

March 2017

## Superintendent's News

### Illness Procedures

Over the last few weeks it seems that we have seen an increase in student absence due to illness. Please remind your child to cover their nose and mouth with a tissue when they cough or sneeze. Wash their hands often with soap and water especially when returning from a public place or if they are exposed to someone that may be ill. Also, remind your child not to touch their eyes, nose, or mouth.

We ask parents to follow the guidelines below:

- \* If your child has a fever, don't send him/her to school or activities. Students should not attend school until fever free for 24 hours.
- \* If your child is vomiting or has diarrhea, children are welcomed back after being symptom free for 24 hours.
- \* Students that have conjunctivitis (pink eye), ringworm, or strep throat need to consult a physician and return to school with written approval or proof of treatment.
- \* Emergency contact numbers need to be accurate. If your child becomes ill at school we need a contact that will pick your child up at school during the school day.
- \* Report your child's absence to the school when they are ill or not coming to school. If we don't hear from you we make phone calls to verify your child's absence.

Parent-Teacher Conferences are scheduled for March 16th from 4:15-8:00. Please mark this on your calendar to attend. This is an excellent time to discuss your child's progress with their teacher. If you have any concerns now would be a good time to contact your child's teacher and then follow up during conference time.

# MARCH

## QUIZ BOWL

BY MR. BOUNOUS

On Friday March, 17 the Hay Springs Hawk Quiz Bowl team will be traveling to Sioux County High School for the annual Panhandle Conference Quiz Bowl meet. Both the high school and the junior high school teams will participate. The team is sponsored by Mr. Bounous and Mrs. Matthews.

## Dental Day

Dr. Hadden  
Chadron CAPWN Dental

We are planning on coming back to your school on March 15<sup>th</sup>. Due to unforeseen circumstances, we have adapted our program to provide fluoride varnish treatments to the students whose parents have given consent. We will not be providing sealants. As a reminder, recurrent dental fluoride varnish treatments will reduce up to 35% of a child's disease experience. As I'm sure you are aware, dental disease is the most common childhood disease. I thank you and your administration very much for accepting the opportunity to provide preventative dental services the students of Hay Springs Schools.

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## 4H Opportunities

By Melissa Mracek

### **Sheridan County 4-H Memorial Scholarship**

The Sheridan County 4-H Memorial Scholarship is a \$1,000 scholarship awarded to a Sheridan County Senior that is enrolled in the Sheridan County 4-H program. Applications are due March 31st to the Nebraska Extension Sheridan County Office. Applications can be found on the Sheridan County 4-H Website. They can be mailed, delivered, or emailed to Melissa Mracek at [mmracek2@unl.edu](mailto:mmracek2@unl.edu).

### **Film Creation Workshop**

Dave Ost diek, the Nebraska Extension Panhandle Communication Specialist, will be helping youth create their own videos on Thursday, March 9th from 9:00 to 2 pm. Youth must pre-register by March 1st. Participants should come to the workshop with a script, an outline, and a list of props. The goal is to create a 5 minute video. We must have 5 participants for the workshop. To register please contact the Nebraska Extension Sheridan County office at (308) 327-2312 or email Melissa Mracek at [mmracek2@unl.edu](mailto:mmracek2@unl.edu).

### **Heritage Workshop**

Come discover the history of the Panhandle or your family at the Heritage Workshop on Friday, March 10th. The participants will work with the staff at the Knight's Museum in Alliance to create a Heritage 4-H program. Transportation of Alliance will be provided. The cost for this workshop is \$5. Please contact the Nebraska Extension Sheridan County office at (308) 327-2312 to register by March 3rd.

### **4-H County Speech Contest**

The Sheridan County 4-H Speech and PSA Contest will be held on Sunday, April 2nd at the Gordon City Auditorium. Youth ages 5 to 18 can participate. For the PSA contest they



have to record a 60 public service announcement that promotes 4-H around the theme 4-H Grown and includes the tagline: Learn more about Nebraska Extension 4-H Development Program at [4h.unl.edu](http://4h.unl.edu). For the Seniors, there speech has to be between 5 to 8 minutes, Intermediate is 3 to 5 minutes, Juniors is 1 to 3 minutes, and Clover Buds is under 2 minutes. Outlines and registration papers are due March 29th to the Nebraska Extension Office. For youth that are interested in purchasing goats, you will receive a small discount towards your goat for participating in the speech contest. Registration forms can be found on the Sheridan County 4-H website.

