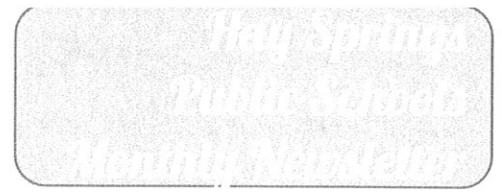


Superintendent's Note



Wow, what a month! Time really does fly when you are having fun. I want to thank everyone on the Hay Springs staff, Board of Education and the community of Hay Springs for helping the first few weeks of school start so smoothly. As the first three weeks of classes near completion, students and teachers are fully engaged in the teaching and the learning process.

Administrative meetings have begun and the budgeting process for 2019-20 is well underway. The community of Hay Springs is blessed to have a very caring, qualified and dedicated staff. A quote I heard several years ago "Students do not CARE what you KNOW, until they KNOW that you CARE" is applicable today more than ever. You can rest assured that the staff and the Board of Education and Administrative team at Hay Springs Public School truly cares about your children. We are here to provide the highest quality of education possible and are dedicated to continue to search for providing additional opportunities for student learning. The support of parents and patrons of the district always enhances the student learning process. Rural America is an excellent example of it taking a community to raise a child and the educational system in our small communities' plays a huge role in the development of our youth into productive citizens of the future. Academic achievement and student involvement in inter and extra-curricular activities do not happen without the educational system and parents working together to support the entire process.

As we begin the 2019-20 school year I would like to highlight a few of the activities that have taken place in the first few weeks.

- Teachers and students are continuing to make adjustments to our school environment as we begin our second year of the NPBS (Nebraska Positive Behavior Intervention Support) program.
 - After staff members attended training with the Nebraska Department of Education this summer the PBIS Team has reviewed the successes of the program in its first year and worked with staff during in-service days to incorporate their input as we move forward.
 - One of the additional things that came out of their summer PBIS meeting was the inception of the idea that if teachers are to feel appreciated they should have a comfortable work space where positive relationship between staff members can develop and grow. That concept was further developed and the result has been the development of a student/staff media lounge area adjacent to the staff work room on the third floor where the textbook library had been housed. Text books have been moved to the classroom with some storage still available in the workroom. I would like to thank all staff and students that assisted in this process.
- Hay Springs School hosted our first back to school pool party complete with a Bar-B-Que in the park and school classroom visits.
- Student involvement in activities has begun with great participation numbers in football and volleyball and a small number involved in cross country.
- The Hawks started the football, volleyball and cross country season with Homecoming week activities during the last week of August. One of the week's activities was our "Student SOAR Day" where the 6th -12th grade students spent Wednesday afternoon completing school improvement activities under the direction of Mr. Hagge and the student council.
- Additions to the curricula include Mr. Lechtenberg teaching two Agricultural Science classes which will allow us to get the Hay Springs FFA reinstated. This has brought a lot of excitement to the 19 students that are enrolled in Ag classes.
- Continued upgrading of technology for students and staff to provide additional learning opportunities.
- Continued use of the distance learning and online technology to provide additional opportunities to enhance student learning. We have students enrolled in Housing & Design, Spanish I & II and Art through the distance learning system.

September 2019

- One of the highlights of the 2018-19 was the start of our “Beef to Hot Lunch” program, thanks to the support of our local beef producers and businesses. This program will continue in 2019-20 so if you have an interest in supporting this program by the donation of a beef or in other ways please contact the school office or any member of the Board of Education.
- We will be continuing our ASP (After School Program) for Kdg -5th grade students.

As we progress through the year know that your support and involvement in your student’s education is vitally important. If you have questions or concerns about your child’s academic performance or activity involvement, please remember to follow the appropriate chain of command. Initially contact those most closely involved as the first opportunity to get accurate information and create resolution to the problem. If, after discussion with the classroom teacher, coach or direct student supervisor, you are not satisfied that there has been a resolution to the issue, contact the individual supervising those students. If those initial contacts do not produce any acceptable results, please stop by the office or give me a call to discuss your concerns. I truly believe that all members of our staff make the best decisions possible to guide your students toward success in academics and activities. Together we are better than any one of us can be alone.

I am requesting your support as parents on the student’s arrival and pickup time at school for your students. Breakfast is served at 7:30 am and supervision is provided for students eating at the time but the playground supervision does not take place until 7:45. If your students are not eating breakfast please do not deliver them to school prior to 7:45. The elementary instructional day is completed at 4:00 and students are dismissed at that time. We do not provide after school playground supervision so students should not remain on the playground or at school after 4:00 unless arrangements have been made with their classroom teachers.

Breakfast serving time for High school students is from 7:30 -7:50 am. Students wishing to eat breakfast at school need to arrive before 7:50 which will allow them to consume breakfast prior to instruction beginning at 8:00 am. All individuals must enter the building through the door by the office during the school day for security reasons.

Just a reminder that if your children accompany you to school activities or attend on their own please have a discussion with them prior to attendance that they should sit in the appropriate area and observe the game. Hay Springs staff will assist you in enforcing that process but your cooperation and the cooperation of your students is greatly appreciated. Staff members attending the game want to watch the performance of our students and not spend the evening patrolling students.

Your support is greatly appreciated.

Sincerely,
Mr. Lechtenberg

*Join
Our
Team*

Hay Springs Public School is looking for an energetic, team oriented individual to help clean and maintain our facilities. The ideal candidate will be passionate about creating a clean, safe, learning environment for our students and be detail oriented. Specific responsibilities will include: ensuring spaces are prepared for the next day by taking out trash, tidying furniture and cleaning surfaces, cleaning floors, stairwells, and vacuuming carpets, sanitizing and supplying restrooms. If interested, please contact Mr. Russell Lechtenberg at 308-638-4434 or email russell.lechtenberg@hshawks.com.



