

# Bobcat Bits

## Mr. Ningen-Superintendent

### THANK YOU ALL

A smile on our faces and hearts full of thanks is just about as good as life gets. I feel blessed, as does Mrs. Ningen, about our time in the Hemingford Schools. What a powerful sense of purpose our faculty has had over the years, and what a strong support system we are blessed with here – from our parents and patrons. We are also excited about the energetic folks that will soon be taking our places.

In the good old days, a person would either put down roots, or continue to live where they were born and raised. In many places that is no longer true. The pace of life – in the world, in Washington, and even in Lincoln and Omaha can be sometimes be too fast. What make Hemingford and all of the local country that surrounds Hemingford special is that here the “good old days” are still happening.

We have such good kids – and such good families. There are so many acts of kindness and so much sharing that continues to take place here. Even when there are times that kids are in trouble or a family has had a run of bad luck – there has always been HOPE here. Hope that things will get straightened out, that this kid or that kid will wake up and get his or her act together; Hope that tomorrow is another day; another opportunity; another chance to do better. That hope comes from neighbors and friends.

Neighbors and friends are not just words in and around Hemingford – those two words signify actual people that you can go to for help, or are people that you can give help to. What a great feeling to be a part of this small community for such a goodly amount of time.

So a big thank you to all of our students and parents over the past fifteen years. Christy and I have thoroughly enjoyed being part of our outstanding school here and our fine community. Keep that pioneering spirit and treasure the fact that our little neck of the woods and our way of life is old fashioned in a very good way– always hang onto that.

I know that we will.

Feeling Blessed,  
Mr. and Mrs. Ningen



### Special points of interest:

- Mr. Ningen-Superintendent
- Mr. Kluver-HS Principal
- Mr. Arneson-Elem. Principal
- Counselors Corner
- Physicals
- Graduation
- Science Fair
- Elementary Track Meets
- Nurse Amber
- Nebraska Overdrive
- College Experience
- 6th Grade Projects
- Lunch Accounts
- PreSchool Graduation
- Athletic Banquet
- Dental Day
- Nutrition Nuggets
- Menus
- Activity Calendar

## Mr. Kløver-High School Principal



April showers (or snow) bring about May flowers and also the finishing of our current school year. It has been a wild ride this year, but I believe we all learned a lot and are better prepared for what lies ahead of us all. Congratulations to the graduating seniors. May your lives be forever touched by the time you spent at Hemingford Schools.

We are planning a school-wide community service event for the last day of school, May 18th, from 8:30 - 10:30 am. We are asking for projects for the students to do throughout the community, including yard clean up, trash pickup, and any other minor projects that can be completed during this time. Please contact the high school office if you have a project you need help with.

We will be updating the student handbook over the next few months, including a proposal to adopt a new eligibility policy. There are a few major changes that I am proposing in the policy regarding how it is enforced, how we think of SST (Supervised Study Time), and how it affects our students' attitudes towards school and activities. Below are some of the highlights of the proposal I will be making to the school board at their May meeting.

1. Any student failing one or more academic classes for two consecutive weeks is ineligible. It does not have to be the same classes.
2. Semester grades will be used for eligibility starting with a warning week the 3rd week of each semester and the first ineligible list on the 4th week. (JH students with 9 week courses will have those used for ineligibility)
3. Eligibility will not start over at the end of each quarter; instead, it will run consecutively for the entire semester.
4. Students failing Semester One courses will be ineligible for the first 3 weeks of Semester Two.
5. SST will be offered only as an opportunity for student assistance and will have NO bearing on eligibility.
6. Field trips and other special school activities related to course requirements will not be affected by eligibility.

I am always open for suggestions on how we can make our school better and how our students can benefit academically from their experiences. Extra-curricular activities are important and play a role in all schools, but they should not and cannot be deemed to be more important than the academic successes of our students.

## Mr. Arneson-Elementary Principal

May is once again upon us, and the one thing I hear in the hallways is, "Boy, this year went by fast." I feel that each year goes by quickly but then we look back at everything we've accomplished and realize it was time well spent. Field trips have been planned and state testing is wrapping up which lets us know that summer break is near.

Unfortunately, this time of the year is a time for goodbyes. Not only do we say goodbye to our sixth graders that have spent many hours learning in the elementary school, but this year we will also say goodbye to two elementary teachers. Sarah McCabe, who has taught with us for eight years and in several different grades, is moving south to be closer to family. She brought a wonderful smile, great personality and amazing teaching. She'll be missed. Cindy Lanik will be retiring after 29 years of teaching at Hemingford Elementary School. She has been a great asset in the middle school with her math and science expertise. She's also been a great leader for our new teachers in the middle school. She'll be missed.

