:* Suggest that your child eat one of these natural "toothbrushes" at the end of a meal if she isn't able to brush right away.

Just for fun

Q: What kind of chair is good at yoga?

A: A folding chair!



Just-right portions

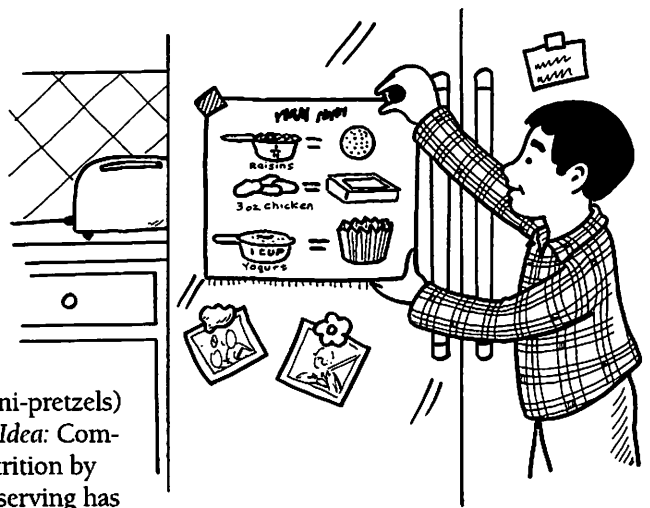
A healthy lifestyle includes eating the right kinds of food—and the right amounts. To ensure your youngster doesn't develop a case of "portion distortion," try these tips.

Measure it out

Look at nutrition labels together at snack time. Ask your child to read the serving size (perhaps 20 mini-pretzels) and count out the amount. *Idea:* Combine math practice with nutrition by posing questions like, "If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?" (*Answer:* $110 + 110 = 220$ mg.) You can point out that sticking to 1 serving will help limit his salt intake.

Visualize sizes

Making a picture chart can teach your youngster to "eyeball" servings. First, he should list his favorite foods. Then, help him look up the serving sizes on food packages or online. Beside each food on his list, he could draw an object that's about the same size as 1 serving. *Examples:* a golf ball for $\frac{1}{4}$ cup of raisins, a deck



of cards for 3 oz. of chicken, a cupcake wrapper for 1 cup of yogurt.

Divide it up

Restaurant portions are often much bigger than standard servings. Your child might eat $\frac{1}{2}$ cup of pasta at home, but a restaurant may dish up 2 cups. To control portions while dining out, you and your youngster could share an entree. Or package up half in a to-go box when your food arrives—you'll both eat less, and you'll have food for tomorrow! ♥

Dribble and kick

Your youngster and her friends can improve their speed and coordination—and soccer skills—with these games.

Relay race. Have two teams line up at one end of a field or yard, and place two upside-down trash cans about 20 feet away. On "Go," the first person on each team dribbles a soccer ball down to and around the can. Then, she kicks it all the way back to the next team member, who does the same thing, until everyone has had a turn. The first team to finish wins.

Keep-away. Draw a giant circle with sidewalk chalk. Everyone stands inside, and one person dribbles a soccer ball. The other players try to steal it and kick it outside the circle. Whoever steals the ball is the next dribbler. ♥



Busting food myths

Just because a grocery item contains the word *fruit*, *grain*, or *vegetable* doesn't make the food healthy. Share these common food misconceptions with your child.

Myth: Fruit juice is a good source of nutrients.

Fact: While fruit juice does contain vitamins, it lacks fiber and is usually full of sugar.

Best bet: Encourage your youngster to eat whole fruits, such as bananas and oranges, which give her more fiber ounce for ounce than juice.



Myth: Cereal is always a nutritious breakfast.

Fact: Many cereals, especially those marketed to children, pack in lots of sugar. Look out for "sneaky" sugars in the list of ingredients, such as cane juice or molasses.

Best bet: Opt for 100% whole-grain cereals that are high in fiber (5 grams or more per serving) and low in sugar (less than

8 grams per serving). Send your youngster on a "treasure hunt" in the cereal aisle to find varieties that meet those standards.

Myth: Vegetable chips make a healthy snack.

Fact: Packaged veggie chips can have as many calories as potato chips, and they may be high in sodium, too. Plus, nutrients are lost when the vegetables are processed.

Best bet: For the crunch without the calories, get your child in the habit of snacking on raw vegetables like carrots and snap peas. ●

PARENT TO PARENT

If your child is bullied

Recently, my son Kevin told me that kids at school had been making fun of him because of his weight. I was glad he confided in me, and I tried to comfort him. But we were both upset and unsure of what to do next.

I talked with my neighbor, who's a school nurse, and she said if this is going on repeatedly, Kevin is being bullied. Unfortunately, she said, bullies tend to target overweight kids. She recommended that I tell Kevin's teacher, and she gave me advice for talking to my son at home.



I stressed to Kevin that it wasn't his fault. I reminded him of healthy changes our family has made lately, such as eating more fruits and vegetables, and playing basketball rather than video games.

I told him that if we keep it up, we'll feel better and be healthier—and that matters more than what others think. ●



ACTIVITY CORNER

Step up your steps

Keeping track of steps can be a fun challenge for the whole family. Use these ideas to help your child take more steps each day.

Count. Let her use an inexpensive pedometer, and she'll enjoy watching the number get higher and higher. Have her write down her daily steps for a week, and help her tally the total. Each week, challenge her to beat her previous score.

Mix it up. Suggest that your youngster think of different ways to fit in extra steps. She might recommend walking to the store rather than driving, doing laps around the living room, or running in place while watching TV. ●

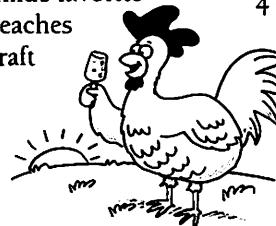


IN THE KITCHEN

Breakfast surprises

These fun twists on breakfast will help your youngster start off his day with a smile.

Ice pops. Add $\frac{2}{3}$ cup nonfat Greek vanilla yogurt to a small paper cup. Mix in thin slices of your child's favorite fruits, such as frozen peaches or raspberries. Add a craft stick to the center, and freeze overnight. In the morning, peel off the cup, and enjoy breakfast-on-a-stick!



"Cloud" eggs. Separate 4 eggs, putting the whites in one bowl and each yolk into an individual small bowl. Add $\frac{1}{8}$ tsp. salt to whites, and beat with a mixer until stiff peaks form. Gently fold in $\frac{1}{2}$ cup shredded cheddar cheese. Drop 4 mounds of the mixture onto a baking sheet lined with parchment paper, and use the back of a spoon to indent centers. Bake at 450° for 3 minutes. Carefully add 1 yolk to each "cloud," and bake 3 more minutes. ●

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