Principal's Playbook

Thank you to all of our parents/guardians and students that attended our Back to School Bash and family BBQ to jump start the 2019-2020 school year. It was great to see so many families and staff together to kick off the beginning of the year! We are very proud of the building upgrades completed over the summer including new lighting in all of our classrooms, a brand new HVAC system throughout the entire facility and redesigned classroom spaces to meet our students' needs. As we move into the school year I want to emphasize the importance of parental engagement to positively impact student success. Family engagement takes all sorts of forms and shapes. One form is to stay in regular contact with your child's classroom teachers. Another form of engagement is to visit classrooms during the day. If you do choose to visit classrooms during the school day, please make sure to schedule a time with the classroom teacher in advance and stop in the office to check in and get a visitor's badge. When you do visit, please try to not disrupt the class and simply observe the teaching and learning happening in the classroom. I continue to be impressed with our staff's level of professionalism and our student body's desire to maximize their learning potential. I also want to thank the entire community for supporting our student body during Homecoming week. The student council chose "Reaching New Heights" as their theme. With your continued support I believe we can carry this theme forward throughout the entire school year.

With Much Hawk Pride,

Mark J. Hagge
Hay Springs Principal



High School Volleyball

Volleyball practice is off to a fast start. The Lady Hawks have made the most of their pre-season practices with great progress. On August 20th, the team participated in the Volleyball Jamboree in Scottsbluff. The Lady Hawks played two games against Alliance and Bayard. The format was two sets to 25 and the Lady Hawks lost both sets to Alliance and split sets with Bayard. It was a great way for the girls and coaches to get a gauge of what we need to concentrate on before our first game against Potter-Dix on Friday, August 30th. There are 15 girls on the volleyball team. Come out and support the Lady Hawks!!

Coach Lisa Merritt

Joce Varvel had this to say about the season, "we came out strong with our first win against Potter-Dix but struggled against Hyannis and Garden County. We are hoping to start this busy week of volleyball strong against Crawford and Hemingford. I think the team is starting to come together and I am looking forward to a great season! I wouldn't want to be with any other girls. We definitely need to work on serve receive passing and communication but I think we did really well attacking the ball and I felt our excitement level was up." The HSHS home volleyball games are extremely exciting to watch and are looking for support from the community.

CROSS COUNTRY

We have 6 jr. high kids out: Gage Mintken, Jarett Anderson, Ava McKillip, Dylan Raymer, Zahaven Henry, Andi Twarling, and one high schooler: Hannah Wohl, 3rd year out for cross country.

We have kicked this season off on a good foot. We have been practicing at 6 a.m. every morning and these kids have shown great dedication and enthusiasm for the season to come. Our first cross country meet will be in Scottsbluff. I look to see Hannah placing this year in the top ten and believe we will come home with some jr high places also in meets to come!



Hay Springs Youth Football – 2019

Youth tackle football is once again upon us, 26 third through sixth grade young boys and girls will take the field for another season this fall. You will see the white helmets practicing with the “big boys” every Tuesday and Thursday after school. Games will be played every Saturday or Sunday beginning in early September through mid-October against competition on Highway 20. Game schedules will become available in the next few weeks, come and support these future hawks. A big thank you goes out to our coaching staff this year.



FCA

The Hay Springs Fellowship of Christian Athletes (FCA) booster club is preparing for another school year. The mission of FCA is to present to athletes and coaches and all whom they influence the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

The booster club has set up a tentative date to start up the huddle.

Monday, September 9th – Huddle start with the Junior High and High School Students in Lister during lunch. This Huddle will continue on a weekly basis every Monday. You do not have to be an athlete to attend.

You will also see us serving in concession stands or serving meals at games. The use of these funds is to help pay for Hay Springs student athletes to attend summer camps. With generous donations we helped send 10 student athletes from Hay Springs and 2 from Gordon-Rushville this past summer to attend FCA camp in Spearfish, SD.

We would also like to recognize the wonderful coaches and athletic director who devote their time, talents and service to our athletes. Thank you for all that you do!

If anyone has any questions in regards to FCA or wants to become involved please call Jim at (308)320-4445.

FAFSA COMPLETION DAY

EducationQuest Foundation, a free non-profit organization is coming to help you complete and file your Free Application for Federal Student Aid (FAFSA).

DATE: October 8, 2018 (9:30 am – 5:00 pm)

October 9, 2018 (8:00 am – 4:00 pm)

***LOCATION: Chadron High School
Guidance Office***

***Please call EducationQuest at 800-666-3721 to setup an appointment.
Appointments are needed to receive assistance that day.***

ITEMS TO BRING TO YOUR APPOINTMENT INCLUDE THE FOLLOWING:

- *FSA ID for parent and student – apply at www.fsaaid.ed.gov
- *Parent and student 2017 federal tax returns
- *W-2's and K-1 Form 1065
 - *Value of checking/savings accounts and investments
- *Amount of untaxed income: social security, child support
 - *Student's driver's license number
 - *Student's Social Security number
 - *Alien Registration Number of eligible non-citizens
 - *Parents' birth dates
 - *Student's birth date
 - *Parent's date of marriage, separation, or divorce
 - *Email addresses for student and parent

NPBIS

Nebraska Positive Behavior Intervention Support

Hay Springs Public School has entered its second year of NPBIS (Nebraska Positive Behavior and Intervention Supports). PBIS is a universal school plan to establish a POSITIVE culture in our school community for students and staff. Research has shown that positive interactions with students directly impact positive school culture. PBIS also gives us continuity! Every staff member is using the same language in regards to behavior, building unity within our school community!