Even though we must say goodbye, it gives us a chance to meet new people. There will be two new staff members in the elementary school. Gina Jespersen will join us to take the reins in fourth grade, and Cindy will pass the torch to Sam Kresl. If you see Gina and Sam this summer, please welcome them to our community and school.

Mr. Eric Arneson



# C O U N S E L O R ' S

## O R N E R

### **Seniors – End of the year activities**

May	9	Sign-out for seniors
May	11	Honors Day
May	11	Senior Graduation Practice and Picture Hanging
May	13	Graduation – 2:00 p.m. – High School Gym
May	15	Athletic Banquet

You will be receiving a letter in the mail very soon. We want to make sure we have all the honors that you have received. It is imperative that you fill out the enclosed form by May 7, and return it to the counselor's office. We appreciate your cooperation in this matter so you will receive the recognition that you deserve.

### **Juniors – Summer is the time for serious college planning.**

Start narrowing your college choices.

Update your resume.

Identify teachers, coaches and community members who will write letters of recommendation for you.

Look for scholarships.

Find a summer job to help pay for college expenses.

Last ACT test needs to be registered for by **May 4, 2018**. The test will be administered on **June 9, 2018**.

**6<sup>th</sup> graders:** May 2<sup>nd</sup> is up shift day.

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

## Physicals

Sports physicals for the 2018-2019 year will be on Friday, May 11, 2018 at 12:15 p.m.. This is for grades 6-11th any student that participates in athletics need to have a physical. The cost of the physicals will be \$35.00 paid before or the day of the physicals. Please pre-register with the High School before May 11th.

## Graduation

# CLASS OF 2018

Graduation will be Sunday, May 13th at 2:00 p.m.

Hemingford High School Gymnasium

Class Flower: White Rose Dipped in Red/Silver

Class Colors:Red/Silver Gray

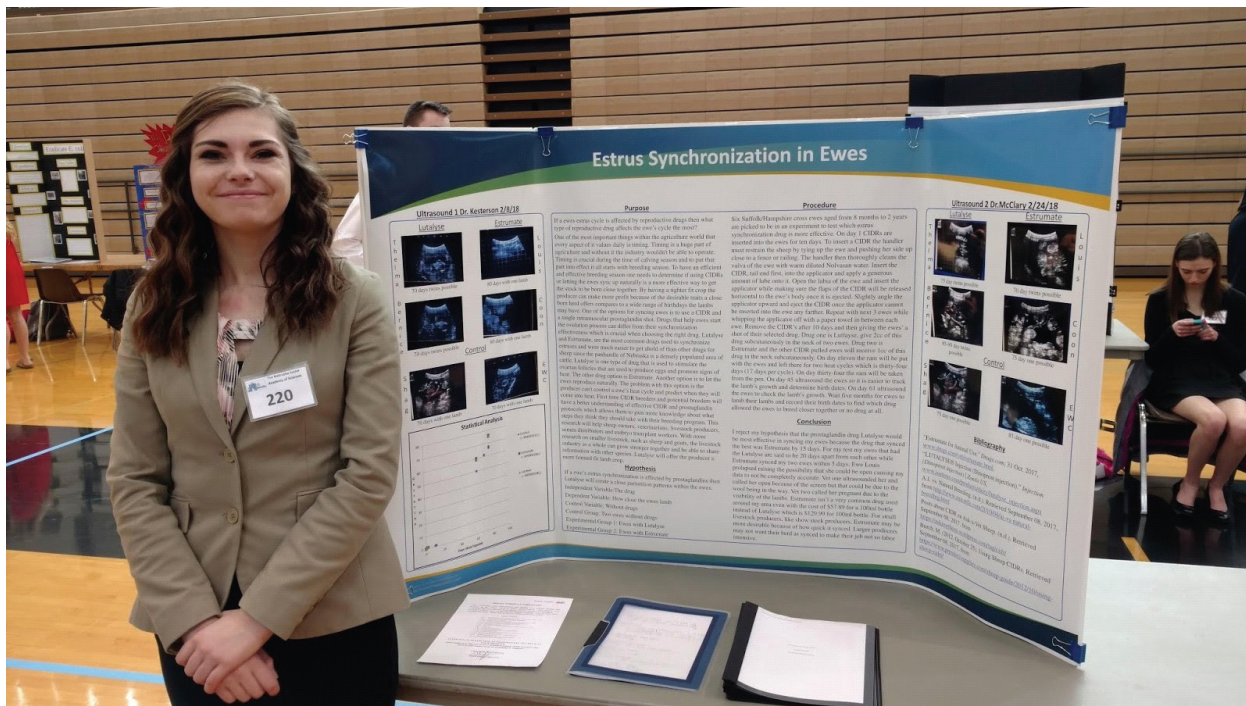
Class Song: "May We All" - Florida Georgia Line