### **March Clover Buds**

Clover Buds is a free program for youth ages 5 to 7 years old to develop life skills. In March participants will learn about density by creating their own Lava Lamps. The group will meet in Hay Springs participants will meet on March 16 at the Hay Springs School cafeteria from 4 to 5 pm. Please contact Melissa Mracek at (308) 327-2312 or [mmracek2@unl.edu](mailto:mmracek2@unl.edu) if you have questions about the Clover Buds program.

### **Sheridan County Livestock Judging**

The Sheridan County Livestock Judging practices will start soon. The following are the tentative dates for practices.

March 2nd at 5 pm  
March 19 at 3 pm  
April 23rd at 3 pm  
April 30th at 3 pm  
May 4 at 5 pm  
May 16 at 5 pm  
June 6 at 5 pm  
June 16 at 4 pm  
June 25-27 PASE

## Book Fair Coming Soon!

Get an early look at some of the books available at the Spring Book Fair by checking out the fair website

<https://goo.gl/aL8EzR>.



The online book fair will open March 9th and run through March 22nd. Books ordered through the online book fair will be delivered free of charge to the school.

There is a wider selection of books available online. You will find selections for preschoolers through adults.

As always the book fair will set up in the Library. Students will receive flyers prior to the fair.  
**Schedule:**

Fair Opens: Tuesday, Mar 14

Student Preview: Mar 14, 15, 16

Fair Open during PTC until 8:00 pm: Mar 16

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## Café'teria News

By Miss Wendy

### USDA and State of Nebraska School Nutrition Program reviews Hay Springs School Food Services Program:

Throughout the Month of January the USDA and State of Nebraska School Nutrition Program conducted a review of the Hay Springs School Food Services Program. This review is conducted every 3 years to help School Breakfast and Lunch Programs stay on track with the USDA guidelines for school nutrition. The review encompasses the handling of Free and Reduced applications, menu and nutrition guidelines, as well and procurement guidelines. I am proud to say that Hay Springs School Food Nutrition program was found to be in compliance with no negative findings. These reviews are a great learning tool for me to continue to create great quality meals and discover new ways of presenting the food choices. The reviewer was complimentary of the wide variety of choices available to our students from such a small

staff and small school. 🍌👍

### Special meal dates that guests are invited to:

Wednesday, March 15 – St Patrick's Day

Wednesday, April 19 – Fathers Day

Monday, May 8 – Mothers Day



## Music Notes

By Raimé Varvel

**High School music students** are going to attend a concert by the Black Hills Symphony on Saturday, March 4th. In addition to the symphony we will be touring Jewel Cave, eat lunch at Carvers Cafe in Mount Rushmore, play a round of golf and get lost in the maze at Putz-n-Glow and do a little shopping at the mall.



The 4th & 5th graders have begun work on their Spring Musical GO WEST! Each student received a CD with all the music, please make sure they are practicing these songs at home! We will be having auditions for speaking parts within the month of March.

**Spring Concert & Contest dates** have been set. Please add the following dates to your calendars!

Saturday, March 4 ALL DAY Music trip to see the Black Hills Symphony

Monday, March 27th ALL DAY ML/HS PANCO music contest in Morrill

Tuesday, April 11th 7pm ML/HS Pre-Contest concert & Recital

Thursday, April 13th 6:30pm Elders Wisdom 1st, 2nd & 3rd Grade

Tuesday, April 18th ALL DAY District Music contest in Alliance

Tuesday, May 9th 7pm 4th-6th Grade Spring Concert

Tuesday, May 23rd TBA Kindergarten Graduation

Like our facebook page at ***HS Hawks Music Notes*** to keep up with what's going on in the music room.



### Hay Springs Junior Wrestling Tournament

**Saturday, March 11th 2017**

**10:00 a.m.**

**Lister-Sage Gymnasium**

**Check in by 9:00 a.m.**

**Wrestling Starts at 10:00 a.m.**



## Hay Springs Youth Baseball & Softball

By Chris McDonald



It's hard to believe it's nearly March and we are already talking about Softball and Baseball. Hay Springs participates in the Highway 20 league for Softball and the Sandhills Baseball Association for Baseball. We are beginning sign-ups early to determine the amount of teams we have in each age group. **You will begin to see sign-up forms coming home with your kids in late February. Registration deadline is March 8th.** Return registration forms to the school office. If you have any questions don't hesitate to call me at 308-430-0231. Fee Scholarships are available upon request. Here are the Age Groups:

Boys T-ball – Must be 4 before 5/1/17  
 Boys Kid Pitch – Must be 7 before 5/1/17  
 Boys Cal Ripken – Must be 10 before 5/1/17  
 Boys Babe Ruth – Must be 13 before 5/1/17

Girls T-Ball – Must be 5 before 1/1/17  
 Girls Pixies – Must be 7 before 1/1/17  
 Girls Freshman – Must be 9 before 1/1/17  
 Girls Juniors – Must be 12 before 1/1/17  
 Girls Seniors – Must be 15 before 1/1/17

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## High School Wrestling Wrap—up

By Coach McCance

Looking back on this season we had great improvement across the board.

Starting with our senior, Nathan Tobiasson, who improved all season and stepped up as a leader of the team. He will be missed next year. Nate ends his year with a 25 and 21 record, which was a big improvement over last year and place 4<sup>th</sup> at Districts, earning his 1<sup>st</sup> trip to state.

Coy Wolken is our junior, who put time in last summer at camps and open tournaments improving his skills, that paid off during the season. He had the team's best record of 32 and 14. Coy wrestled to a 3<sup>rd</sup> place finish at Districts which also earned him a trip to state for the 1<sup>st</sup> time.

Then there's our sophomore, Austin Anderson. He wrestled tough all session for being underweight sometimes as much as 4 to 5 lbs. and wrestling Trevor Nelson a returning state runner up at least 5 times during the season. Austin's record of 17 and 27 does not reflect his improvement this year, turning it on at Districts with a 4<sup>th</sup> place finish and a 1<sup>st</sup> trip to state.

Bryce Running Hawk is our outstanding freshman. Unable to attend some earlier tournaments did not stop him from shining at the ones he did attend. Ending the year with a 14 and 12 for the season. Bryce nearly wrestled a flawless Districts, placing 2<sup>nd</sup> and made His 1<sup>st</sup> appearance at state.

Baiden Planansky, a freshman, was injured in football and didn't get cleared until the Monday of districts. Baiden wrestled hard at districts but failed short of qualifying for state by one match.

The future for the Hay Springs Hawks wrestling team looks bright. With having three returning state qualifiers in the room and three incoming freshmen. I really enjoyed the time I spent with these young men and want to thank the school staff for making me feel welcome my 1<sup>st</sup> year as a hawk. I also want to thank the parents for all their support throughout the year.

## GIVING BACK TO THE COMMUNITY

By Linda Kedrna



In appreciation for the support of our community, the students at HSH would like to “give back” to Hay Springs. We are seeking businesses, groups, organizations, and even the elderly who are in need of help. Teacher supervised groups of students are willing to wash windows, stock shelves, clean shops, rake lawns or scoop snow if necessary. We are willing to assist in any way needed.

Our “Give Back to the Community Day” is scheduled for 1:00 p.m. to 4:00 p.m. on April 12, 2017. In the event of inclement weather, April 19, 2017, will be the alternate date. If you would like to be added to our list, please call the high school office at 638-4434.

## STUCO

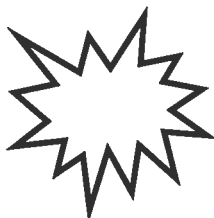
By Ms. Holtmeier

### “Pennies For Patients”

Our students, with your help and the faculty’s help, raised \$1,323.86 for the Leukemia/Lymphoma Society in the “Pennies of Patients” program.

### Middle School Winter Ball

Friday March 17, 7 til 10!



### PARENT-TEACHER CONFERENCES

**March 16th from 4:15-8:00.**

*Pick up report cards at the office before your conference.*

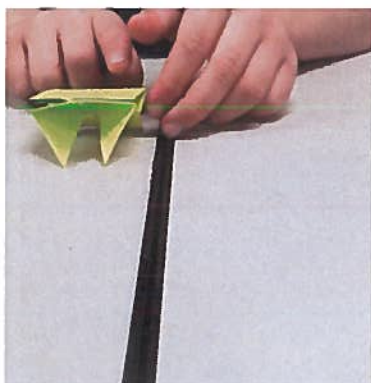
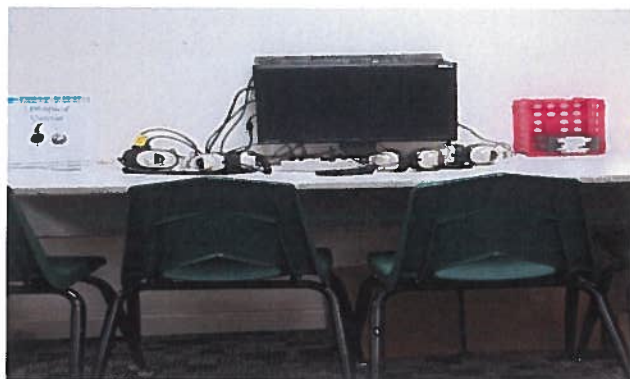
## Library News