During our staff workdays, we revisited the common areas and the behaviors associated with each of those behaviors. Each group took a specific area and took time to rework them a bit-keeping what worked well and making adjustments as needed. It was an opportunity for new staff members to learn the language and expectations as well as remind those who helped create them last year what was decided! Then as groups we figured out ways to teach these behaviors to the students of Hay Springs Public Schools. During these work days we always try to incorporate a little fun!

In October we will begin moving PBIS into individual classrooms. Of course the HSPS teaching staff has not waited for us to tell them to make positive interactions with students in their classrooms a priority, they often times do that naturally on their own! We will simply provide a framework and offer some tools for the classrooms and then let the teachers keep doing what they do best!

PBIS is always adding and changing the way we are doing things. Keep an eye out for new developments as they are happening!

Congratulations to the 2018-2019 4th quarter Super Pass winners:

Brayden Binger, Kaden Langford, Ava McKillip, James Scherbarth, Sam Hindman, Laney Smith, Ashley Tobiasson, Gabe Varvel, Lilly Dorhorst, Cooper Johnson, Kaylee Kaiser, Talan Smith, Dylan Young, Jarhett Anderson, Jordyn Anderson, Abigail Russell, Jaiden Anderson, Spencer Kadlecek, Kaleb Miller, Bailey Scherbarth, Chaz Twarling, Ruth West, RyLee Wolken, Katelin Agler

The Super Pass for 2019-2020 Quarter 1 changed a bit! Here are the requirements:

Requirements

0 Ineligibility

1 or fewer Tardies

2 or fewer absences

0 office referrals

5 Hours of Community Service

Community Service forms can be picked up from Adiene in the office or Mrs. Heiting in the 1st grade classroom. Once a form is completed, make sure to turn it into Mrs. Heiting in the 1st grade classroom! Students who meet these requirements will receive:

Middle Level

- 1 Free Tardy
- Drop lowest grade on a daily assignment
- Front of the Line for Lunch
- 1 free supervised period on campus (preapproved)

High School

- 1 Free Tardy
- Drop lowest grade on a daily assignment
- Thursday Hawk Nest Privileges (7:30-8:00)
- 2 Open Campus Lunches
- Free Half Day Off of School (pre-approved; responsible for all work missed)



HS Music Notes

In a blink of an eye, summer is over and here we are nearly a month into school. The beginning of the school year is such an exciting time. It's so much fun to get to know your students again, and then to get back to the business of making music!

We are changing up the concert schedule a bit! Kindergarten, 1st, 2nd & 3rd grade will be doing a fall concert. This will be held in the auditorium on Tuesday, October 8th at 6:30pm. K/1 will be doing a musical called Old MacDonald's Farm and 2nd & 3rd grade will be doing one called Where the Wild Things Are. More information will be sent home to those individual families as time gets closer!

5th grade band is almost in full swing! Students are now learning how to put their instruments together and making their initial sounds! It may not be lovely right now, but give it time—with positive encouragement they progress quickly and improve by leaps and bounds! Thanks so much to those who donated instruments to the school—they are being used by students who would not otherwise have the opportunity! Your generosity is greatly appreciated!

High School Band will be again selling Little Caesars Pizza Kits! If you are interested and no one has stopped by to see you give the school a call and we will make sure to get someone to you!

Upcoming dates:

Friday, September 27th	12:30pm HAWK Stadium	PEP BAND
Tuesday, October 8	6:30pm Auditorium	K-3 Fall Concert
Friday, October 18th	12:30pm HAWK Stadium	PEP BAND

Dates to Remember

September 12th - Grandparent's Day Lunch
September 18th - "Hawk Talk"
September 25th - Fall Dental Cleaning Day
October 10th - Bring a Fireman to Lunch Day



School Picture Day is tentatively scheduled for October 15th & 16th.

Homecoming 2019

This year's homecoming theme was "Reaching New Heights." Homecoming week was also when the Hawks played Potter-Dix for both the volleyball and football games. Although the Hawks were defeated 40-0 in the football game, the lady Hawks were victorious with a win in 4 sets. The Homecoming Coronation included queen candidates: Angelica Volquardsen, Katie Agler, and Ashley Burrows, with Ashley winning the queen position. For king candidates: Jake Roberts, Clark Orr, Bryce Running Hawk, with Bryce taking the crown.



HAWKS!

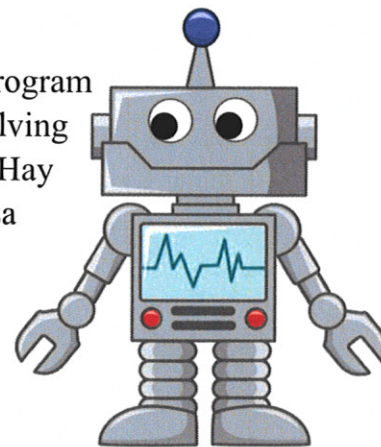


Achievement Application & Career Portfolio

This year the 4-H Council is allowing the Junior and Intermediate age divisions to be eligible to complete either the Achievement Application or the Career Portfolio. These are due September 30th. The Senior division must complete the Achievement Application in order to be eligible for State Awards. By completing these applications, youth are eligible to win additional \$25 cash prizes presented at the Achievement Banquet in October. The Achievement Application can be found at the following website: <https://4h.unl.edu/achievement-application>. Youth will need to select a curriculum area. To complete the Achievement Application, youth have a maximum of 3 pages to include the following information: collective 4-H experiences, 4-H experiences within the last year, 4-H Leadership Experiences, Non 4-H Leadership Experiences, Community Involvement, and Career Spark.