Class Motto: " Whatever you do, do it well" - Walt Disney



# Jacobi Stumpff

## Jacobi Stumpff attends State Science Fair



On Thursday, April 19, 2018, Jacobi Stumpff attended the State Science Fair held at the University of Nebraska Wesleyan in Lincoln, NE. Jacobi's project titled Estrus Synchronization in Ewes studied the effects of using the drugs Lutalyse and Estrumate to sync the ovulation cycles of sheep. The goal was to see which drug would perform better at making the ewes lamb at the same time. In her research, Jacobi determined that Estrumate would be a better drug for small livestock producers because of how close it synced the ewes the closest. However, larger livestock producers may want to use Lutalyse so that every ewe does not lamb at the same time and allows for a little bit of spacing between births but still providing a uniform crop.







## Nurse Amber

### ATTENTION Future 7th Grade Parents!

Please be aware that it is state law that students need to have one dose of TDAP vaccine and a physical prior to entry into 7<sup>th</sup> grade.

TDaP-Tetanus, diphtheria and pertussis are very serious diseases. TDaP vaccine can protect us from these diseases. Pertussis (whooping cough) can cause severe coughing spells, difficulty breathing, vomiting, disturbed sleep & other serious symptoms. It can also be fatal if spread to infants.

Please make plans to complete this requirement before the upcoming school year. Contact your healthcare provider or the local immunization clinic in Alliance to schedule @ 308-762-2534.

Hemingford will be offering sports physicals on site on Friday, May 11<sup>th</sup> through the Hemingford Clinic. If you would like your child to participate please have them bring a check for \$35 (payable on this day. **VACCINES WILL NOT BE GIVEN ON THIS DATE.** You will have to make other arrangements to complete this requirement.

Other CDC recommended immunizations for students entering 7<sup>th</sup> grade in Nebraska include:

**Meningococcal**-is a serious bacterial illness. It is a leading cause of bacterial meningitis (an infection of the covering of the brain and spinal cord) and blood infections in children 2-18 years of age. The disease can be treated with antibiotics, but still many people who get the disease die or are affected for life that would led to other serious problems including deafness, seizures, strokes, nervous system effects and loss of arms or legs. Vaccines can prevent 4 types of meningococcal disease, including 2 of the 3 most common in the U.S.

**Hepatitis A**-is a serious liver disease caused by the A virus. It is found in the stool of people with Hep A. It is usually spread by close personal contact and sometimes by eating food or drinking water contaminated by the virus. This is usually the result of someone with Hep A not washing their hands before preparing or serving food.

**HPV**- is a cancer vaccine against human papilloma virus. Vaccine can prevent many cancers caused by the virus including cervical cancer in females, vaginal and vulvar cancers in females and anal cancer in males. It can also prevent genital warts in both males and females. Fewer head neck and throat cancers have also been reported since the introduction of the vaccine 10 years ago. Immune response is best when given to 11-13 year olds.



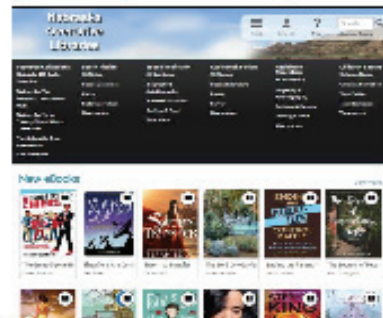


## Don't Forget to Check Out Overdrive!



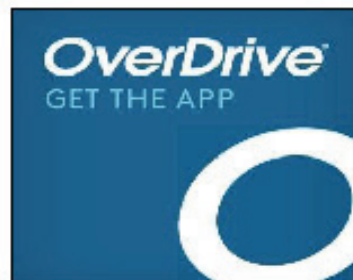
Overdrive is an online service to which the school subscribes. It allows students (and parents) to “check out” e-books and audiobooks, and it’s completely free! It’s also a great way to help your kids read all summer long—there are books available for all ages, from pre-school to adult! Overdrive e-books and audiobooks can be accessed via a computer, tablet, smartphone, or other devices that have internet access. You can read or listen through your browser, or you can download the book onto your device and read or listen even when you don’t have internet access. All materials are automatically “returned” on the due date, so you never have to worry about an overdue book, and you can check out up to six items at once.

Getting started is easy. Just go to [nebraska.lib.overdrive.com](http://nebraska.lib.overdrive.com), and click on “Sign In” in the upper right hand corner of the page. This will take you to a page with a drop-down list; select “Hemingford Public Schools” and then enter your “Library Card Number” and “PIN.” Your student’s library card number is the same number he or she types in after getting a hot lunch at school to indicate that he or she went through the lunch line. The PIN is “muggles” and is the same for everyone. If your student does not know his/her lunch number, please contact the school and we can get that information to you. Mrs. Hurtt has recently updated everyone’s number in the Overdrive system, so if you’ve had problems logging in in the past, please try again! If you still need assistance, please feel free to contact Mrs. Hurtt at the school.