By Mrs. Matthews

Stop by the Library and check out a few of the new things. We have two centers set up. These will be changed or added to as the year goes by. The current centers are Puzzle Center and Listening Center. The Listening Center is set up for four students to listen with headphones.

The Puzzle Center currently features a Parrot puzzle, but that may change soon.

There are many DVDs that will make an appearance at the Listening Center. Last week the second grade listened to "The Three Little Pigs." This week *100th Day Worries* is set up in honor of the 100th day on Tues, Feb 21. There is even a selection of *Magic School Bus* books.



What do you do after listening to "The Jumping Frog of Calaveras County" by Mark Twain. If you are the third grader you make your own jumping frog, of course. It was a learning experience to create these origami jumping frogs but they all were successful.

The third grade came during Storytime one day and shared books with the afternoon preschoolers. Earlier in the day they went to the preschool classroom and shared with the morning preschoolers. They had selected books from the library and each students read to several of the preschoolers.



## EducationQuest Foundation

# College Planning Bulletin

### Wrapping up your senior year

#### Seniors...stay on track for college by completing these second-semester tasks:

- ☐ **Watch your grades.** If you slack off and get poor grades, your college admission could be revoked.
- ☐ **Complete the financial aid process.** By now, you should have filed your FAFSA (Free Application for Federal Student Aid). If you haven't, apply at [fafsa.gov](http://fafsa.gov).
- ☐ **Compare financial aid award notifications.** The colleges you listed on your FAFSA will send you notifications detailing the financial aid they're offering. Compare the notifications to determine which school provides the best package.
- ☐ **Apply for scholarships.** See [ScholarshipQuest](http://ScholarshipQuest) at **EducationQuest.org** to find Nebraska-based scholarships and a list of national scholarship sites
- ☐ **Make your final college selection.** Notify the other colleges so they can take you off their mailing list.
- ☐ **Pay attention to deadlines.** Be aware of deadlines to accept financial aid and college admission offers, housing deposit, and new-student orientation.

#### Juniors...why you should narrow your college choices now

Narrow your college choices soon to prepare for these upcoming activities:

**ACT college entrance exam.** When you take the exam this spring, you'll be asked to provide a list of colleges that should receive your score.

Completion of the **FAFSA** (Free Application for Federal Student Aid). You and your parents can complete the FAFSA beginning October 1 of your senior year. The colleges you list on the form will receive the results.

**Apply2College Campaign.** Early next fall, it will be time to apply to your top college choices. Many high schools will participate in the [Apply2College campaign](http://Apply2College) during which seniors get help during the school day with college applications.

#### Seniors

\_\_\_ If you haven't already, [complete your FAFSA!](http://fafsa.gov)

\_\_\_ Expect financial aid award notifications.

\_\_\_ Continue applying for [scholarships](http://ScholarshipQuest).