Hay Springs Junior Robotics

This year the Junior Robotics theme is BoomTown Build. The Junior Robotics program is for youth ages 6 to 10 interested in learning more about robots and problem solving through STEM. This group meets once a week after school from 4 to 5:30 at the Hay Springs School. They then attend a competition in January. Please contact Melissa Mracek at 402-322-0655 if you think your child is interested in participating by September 16th. The first meeting will take place around the first of October.



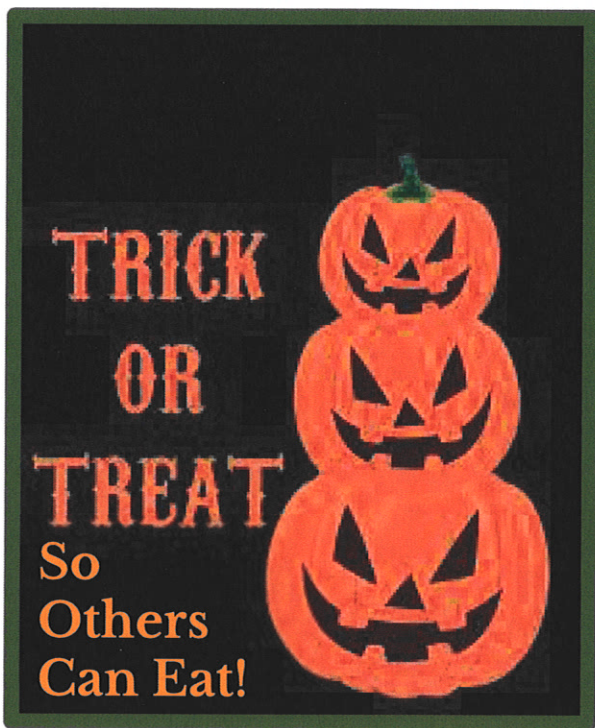
Shooting Sports Practice

Shooting Sports practice for BB Gun and Air Rifle will start on October 7th. They practice from 3:30 to 7 depending on when the youth show up. During October through December, practice is held the first and third Mondays of the month. In January they will start practicing every month and start attending the Panhandle Best Shoots. Youth need to be registered for 4-H to participate. Parents need to sign waivers the first meeting. Please contact Bruce Salisbury or Donna and Kevin Jech for more information.

Baking Basics

Baking Basics is back!! The first session will take place on Friday, September 13th starting at 10 am and will end at 3 pm. The youth will have the opportunity to cook and start working on their sewing project for the year. The fee for this workshop is \$10. Please register by September 6th by contacting Melissa Mracek at mmracek2@unl.edu or (308) 327-2312. This event is open to anyone interested in baking and sewing projects.





This Halloween, watch out for FBLA students who will be trick or treating for canned goods to support our local food bank.

Juniors:

National Merit Scholarship Program

The National Merit® Scholarship Program is an academic competition for recognition and scholarships that began in 1955. High school students enter the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test ([PSAT/NMSQT®](#))—a test which serves as an initial screen of approximately 1.5 million entrants each year—and by meeting published program entry and participation requirements. This year Hay Springs will be offering the PSAT/NMSQT test. When you take this test as a Junior in High School you will automatically be screened for the National Merit Scholarship Program.

The PSAT/NMSQT is scheduled for Wednesday, October 16, 2019. If you are interested in taking the PSAT/NMSQT please register with Mrs. Marx by September 18, 2019. Cost for the assessment is \$15, payable at the time of registration.

To our wonderful community and Security 1st Bank,

Thank you so very much for the supplies that were bought for our classes through The Tree of Love program. We are so thankful for the extras. They will be put to good use! Thanks again!

**Thank
You**

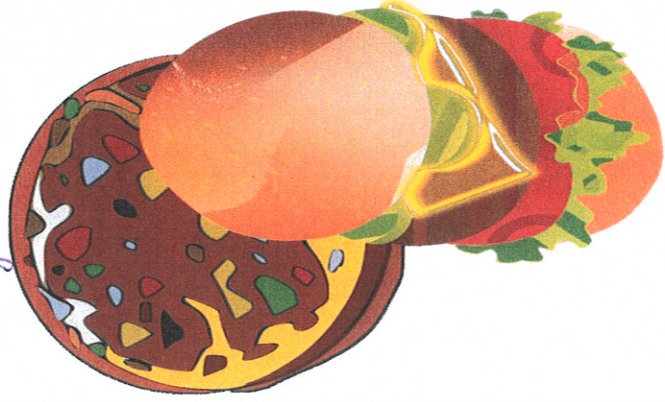
SEPTEMBER 2019



Shutterstock - 274749797

Hay Springs School Cafeteria

- *PreK-12 Breakfast & Lunch Menus
- *All Menus are served with 3 choices of Milk & 4 choices of 100% Juice.
- Water is always available in the cafeteria area.
- *Fruit & Veggie Bar is offered with every meal.
- *There will be at least 3 meal choices offered daily.
- *Menus are subject to *change*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 NO SCHOOL	3 Breakfast:Pancake Sausage Patty Lunch:Orange Chicken/Rice Fortune Cookie	4 Breakfast:Dutch Waffles Lunch:Chili Dogs/Mixed Berry Cup	5 Breakfast:Pizza Grandparents Day Lunch:Meatloaf/Mashed Potatoes/Dessert	6	7
8	9 Breakfast: French Toast Sticks Lunch:Burritos/Side Kick	10 Breakfast: Pancake Sausage on a Stick Lunch: Chicken Patty on a Bun/Cheesy Beans	11 Breakfast: Breakfast Burritos Lunch: Corndogs/Tots	12 Breakfast: Egg & Cheese Omelet Lunch: BTS Burger/Chips	13	14
15	16 Breakfast: Breakfast Pizza Lunch: Walking Taco/Corn	17 Breakfast: Tornado Sloppy Joes/Chips	18 Breakfast: Breakfast Burritos Lunch: Pizza/Apple Crisp	19 Breakfast: Biscuits & Gravy Lunch: Pork Fritter/Mashed Potatoes & Gravy	20	21
22	23 Breakfast: Breakfast Sandwich Lunch:Beef Enchilada	24 Breakfast:Pancake Sausage Patty Lunch:Lasagna/Carrot Toast	25 Breakfast: Omlet/Toast Lunch:Chicken Noodle/Mashed Potatoes	26 Breakfast: French Toast Sticks Lunch: BTS Burger/Chips	27	28
29	30 Breakfast: Pizza Lunch: Hamburger Gravy & Biscuits/Green Beans					