The Overdrive app is also available for smartphones and tablets, and can be downloaded for free from Apple’s App Store (for iPhones, iPads, etc.) or Google’s Play Store (for Android devices). Submitting login information on the app is essentially the same as the process described above.

Overdrive is a great resource that can be used by everyone in your family. Studies show that reading at home is a great way to help kids maintain their academic skills even when they are not in school. Overdrive has thousands of e-books and audiobooks that are just waiting to be explored—it’s like having a library inside your phone, tablet, or computer!





- ✓ Panel of Parents, Current/Past Students and Professionals presenting on how to prepare for college
- ✓ Education Quest, NE VR, College Based Services, DOL, and ESU 13 staff available to Answer Questions
- ✓ Access to four recorded Post-secondary preparation videos
- ✓ \$50.00 parent stipend for attendance (To the first 20 that arrive-only 20 total stipends available)
- ✓ A light supper will be provided

**Monday, May 7<sup>th</sup>, 2018**

**5:30-7:00 pm**

- Scottsbluff HATC-WNCC 188/189
- Chadron High School (Via Zoom)
- Sidney High School (Via Zoom)

This evening event is open to youth served within ESU 13 special education programs and their parents; grades 9-12<sup>th</sup>. A \$50.00 stipend will be awarded to the first 20 parents attending.

Please RSVP with your name and the number attending by May 1<sup>st</sup>, 2018

to [pbrezenski@esu13.org](mailto:pbrezenski@esu13.org) or call (308) 630-6506

This activity is made possible through funding from The Nebraska Department of Education Innovative Grant



## 6th Grade KAB Projects

Our 6th grade students recently submitted 5 videos to the KAB Earth Day Video Contest. If you have Facebook, please check out the link below and vote for your favorite video.

To vote for Fan Favorite, please follow these instructions from KAB Kids on Facebook:

- 1) Like the KAB Kids Facebook Page
- 2) Watch the playlist of videos attached to the post
- 3) Select your favorite video and post the title of the video in a comment on the post. Only comments on the original post will be counted as votes in the contest.

Voting is open through May 4th.

Lets help our kids get the Fan Favorite vote!

<https://www.facebook.com/KABkidsAlliance/>



## Lunch Accounts

**PLEASE PLEASE PLEASE PLEASE PLEASE**

Parents please check lunch account balances prior to the end of school! It makes the checking out process for your child(ren) much easier the last week of school. Also remember, you can continue to make payments over the summer--- send a check or stop in and see Deb! Have a super summer!



## Preschool Graduation

Preschool Graduation at 7:00 May 10th at the Multi-Purpose Hall.

Last day of school for PreK is May 10th.





Information regarding 2018 Athletic Banquet and 2018 Honors Convocation

May 2018

**Dear Parents & Sports Boosters:**

The 2017-2018 **Athletic Banquet** will be held on **Tuesday, May 15, 2018** beginning at **6 pm** in the Multipurpose Building at the fairgrounds. The recognition portion of the Booster Banquet will be **honoring High School Student Athletes only**.

This year, we are asking **all families to bring a meat dish**. The families with the last name beginning with the **letters A-L are to bring a desert**. The families with the last name beginning with the **letters M-Z are to bring a salad or side dish**. The boosters will be providing the paper plates, napkins, silverware, cups and the beverage.

At the Athletic Banquet, we will be recognizing those High School Athletes who successfully competed in sports for Hemingford High School. **We will not be recognizing the Junior High athletes or any club programs at this banquet**. We are asking that **all athletes sit with their families** during the banquet. This procedure has worked well in the past, so we would like to use this format again this year.

This year the Honors Convocation will be held during the school day on Friday, May 11<sup>th</sup>, starting at 8:30 am for grades 7-12. The Honors convocation will focus on accolades for academic achievements, scholarship and community awards, National Honor Society Induction recognition, and the announcement of class distinction honors. A regular class schedule will resume following the ceremonies.

April 24, 2018

As the faculty sponsor of our chapter of National Honor Society, I am pleased to announce our newly inducted members for the 2018/2019 school year. Congratulations to Kaitlyn Messersmith, Melissa Anglesey, Carter Buchheit, Tayson Ernesti, Rebecca Hanson, Storm Jespersen, Emily Knote, Jori Stewart, and Jace Stumpff. These students have been shown to uphold the four pillars of our organization: scholarship, leadership, character, and service. I am very proud of these students for their achievements at school and in our community. Sophomores and Juniors will be eligible for membership consideration during the spring semester of 2019, provided they possess a cumulative GPA of 94 or above. Potential candidates are strongly encouraged not only to maintain academic excellence in school, but also to serve the community, take on roles of leadership, and uphold a high standard of character both in and out of the classroom. We had several applicants for membership this year, and though not all applicants were inducted, I am proud of each eligible member. Those who are currently Sophomores may have another opportunity to apply next year.