#### Juniors

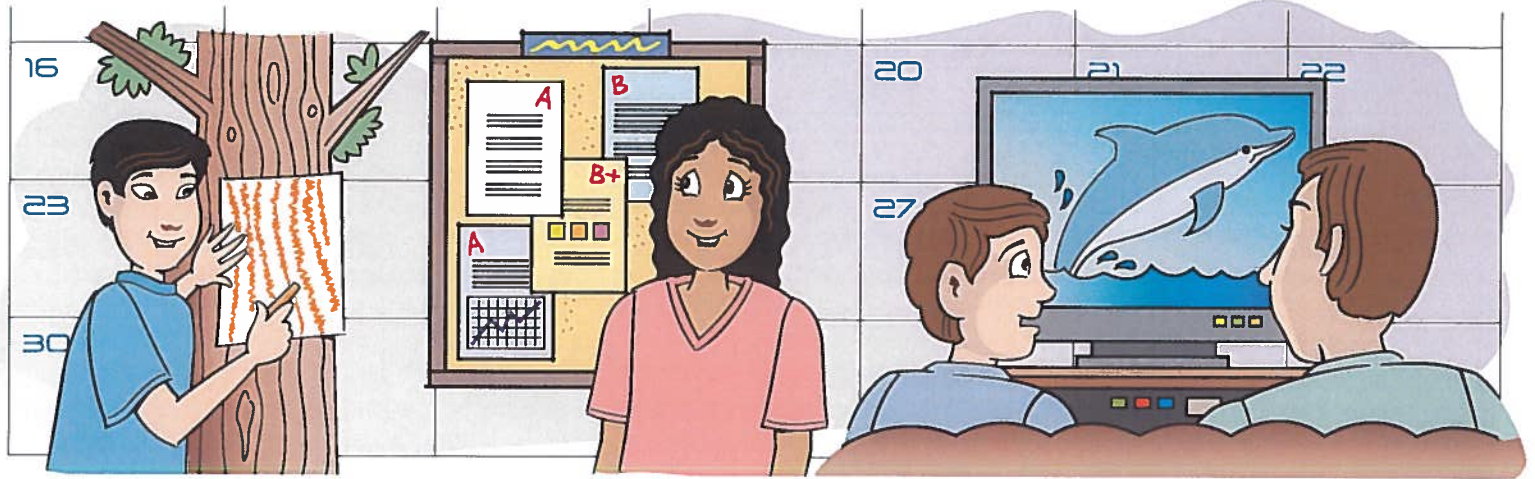
\_\_\_ [Register](http://Register) by March 3 for the April 8 ACT.

\_\_\_ [Register](http://Register) by April 7 for the May 7 SAT.

\_\_\_ Attend the [college fair](http://college fair) in your area.

# Parent & Child Activity Calendar

Hay Springs Public Schools



THE  
**PARENT**  
INSTITUTE

## Parent & Child Activity Calendar

Elementary School  
**Parents**  
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2017</b>			<b>1</b> With your child, fold paper to make different types of airplanes. See which ones fly the best.	<b>2</b> Together, write a poem about your family. Start each line with a letter from the word FAMILY.	<b>3</b> Learn a new word at breakfast. Challenge family members to use it three times during the day.	<b>4</b> Does your child need some new books? Organize a neighborhood book swap.
<b>5</b> Have a 20-minute DEAR time today (Drop Everything And Read).	<b>6</b> Write an encouraging note and tuck it in your child's lunch box or in a school book.	<b>7</b> Write fractions on cards. Mix them up. Have your child put them in order from smallest to greatest.	<b>8</b> Ask your child questions that require more than a yes or no answer: "What was your favorite part of the story?"	<b>9</b> Encourage your child to read the newspaper and report on a news story at dinner tonight.	<b>10</b> Tonight at dinner, put a price on each item you serve. Have your child figure out the total cost of the meal.	<b>11</b> Have your child write a short story from the point of view of an animal.
<b>12</b> Go for a walk or bike ride today. Challenge each other to spot something you haven't seen before.	<b>13</b> Have each family member write a funny sentence. Put them together to create a story.	<b>14</b> Does your child have a special reading and study spot? Keep it stocked with paper, pencils and other school supplies.	<b>15</b> Read a poem aloud. Stop to let your child guess what the next rhyming word will be.	<b>16</b> Teach your child how to take his pulse. Then have him jump up and down 50 times and take it again.	<b>17</b> Watch a TV show with your child. Ask your child to track the time spent on commercials vs. the program.	<b>18</b> Take a walk with your child and use your senses to observe the world around you.
<b>19</b> Play a game of hide and seek with your child.	<b>20</b> Play math Jeopardy. Give a number. Who can come up with a problem for which it is the answer?	<b>21</b> Place a long piece of string in a clear bag. Ask your child if it is longer or shorter than her height. Take it out to check.	<b>22</b> Ask your child to complete this sentence: "If I had one wish, it would be ..."	<b>23</b> At the grocery store, have your child compare the prices of two sizes of the same product. Which is the better buy?	<b>24</b> Have your child predict the results of flipping a coin 10 times. Try it and see if he's right.	<b>25</b> Look for ways to involve your child in your hobbies. For example, if you are a runner, take your child for a short jog.
<b>26</b> Find a kid-friendly recipe. Help your child make that dish today.	<b>27</b> Figure out the average of something with your child, such as family members' ages.	<b>28</b> Ask your child to describe the most beautiful place she has ever seen.	<b>29</b> Find a new way to say "I love you"—in sign language or in a secret code.	<b>30</b> Ask your child to give you a "six o'clock report" about what happened at school today. What's the lead story?	<b>31</b> Talk to your child about people he admires. Ask him why he admires them.	