NOTES:

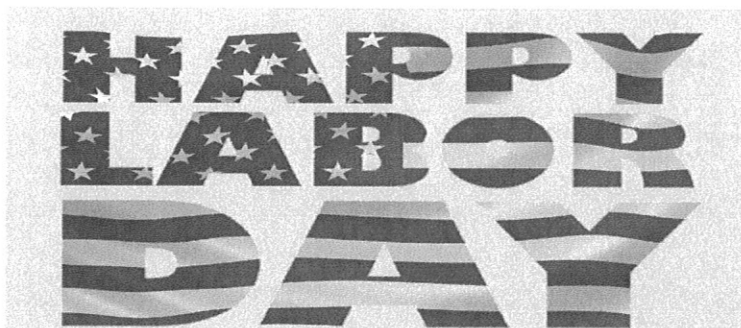
A Very Special Thank You to Greg & Megan Heiting with Heiting Farms for the very generous donation of beef this past month. It is such an awesome thing to be able to start the school year off with the freezer full of high quality beef! Thank You Again!

"This Institution is an equal opportunity provider."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	NO SCHOOL LABOR DAY	*HS VB Double Duel hm vs. Garden - County/ Hyannis 4 pm	3	4	JH VB @ St. Agnes 4 pm Grandparent's Day Lunch	JH/HS CC @ Gering 11 am *HS FB hm vs. Creek Valley 7 pm "Salute the Troops Night"	7
8		HS VB @ Hemingford/ Crawford 5 pm	10	11	JH FB @ Cody-Kilgore 4pm JH VB @ Cody-Kilgore 5:30 pm	HS VB @ South Platte 3:30 pm HS FB @ South Platte 6 pm	14
15		HS VB Tri. @ Hyannis/Cody 4 pm	17	18	"Hawk Talk"	*JH VB/FB hm. vs. Crawford 9am/10"30 HS VB @ Hemingford Invite 9am JH/HS CC @ Alliance 9am	21
22			24	25	Fall Dental Screening Day	*HS VB Tri. hm. vs. Leyton/ Mitchell 4:30 pm JH/HS CC @ Gordon 3 pm	28
29	JH VB @ Sioux County 4 pm JH FB @ Sioux County 5:30 pm	30				*HS FB hm vs. Cody-Kilgore 1 pm *HS VB hm. vs Cody-Kilgore 3:30 pm	

SEPTEMBER

2019



NOTES:

Grandparents Day Dinner is scheduled for

September 5th. Please RSVP by September 2nd

so we can plan accordingly.

Elementary School Parents[®]

October 2019
Vol. 31, No. 2

Hay Springs Public Schools

make the difference!



Regular exercise boosts your child's health and academics

Physical fitness provides many benefits for children. Studies show that regular physical activity is linked to higher self-esteem and attentiveness in school. It also lowers the chance of health problems such as type 2 diabetes.

Here are some ways to increase your child's activity level:

- **Plan family outings.** Pick activities your family enjoys and create some new healthy traditions. You might go for a walk after dinner or head to a park every Sunday afternoon.
- **Make suggestions.** When your child has a friend over, suggest they play games that involve movement, such as tag, soccer and jumping rope. Indoors, try games such as Simon Says and Red Light, Green Light.
- **Add movement to screen time.** Encourage your child to take breaks that involve activity when she watches TV or plays video games.
- **Be creative.** You can find lots of ways to sneak in exercise. During chore time, play music or race to finish a job. While doing errands, park a few blocks away from a store and walk. Or, make a quick stop at a playground on the way home.
- **Set an example.** If your child sees you staying fit (stretching, biking, walking with a friend, etc.), she is more likely to be active herself.

Source: A. McPherson and others, "Physical activity, cognition and academic performance: an analysis of mediating and confounding relationships in primary school children," *BMC Public Health*, BioMed Central, nswc.com/elem_activity.

This four-step process can end procrastination



At one time or another, most kids put off doing their homework. But when procrastination becomes a habit, it can affect school performance.

To help your child break the procrastination habit, have him:

1. **Select just one thing to do.** Sometimes kids put things off when they feel overwhelmed. Tell your child to focus on one assignment at a time.
2. **Set a timer for 30 minutes** and begin working on the assignment. While the timer is ticking, he should focus only on that assignment.
3. **Avoid breaks.** Your child should get water or a snack *before* he starts the timer so he doesn't interrupt his work flow.
4. **Reward himself.** Once the timer goes off, encourage your child to do something he likes, such as playing an online game for a few minutes.

Have your child repeat this process until his homework is complete!

Source: R. Emmett, *The Procrastinating Child: A Handbook for Adults to Help Children Stop Putting Things Off*, Walker & Company.

Manage your child's screen time by creating a family media plan



Digital devices are an important part of our world—and can be very appealing to kids.