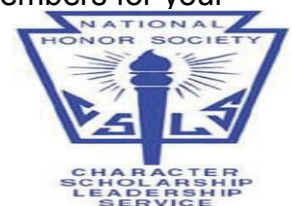
Immediately following the induction ceremony, all members voted on officer positions for the upcoming school year. Congratulations to President Kobe Coryell, Vice President Josie Stewart, Secretary Cade Payne, and Treasurer Jacobi Stumpff. These students have shown remarkable leadership abilities, and I am confident that our upcoming year will be highly successful.

Congratulations, as well, to our graduating senior members: Anna Manning, Macee Buchheit, and Kelli Horstman. Thank you for all your ideas and service throughout the past two years!

Over the course of this school year, my current members have participated in a community clean up, focusing primarily on picking up trash in our community in an effort to promote environmental awareness and a safe, clean atmosphere for children and adults alike. We plan on continuing this service project through the summer months and next school year, and we would like to expand our efforts in serving our community. If you have need of assistance, please contact me at the school! We appreciate the opportunity to help!

Congratulations, again, to all newly inducted members, to our newly elected officers, and to our graduating senior members. Thank you, as well, to all other current members involved in our organization for your efforts and participation this year: Luke Cullan, Lauren Gasseling, and Mackenzie Glendy. Thank you, also, to all parents, family, and community members for your continued support!

Ms. Bridget Cullan





Dear HHS Alum,

The Alumni Association would like to invite you to reconnect with old friends and classmates at the Annual Alumni Banquet.

**What:** 66<sup>th</sup> Annual HHS Alumni Banquet

*Join us for a delicious meal and a wonderful slideshow showcasing memories from all the honored classes. Stick around afterwards for games, beer & wine tasting and live entertainment.*



**Who:** Honored Classes – 1938, 1948, 1958, 1968, 1978, 1988, 1998, 2008, 2018

**When:** Sunday, May 27, 2018 at 5:30 PM

**Where:** The Body Shop

*The Body Shop is conveniently located on the southeast corner of the Hemingford main street at 703 Box Butte Avenue (two doors south of the American Legion). The Body Shop provides various health and wellness opportunities for the community. The Body Shop is excited to once again host the annual HHS Alumni Banquet to showcase the newly upgraded space blending the retro building characteristics with newly, refreshed features. Join us for classes over the weekend free to any alumni coming back for the events!*

**Cost:** \$25/person

*This includes a ticket to the banquet and helps fund our annual Alumni Association Scholarship, which is presented to a graduating senior the night of the banquet. If you would like to contribute to the scholarship fund, there is an option to do so on the registration/bio form.*

**Photos:** A photographer will be on hand at the banquet to take pictures of the honored classes. They are offering a 5x7 picture for \$10.

**Bio:** Visit [www.hemingfordalumni.com](http://www.hemingfordalumni.com) to update your contact information and complete your bio. Please fill out whether you plan on attending or not. Your classmates will enjoy knowing what you are up to, and the Alumni Association would like to have your most current contact information on file. For those unable to attend, we would be happy to mail you a class booklet for a small fee of \$5.

*As you complete the registration/bio, please consider donating to Bobcats Beating Cancer. This foundation was established to help fellow HHS alumni battling cancer. A check will be presented at the banquet.*

**Payment Information:** Payments can be made online through our secure PayPal account by visiting the website listed above. You can also mail payments to the address listed below. Please make checks payable to HHS Alumni Association.

**Other Events:** While you are in town, be sure to check out the other events happening Memorial Day weekend: Alumni Volleyball and Basketball Tournaments, Community Potluck, HHS School Tours, Hemingford American Legion Memorial Day Service and the Avenue of Flags. Visit [www.hemingfordevents.com](http://www.hemingfordevents.com) for more details.

All ticket requests must be received by **May 11<sup>th</sup>**. All ticket purchases are final.

Questions? Give us a call, email us, or find us on Facebook:

Jessica Davies: 308-760-6492  
 Tonya Mayer: 308-487-5500  
 Email: [alumni@bbc.net](mailto:alumni@bbc.net)  
 Facebook: Hemingford High School Alumni Association

Mail: Hemingford Alumni Association  
 c/o Hemingford Telephone Company  
 PO Box 246  
 Hemingford, NE 69348

We look forward to seeing you in May!



# Dental Day

## What is Dental Day?

This day provides dental care for children without dental insurance. Care is provided by dental students from the University of Nebraska Medical Center, College of Dentistry in collaboration with local dentists and hospitals.