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# Elementary School Parents<sup>®</sup>

Hay Springs Public Schools

*make the difference!*



## Women's History Month is a great time to read a biography

**M**arch is Women's History Month—the perfect time for your child to read a biography about a famous woman. Help her select a biography she will enjoy by talking with her about her interests.

If your child likes:

- **Sports**, she might like to read about Wilma Rudolph, a three-time Olympic gold medal winner.
- **Science**, she may be interested in learning about Marie Curie, the only person to win a Nobel Prize in two different sciences—chemistry and physics.
- **Politics**, she might like to read about Victoria Woodhull, who in 1870 became the first woman to run for president.

- **Fashion**, she might like to read about Jacqueline Kennedy Onassis, who was considered a cultural and fashion icon in the 1960s.
  - **Helping others**, she might like to learn more about Mother Teresa, who dedicated her life to serving the poor and disadvantaged.
- Whatever your child's interests, there is sure to be a biography she might enjoy reading. Ask the librarian for help if you don't see a book that catches her interest right away.

Read the book with your child or let her read it on her own, but don't stop there. Encourage her to do some additional research on the person and share what she finds out.

## 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 assignment is complete!

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

# Should you make your child redo a homework assignment?



You are looking over your child's homework and you notice that a few of his answers are incorrect. Should you make him redo it?

According to experts, you should not ask your child to redo his homework if just *some* of his work is wrong. Instead, point out the items that are incorrect, and let your child choose whether or not to correct them.

This policy makes it clear that homework is your child's responsibility and it also helps avoid power struggles over homework. Leaving incorrect work also enables the teacher to see where your child needs help.

There are, however, two reasons you should ask your child to redo his homework:

1. **The assignment was done in a hurry and is sloppy.**
2. **The entire assignment is totally wrong.**

Source: J. Craig, "What Happened in School Today?"—*Helping Your Child Handle Everyday School Problems*, Skylight Press.

**"The habits we form from childhood make no small difference, but rather they make all the difference."**

—Aristotle

# March weather activities can teach your child science skills



According to the old saying, March comes in like a lion and goes out like a lamb. Is this true where you live?

In many parts of the country, the month of March brings changeable weather—which makes it a great time to enjoy science and other weather-related activities.

Try these ideas with your child:

- **Keep a temperature graph.** Have your child record the temperature each day for a month. Or, use the online weather report for your area. Record whether the day was sunny, cloudy or rainy.
- **Measure the rain.** You'll need a plastic jar with straight sides and a flat bottom, a ruler and a marker. On the outside of the jar, use the ruler and marker to mark off each quarter inch.

Have your child keep track of the amount of rainfall.

- **Make wind chimes.** You'll need four clean, empty cans, some string and a coat hanger. Make sure the edges of the cans are smooth. Help your child punch a hole in the bottom of each can. Tie a knot in one end of the string and thread the string through the can. Then tie the other end of the string to your hanger. Each time the wind blows, it will make music! Your child can also go online to learn more about weather. Check out these fun, age-appropriate websites:
- **Weather Wiz Kids**, [www.weatherwizkids.com](http://www.weatherwizkids.com).
- **The Old Farmer's Almanac for Kids**, [www.almanac4kids.com/weather](http://www.almanac4kids.com/weather).
- **Space Weather Center**, [www.spaceweathercenter.org](http://www.spaceweathercenter.org).

# Do you encourage your child to work independently?



"Mom, I can't do it. I need help!" Every child makes that plea once in a while. But if your child says it every day, you may need to help her become more independent.

Answer *yes* or *no* to the questions below to find out if you are fostering self-reliance:

- \_\_\_ 1. **Do you tell your child that you believe she can do it?**
- \_\_\_ 2. **Do you help her break big projects down into smaller pieces that are easier to finish?**
- \_\_\_ 3. **Do you remind her of the importance of effort?** "You couldn't ride a bike the first time you tried. But you kept at it. You'll learn this, too, if you keep at it."
- \_\_\_ 4. **Do you ask her questions when she gets stuck?** "What did you learn when you read the chapter?"
- \_\_\_ 5. **Do you compliment your child when she finishes work on her own?**

**How well are you doing?**

If most of your answers are *yes*, you are helping your child learn how to work on her own. For *no* answers, try those ideas.