Technology helps your child discover new ideas, connect with others and access educational information for school.

However, too much recreational screen time can negatively affect his schoolwork, health, activity levels and face-to-face communication skills.

To help your child strike a healthy balance, experts recommend creating a personalized family media plan that answers the following questions:

- **What devices** do I want my child to have access to?
- **Where will devices** be allowed and where will they be off-limits?
- **How much time** will my child be allowed to use them?

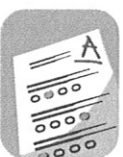
- **Will the same rules** apply during weekends and school breaks?
- **What content** is appropriate for my child to access?
- **How will I maintain consistency?**
- **What consequences** will there be for misusing devices?
- **What example** am I setting through my own use of technology?

Source: *Ways Parents Can Manage Kids' Technology Use*, QuickTip Brochure, The Parent Institute.

“Sometimes you have to disconnect to stay connected. We've become so focused on that tiny screen that we forget the big picture, the people right in front of us.”

—Regina Brett

Teach your child how to become a more confident test-taker



Test anxiety often comes from self-doubt. If your child doesn't think she will succeed on a test, she probably won't.

To help her become more confident before a test:

- **Take off the pressure.** Tell your child that tests just show the teacher what she's learned so far, and what she needs help with.
- **Make sure your child knows** what the test will cover. Encourage her to listen carefully when her teacher talks about the test—and to ask any questions she may have.
- **Avoid last-minute panic.** Your child should begin to study several days before the test. Cramming the night before a test rarely works.
- **Teach efficient studying.** Help your child focus on the material she hasn't mastered yet.
- **Help your child connect** new material to information she already knows. These connections can help her recall the material during the test.
- **Encourage positive self-talk.** If she gets stuck during a test, she can quietly say to herself, “I know this. The answer will come to me.”
- **Remind your child** of her strengths.
- **Help your child visualize** success. Have her close her eyes and picture herself answering the questions correctly.

Source: S.M. DeBroff, *The Mom Book Goes to School: Insider Tips to Ensure Your Child Thrives in Elementary and Middle School*, Free Press.

Are you building a bridge between home and school?



Studies consistently show that when families and schools form a strong team, children are more likely to succeed. They learn more and do better in school.

School has been underway for a couple of months, so it's time to make sure you are doing your part to build a relationship with the school. Answer *yes* or *no* to the questions below:

- ___ **1. Have you met** with your child's teacher at least once this year?
- ___ **2. Do you talk** with your child about school each day and review all of the information he brings home?
- ___ **3. Do you monitor** your child's homework? If he struggles with an assignment, do you ask the teacher how you can help at home?
- ___ **4. Do you make sure** your child gets to school on time each day?
- ___ **5. Have you reviewed** the school handbook with your child? Do you expect him to follow all school rules?

How well are you doing?

If most of your answers were *yes*, you are building a strong school-family team. For each *no* answer, try that idea from the quiz.

Elementary School
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Here's how to make the most of your parent-teacher conference



Preparation is the key to a successful parent-teacher conference. Here's how to get the most benefit from your meeting:

Before the conference:

- **Make a list** of things you'd like to tell the teacher, such as your child's favorite subjects and activities, difficulties in school, medical needs and any sensitive issues.
- **Make a list** of things to ask the teacher about, such as your child's work habits, attitude, behavior, strengths and weaknesses.
- **Let your child know** you are having a conference. Ask if there's anything you and the teacher should discuss.

During the conference:

- **Be on time.** Teachers have many conferences, and a five-minute delay can throw off the schedule.
- **Listen carefully** and take notes about your child's progress.
- **Be positive.** Remember: You and your child's teacher both want what's best for your child.
- **Make a plan** with the teacher to address any concerns and schedule a time to follow up.

After the conference:

- **Let your child know** how the conference went.
- **Start with positive comments.** Then, talk about any suggestions the teacher made—and how you plan to help your child carry these out.

Make sure your child is on the road to reading success



Ask any educator to name the single most important thing parents can do at home to help children learn and do well in school

and they will likely say, "Encourage your child to read!"

Here are some ways to make reading a priority for your family:

- **Read together.** Your child may enjoy reading to you or taking turns reading chapters aloud.
- **Go to the public library.** Help your child sign up for a library card. Each week, have him browse and check out new books.
- **Offer suggestions.** Think about your child's interests. Find books or articles about them. Ask the librarian for help.
- **Start a family book club.** It doesn't have to be formal. Just set aside one night each week to talk about something you've all read. Better yet, do it during dinner—you'll get the benefit of one another's company and a good discussion.
- **Create a reading nook.** Some kids love to read anywhere. But a cozy reading spot can make reading more appealing.
- **Suggest a series.** When there are several books about a character they like, kids often keep reading, book after book.
- **Let your child see you reading.** If your child sees you with your nose in a book, he'll be more likely to want to read himself. Be sure to talk to him about what you're reading: "I just read the strangest story in the newspaper."
- **Talk with the teacher.** Ask about your child's reading progress and strategies you can use at home to strengthen his reading skills.

Q: My daughter struggled with math last year and now she says she hates it. I can't really blame her, because I'm not good at math either. How can I help her develop a better attitude?

Questions & Answers

A: Parents' attitudes about math have a lot to do with how well their children do in math. Kids whose parents tell them they didn't like math when they were in school, often struggle with math as well. Likewise, children whose parents instill a sense of enjoyment about math tend to perform better.