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# June 1 and 2, 2018

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**Panhandle Sites: Alliance  
Sidney, and Gordon**

Transportation may be available.

Contact **Panhandle Public Health District** at  
the Hemingford office at  
487-3600 Ext 105 to register.



\*A pre-exam by a participating local dentist is required at least 3 weeks in advance. There is no charge to receive this service if you qualify.

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**Panhandle**  
**Public Health District**

P O Box 337 ■ 808 Box Butte Avenue  
Hemingford, NE ■ 69348  
(308)487-3600 ■ (866)701-7173  
[www.pphd.org](http://www.pphd.org)

## 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>

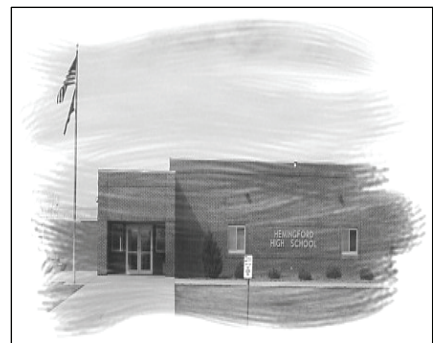
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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.



### 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.

### 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".



# Nutrition Nuggets™

Food and Fitness for a Healthy Child

May 2018

Hemingford Public Schools



## BEST BITES

### "E" is for eggplant

These healthy fritters may tempt your child to try eggplant. Slice 1 eggplant into disks, and soak for 20 minutes in 1 cup milk combined with 1 tsp. salt. Drain, and roll in 1 cup whole-wheat breadcrumbs. Bake in a single layer for 15 minutes at 425°, flipping halfway. Top each



round with 1 tbsp. pizza sauce and 1 tsp. shredded mozzarella cheese, and cook 3–5 minutes more, until the cheese melts.

### Happy active birthday!

To help your youngster get more exercise, consider a gift of physical activity for his next birthday. You could give him new sneakers or sports equipment like a soccer ball or a scooter. Or consider lessons in an activity, such as karate or indoor rock climbing.

### DID YOU KNOW?

Many youngsters tend to gain weight over the summer. One reason is that they may reach for sugary beverages like sweet tea, lemonade, or soda to quench thirst on hot days. Encourage your child to choose refreshing ice water—perhaps she'll try it with a slice of lemon or lime—to stay hydrated.

### Just for fun

**Q:** What only gets wetter the more it dries?

**A:** A towel.



## Have a healthy summer

Your child doesn't need to take a vacation from healthy habits over the summer—not when there are so many great things to eat and do! Try these ideas to make sure he stays active and eats right while school is out.

### Community events

Together, read the newspaper or look online for outings that involve healthy foods and fitness. Aim to do at least one each week. Walk, bend, and stretch to pick blueberries or peaches, then make fresh and fruity pancakes or muffins. Or attend a health or fitness fair where your youngster might sample nutritious snacks from vendors or take part in a hula-hoop contest.

### Family visits

Visiting relatives this summer? Offer to take turns cooking meals. When it's your turn, plan a nutritious menu like a chicken and vegetable flatbread, corn on the cob, and a green salad. To get exercise, explore



your destination by walking around a historic district or running along the beach. If you host visitors, introduce them to your favorite local park and play tennis or go paddleboarding.

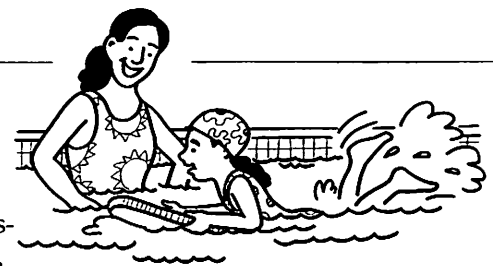
### New traditions

It's always nice to create summer traditions! Consider making homemade ice cream, and use fresh fruit like raspberries or apricots to add nutrients. Another idea is to play outdoor games after dark. Perhaps your family will enjoy flashlight tag or play hide-and-seek on a night when there's a full moon. ●

### Fun at the pool

Swimming is a great way to stay fit. Use these tips to keep your youngster healthy and safe in the pool this summer:

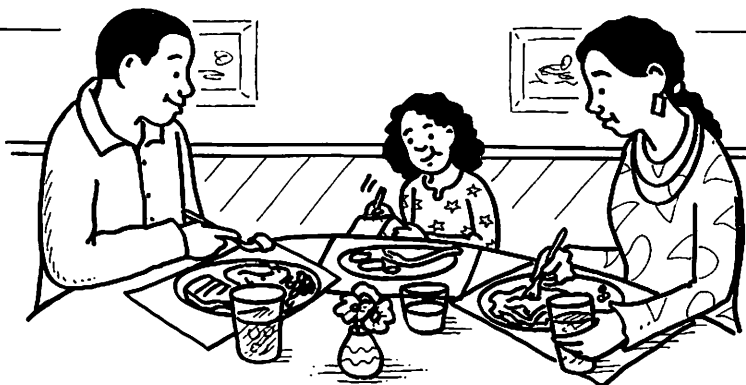
- Sign your child up for swimming lessons at your community pool, YMCA, or recreation center. She'll learn a life-saving skill *and* a new way to get exercise.
- Read the pool rules together, and make sure your youngster follows them. For example, show her where she's allowed to dive, and remind her to avoid horseplay.
- Watch your youngster at all times rather than relying solely on lifeguards to keep her safe. Better yet, get in the pool to swim or play with her—you'll both get a dose of physical activity. ●



## Be a food critic

Playing food critic can inspire your child to be mindful of what she's eating, making her less likely to overeat. It will help her motivate others to try yummy foods—and boost her writing skills, too! Here's how.

**Take notes.** Suggest that your youngster jot down her thoughts during a meal at home or in a restaurant. Encourage her to be specific about how the food looks, smells, feels, and tastes. Instead of saying quinoa is “good,” she might write that it “looks fluffy” and “tastes kind of nutty.”



**Write and share.** Your child can write up her review and draw—or snap—a picture to go along with it. She could even keep her reviews in a notebook to share with friends and relatives who visit.

**Idea:** Let your youngster invent a scale, such as a five-star (or perhaps a “five-apple”) system, to rank foods. Have her give healthy but low-rated foods another chance. Does sauteing broccoli instead of steaming it change its rating? 🍎

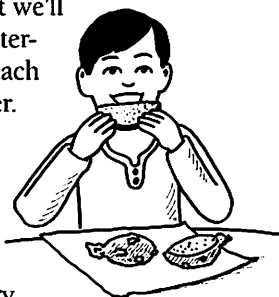


### PARENT TO PARENT

## Quirky fruit challenge

I'm happy that my son Brandon reaches for apples and bananas when he's hungry. But those are the *only* fruits he will eat. I wanted him to branch out a little, so I came up with the “Quirky Fruit Challenge.”

We agreed that we'll try at least one interesting new fruit each week this summer. Since Brandon loves dragons, I wasn't surprised when he picked dragon fruit at the grocery store the first week.



I cut it into cubes, and Brandon added it to a fruit salad that also included (of course) apple and banana slices. He loved the sweet flavor of the dragon fruit. Next week he wants to make fruit salad with star fruit. I'm hoping that if he's willing to taste unusual fruits, it won't be too hard to get him to eat more common ones, too, like watermelon and oranges! 🍌

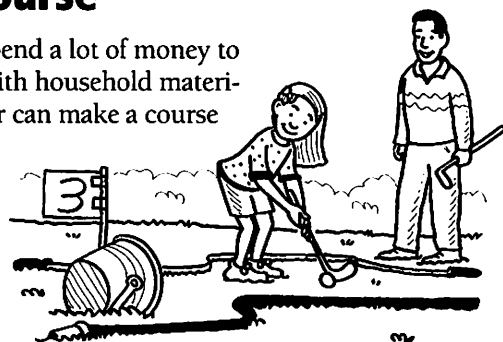
### ACTIVITY CORNER

## Par for the course

You don't need to spend a lot of money to play miniature golf. With household materials and a little creativity, your youngster can make a course that will get everyone moving. Head to the backyard, an open space in your neighborhood, or a park, and follow these steps to get started.

- 1. Lay out the course.** Have your child arrange pool noodles, jump ropes, large rocks, or even the garden hose on the ground to create the borders for 9 holes.
- 2. Add obstacles.** Your youngster might remove the tops and bottoms from cereal boxes to make “tunnels.” She could prop up a baking sheet on bricks to serve as a ramp. Or she can place blocks or other toys to shoot around.
- 3. Make “holes.”** Let your child lay a beach pail or an empty can on its side at each hole. She should cut flags from construction paper and number them 1–9. Help her tape each flag to a twig and stick it in the ground by a hole.

Look for a set of plastic clubs and balls at a dollar store or discount retailer. Then, your youngster can keep score as your family plays golf. 🏌️



### IN THE KITCHEN

## Fiesta foods

Put a healthy spin on chips and salsa for a treat to enjoy on Cinco de Mayo (May 5)—and the rest of the year.

### Churro chips

Brush both sides of 4 12-inch whole-wheat tortillas with 1 tbsp. olive oil or melted coconut oil. Cut each tortilla into 8 triangles, and arrange the wedges in a single layer on a baking sheet. In a separate bowl, mix 1 tsp. sugar with 2 tsp. cinnamon.