To help your child develop a positive attitude about math:

- **Set the tone.** Let your child know you believe *everyone* can be successful in math. If you say this often to your child, she'll start to believe it!
- **Avoid stereotypes.** Women can be engineers. Children of all races can be successful in school. In fact, students who are successful in math can go a long way toward breaking the stereotypes that others may hold.
- **Talk about careers.** Young children may decide that being a Ninja Turtle or an Avenger is a great career choice. Expand their horizons. Talk about people who use math in their jobs—an airline pilot, a weather forecaster, an architect, an astronaut, a researcher, an engineer, etc.
- **Connect math to the real world.** When you and your child go to the store, bank, restaurant, etc., point out all of the ways people use math. At dinner, challenge family members to tell one way they used math that day.

It Matters: Building Responsibility

Responsibility leads to success in the classroom



Children who learn to be responsible do better in school. They get along better with teachers and peers.

They make better decisions. They're more apt to try, follow through and succeed.

To strengthen your child's sense of responsibility:

- **Revamp her chore list.** Are you still packing your child's lunch? How about making her bed? If so, pass the torch. Most elementary schoolers are capable of handling such tasks. Don't overload her with too many chores, but work toward giving her meaningful responsibilities.
- **Teach lessons about money.** If she does not have an allowance, consider giving her one. If you let your child manage her own money, she may develop more respect for it. Include her when you're working on your budget. Don't share specific financial details, but let her see what budgeting looks like. Say things like, "I'd love to order pizza tonight, too, but it'll have to wait. Payday isn't until Friday."
- **Use consequences to teach.** When your child makes a mistake, don't swoop in to save her (unless she's in true danger). If she experiences the consequences of her actions, she's more likely to learn not to make the same mistake again. If you're always running to her rescue, she'll learn that she doesn't have to take responsibility for anything.

Encourage your child to do more than the bare minimum

You asked your child to take the recycling to the curb. It's a windy evening, so he placed a rock on the papers in the bin so they wouldn't blow all over the neighborhood. Congratulations! Your child just demonstrated responsibility and maturity by doing more than the bare minimum.

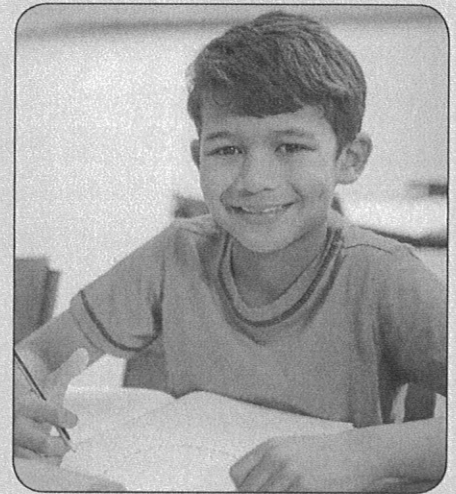
Talk to your child about other areas where he can go above and beyond. For example, when he:

- **Makes a snack** after school, he can leave the kitchen clean.
- **Uses the last** of the peanut butter, he can add it to the grocery list.
- **Pours the rest** of the water out of a pitcher, he can refill it.

Encourage your child to do more than what's required at school, too.

He could:

- **Read a few extra pages** of an assigned reading.



- **Take time** to make sure his report is written in neat handwriting.
- **Start a project early**, and go beyond what is expected, by including a detailed illustration or adding a colorful cover page.
- **Work a few extra math problems** to make sure he grasps a concept.

Help your child set goals and take responsibility for learning



Setting weekly goals helps your child take control of her learning. To help her set goals and achieve them:

1. **Ask your child to identify** one goal at the beginning of the week, such as finishing a book she has been reading for school.
2. **Have your child write** the goal on a piece of paper and post it on the refrigerator or bulletin board.
3. **Talk about how to accomplish** the goal. Help your child break the goal down into smaller steps.

For example, "You could read two chapters every day."

4. **Check your child's progress** in a few days. If problems arise, talk about possible solutions. If your child falls behind in reading, delaying bedtime by 10 minutes might help her catch up.
5. **Help your child evaluate** how she did at the end of the week. Did she achieve her goal? Why or why not? Regardless of the outcome, praise your child for trying. Then set a new goal for next week.

BUILDING READERS®

How Families Can Help Children Become Better Readers

Hay Springs Public Schools

Engage your child in frequent conversations to build vocabulary

When you have regular conversations with your child and use advanced vocabulary, you can teach her new words—and she may begin using them on her own! That's great because having a large vocabulary makes reading easier.

When using words your child doesn't know:

- **Provide a definition** that she will understand. "It's a *brisk* fall day! The weather is getting cooler, but it's not cold enough for snow yet."
- **Help her think** of a way to make connections to the word. "Can you remember another time when we were outside in the *brisk* fall air?"
- **Keep using the word** in your conversations. "It's another *brisk* day today. Let's be sure to wear an extra layer for our walk!"



"A room without books is like a body without a soul."

—Marcus Tullius Cicero

Ask reading-related questions at your parent-teacher conference

Parent-teacher conferences are a great time to check on your child's reading progress. Ask questions such as:

- "What are my child's strengths and weaknesses in reading?"
- "How can I support my child's literacy development at home?"
- "What types of material does my child enjoy reading in school?"
- "How are my child's writing skills developing?"
- "What reading strategies are you using with my child?"
- "Are there resources you can suggest that would be helpful to improve my child's reading?"

Play October-themed word games

Use the month as inspiration for word games! With your child, you can:

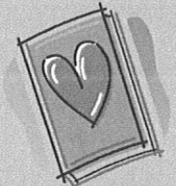
- **Create words** using the letters in the word *October*. How many can he come up with?
- **Brainstorm** a list of words that begin with the letter *O*. Ask your child to put them in alphabetical order. Then have him write a sentence for each word and read it to you.



Suggest fun ways to read

In addition to the reading your child does for school, it's important for her to read for fun, too! Suggest that she:

- **Read aloud** to her younger siblings or friends.
- **Play word games** and board games that include reading and wordplay.
- **Read the Sunday comics** while you eat breakfast together.



Find reading inspiration in autumn

Use time outdoors with your child to guide your reading and writing activities. Here are a few ideas:

- **Collect leaves** and label them in a scrapbook.
- **Observe wildlife** in a park or in your neighborhood. Ask your child to record what he sees in a special journal.
- **Do some research** together to learn more about the plants and animals your child has observed.



Encourage your child to write to music

Let your child use music as writing inspiration! Have her select one of her favorite songs. Listen to it together. Then, encourage your child to:

- 1. Draw one or more pictures** that describe the song as you listen to it again.
- 2. Write captions below the pictures.** The captions can tell the story in the song but your child should use words that are different from the lyrics. Encourage her to use synonyms to replace some of the lyrics.
- 3. Listen to different genres of music.** Have your child think about how her stories could be different for pop, jazz, classical and rock music.



Take your child on a reading adventure!

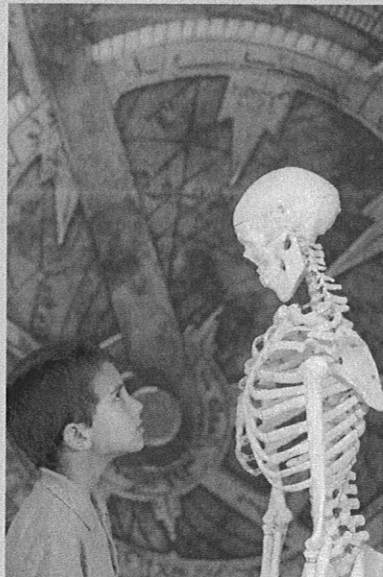
Looking for an educational activity that's fun for the whole family? A visit to a child-friendly museum can strengthen your child's reading skills, observation skills and curiosity.

Before you go:

- **Build excitement** by viewing the museum's website together.
- **Read museum brochures** and maps with your child in order to plan your trip.
- **Check out books** from the library related to the museum's exhibits.

During and after your visit:

- **Read the museum notes** about the exhibits with your child.
- **Challenge your child** to find things he saw in the museum in books.



Combine reading and math

Want to get an extra boost out of reading time? Choose a book about math. Early readers enjoy books about counting, such as *Curious George Learns to Count from 1 to 100*, by H.A. Rey. Older readers can handle more complex material, such as *Math-terpieces: The Art of Problem-Solving* by Greg Tang.

For lower elementary readers:

- *Calvin Can't Fly: The Story of a Bookworm Birdie* by Jennifer Berne. When Calvin learns to read, he is consumed by his love of books—so much so that he forgets to learn to fly!
- *Clink* by Kelly DiPucchio. Clink is a rusty old robot. As he watches his friends leave with their new owners, he wonders if he will ever find a family who wants him.



For upper elementary readers:

- *Kitchen Chaos: The Saturday Cooking Club* by Deborah A. Levine and JillEllyn Riley. Liza, Frankie and Lillian start work on a group social studies assignment—and set off on exciting adventures.
- *Guys Read: Funny Business* edited by Jon Scieszka. This collection of humorous short stories is designed for boys—including those who avoid reading. But girls will enjoy it, too!



Q: My child picks books that are too challenging, then gives up after one chapter. How can I help her make better choices?

A: Ask the teacher or librarian to help you find books that are at your child's reading level. (Your child should be able to read one page without struggling with more than five words.) Then, let your child pick one to start reading. If she needs an extra boost, read part of it aloud. Consider taking turns reading to each other.

Building Readers®

How Families Can Help Children Become Better Readers

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EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

September 2019

Seniors...3 must-do tasks for this fall!

1. **Apply to your top college choices.** If your school participates in Nebraska's *Apply2College* campaign in October, you'll get help with your college applications during a school-day event. If not, [click here](#) to find a college application checklist and other helpful resources.
2. **Create an FSA ID.** You and a parent must each create a username and password at fsaid.ed.gov that will serve as your Federal Student Aid (FSA) IDs for the Free Application for Federal Student Aid (FAFSA). You will each need your own email address to create an FSA ID.
3. **Complete the FAFSA at fafsa.gov on or after October 1.** The FAFSA is your application for federal, state, and college-based financial aid.

Get FREE help from EducationQuest

- Attend an EducationQuest [Financial Aid Program](#) to learn about types of financial aid and the FAFSA. While you're there, register to win a \$500 scholarship!
 - Find free [FAFSA Tools](#) at EducationQuest.org to help you prepare for and complete the FAFSA.
 - Call EducationQuest to set up an appointment for free FAFSA help: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.
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Meet with college reps at College Fairs, Educational Planning Programs

Juniors and seniors: Attend a College Fair or Educational Planning Program this fall to meet with college representatives. Admission is free.

Before you attend, visit NebraskaCollegeFairs.org to register for a barcode. Print the barcode, or download it to your smartphone, and take it to the fair so that college reps can scan it.

September "To Do" List

Juniors and seniors ... complete these college planning tasks during September:

- ___ Seniors, apply to your top college choices.
- ___ Seniors, create an FSA ID for you and one for a parent at fsaid.ed.gov.
- ___ Juniors and seniors, attend a [Financial Aid Program](#).
- ___ Juniors and seniors, attend a [College Fair or Educational Planning Program \(EPP\)](#) in your area.
- ___ Before you attend a College Fair or EPP, get a barcode at NebraskaCollegeFairs.org.
- ___ Seniors, [register](#) by September 6 for the October 5 SAT.
- ___ Seniors, [register](#) by September 20 for October 26 ACT.