Sprinkle half the cinnamon mixture on the wedges, and bake 6 minutes in a 350° oven. Flip, sprinkle with remaining cinnamon mixture, and bake 6 minutes more.

### Strawberry-kiwi salsa

Chop 2 cups fresh strawberries, and peel and dice 2 kiwis. Put the fruit in a bowl, and squeeze ½ lime on top. Stir to combine. Serve with the churro chips. 🍓



**OUR PURPOSE**

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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# Hemingford Public Schools Breakfast Menu

May

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Scrambled Eggs & Muffin Or PBJ Fruit/Juice	<b>2</b> Waffles N' Strawberries Or Cereal Fruit/Juice	<b>3</b> Breakfast Pizza Or PBJ Fruit/Juice	<b>4</b> Breakfast Burrito Or Cereal Fruit/Juice
<b>7</b> Biscuits and Gravy Or Cereal Fruit/Juice	<b>8</b> Omelet & Toast Or PBJ Fruit/Juice	<b>9</b> French Toast Sausage or Cereal Fruit/Juice	<b>10</b> Breakfast Casserole Or PBJ Fruit/Juice	<b>11</b> Breakfast Sandwich or Cereal Fruit/Juice
<b>14</b> Pancakes Sausage or Cereal Fruit/Juice	<b>15</b> Scrambled Eggs & Muffin Or PBJ Fruit/Juice	<b>16</b> Waffles N' Strawberries Or Cereal Fruit/Juice	<b>17</b> Breakfast Pizza Or PBJ Fruit/Juice	<b>18</b>  <b>Last Day of School</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b>	<div data-bbox="511 1394 1133 1455" data-label="Text"> <p style="font-size: 24pt; color: yellow; font-weight: bold;">Have a safe summer!!</p> </div>			

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

## May

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Philly Cheese Steak Sub Corn	<b>2</b> Chicken Fajitas Green Beans	<b>3</b> BBQ Rib on Sub Cheesy Hash Browns	<b>4</b> Tomato Soup Grilled Cheese Sandwiches Cookies
<b>7</b> Pulled Pork on Bun Baked Beans	<b>8</b> Teriyaki Chicken over Rice Broccoli Dinner Roll	<b>9</b> Hamburgers French Fries	<b>10</b> Chicken Strips Green Beans Dinner Roll	<b>11</b> Frito Pie Corn Ice Cream Sandwich
<b>14</b> Chicken Bacon Ranch On Flatbread Broccoli/Cheese Rice	<b>15</b> Taco Salad	<b>16</b> Cooks Choice	<b>17</b> Cooks Choice	<b>18</b>  <b>Last Day of School</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<div style="border: 2px solid black; padding: 10px; background-color: #2c5e6c; color: yellow; font-size: 24px; font-weight: bold; margin: 0 auto; width: 80%;">           Have a safe summer!!         </div>				

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## Calendar Events May 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 PHC Golf at Morrill JH Track @ Morrill Invite White Day	2 Red Day 6:30am Health Professions Club @ BBGH/Dr. Furman DVM 7:30am H A L Meeting EL/MS 7:30am EL/MS H A L-- Meeting 3:30pm H A L Meeting JH/HS	3 HS Spring Concert 6:00 pm White Day V Golf @ Kimball *new addition to schedule 9:00 am	4 V Track @ Bayard B-C-D Invite Red Day	5 JH T-Western Conference @ Sidney
6	7 White Day	8 Elem Spring Concert Red Day V Golf @ Bayard	9 White Day 7:45am Walk to School Day 5:30pm Booster Club Meeting	10 V Track Districts Sutherland 9:00 am Golf at Crawford Invite Red Day 7:00pm Preschool Graduation	11 Physicals 12:15 p.m. \$35 White Day 8:30am Academic Honors Day 2018 6:30pm FFA Banquet	12
13 2:00pm Graduation Day	14 Red Day 7:00pm School Board Meeting	15 District Golf @ Four Winds in Kimball White Day 6:00pm Athletic Banquet	16 Red Day 7:30am H A L Meeting EL/MS 7:30am EL/MS H A L-- Meeting 3:30pm H A L Meeting JH/HS	17 White Day	18 Last Day of School - Dismiss at 11:30 am End of Qrter 4 / Sem 2 V Track State in Omaha Red Day 11:30am Teacher Work Day	19 V Track State in Omaha
20	21	22 State Golf TBA	23 State Golf TBA	24	25	26
27 World Strides 2018 Leave	28 World Strides 2018	29 World Strides 2018	30 World Strides 2018	31 World Strides 2018		

## Calendar Events June 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 World Strides Home	2
3	4	5	6	7	8	9
10	11 7:00pm School Board Meeting	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 FCCLA National @ Atlanta GA	29 FCCLA National @ Atlanta GA	30 FCCLA National @ Atlanta GA