Elementary School  
**Parents**  
make the difference!

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# Use the internet to help your child develop research skills



Even elementary school students need to be able to do research on the internet. Have some fun teaching your child about some of the interesting things she can find online.

Use a computer at home or at your local library and try these two games:

1. **Scavenger hunt.** Make a list of 10 questions for which there is only one correct answer. For example: *What's the temperature in Madrid right now? What's the longest river in Asia? Who was the last Olympic Gold Medal winner in women's figure skating?* Then start a timer and see how quickly your

child can find the answers. As she searches for answers, encourage her to come up with a variety of search terms. Give the same list of questions to another family member and see who gets the best time!

2. **Panning for gold.** Choose a famous person or event from history. Give everyone in the family 15 minutes to search the internet for interesting facts about that person or event. After everyone has taken a turn, share what each of you has learned. Vote for whose "nugget" of information turned out to be gold!

# Bring geography to life with fun and educational activities



Helping your child learn about geography can make the entire world more relevant to him.

To get your child thinking a little bit more about geography, have him:

- **Draw a map** of how to get from your house to school, the grocery store or a friend's house. Then follow the map together.
- **Walk outside** and identify *north*, *south*, *east* and *west*, as well as *northeast*, *northwest*, *southeast* and *southwest*. Challenge him to describe where things in your town are located. "My school is *northeast* of my house." "City Hall is *south* of the zoo."
- **Go through your house** and talk about where various items came from. Look for labels to see where things were made. A calculator

may have come from Taiwan. A box of cereal may have a Battle Creek, Michigan or Chicago, Illinois address. Locate them on a map.

- **Look for street patterns.** In some towns, streets run north and south, while avenues run east and west. Or, street names may be alphabetical. Help your child see the patterns.
- **Start a collection** of objects from countries around the world. Stamps, postcards and coins are all easy items to collect, categorize and store.
- **Learn more about where** his ancestors came from. Find these places on a map. If possible, help him learn about the routes his ancestors traveled when they came to this country. Where do your relatives live now? Again, check the map.

**Q:** The principal called to tell me that my fifth grader shoved a child to the ground at school today. As a result, my child is going to be suspended for one day. I know this is the school's policy; however, my son says the other boy said mean things to him first. Should I go to the school to complain?

## Questions & Answers

**A:** Kids don't always make the right choices. What's important is the lesson they learn after they've made a bad choice. Arguing with the school on your son's behalf can teach him the wrong lesson.

Start by talking with your son about the incident. Does he admit that he pushed the other child? It's important for him to learn to tell the truth about what he's done.

He needs to learn that pushing people is not acceptable—even if they call him names. Help your son think of other ways he might have reacted. He could have ignored the child, for example.

If name-calling continues, your child should tell a teacher. If he had reported the incident, the *other* child might now be the one in trouble.

Talk about why schools need rules. What if he had been the one who was shoved? Would he want the child who shoved him to face a consequence?

Finally, let your child experience the consequence of his action. The day of his suspension, don't let him watch TV. Have him spend the same time studying that he would have spent in class. At the end of the day, let him know he has served his punishment.

# It Matters: Test Success

## Test-taking strategies can boost success



Your child has a big test tomorrow, and she wants to do her best. Encourage her to follow these test-taking strategies:

- **Focus on directions.** Whether they are written or given out loud, your child should make sure she understands them before she begins.
- **Write down information.** If your child struggled to memorize something, she should write it down as soon as the test starts, so she can refer to it later.
- **Read through all the questions** quickly before starting. Your child should think about how much time she has and decide how much time she can spend on each question.
- **Skip a question if unsure** of the answer. Your child should answer all the questions she knows first. Then she can come back to the others.
- **Remember true/false tricks.** If any part of an answer is false, the whole answer is false!
- **Use multiple-choice strategies.** She should try to answer the question before looking at the choices. Or, eliminate the wrong answers and see what's left.
- **Outline essays.** Instead of writing freely, she should make a plan and stick to main points and key details. Even a brief outline is better than no answer.
- **Allow time to go back** and check answers. Do they make sense? Are sentences complete?

## Four ways to reduce your child's anxiety before a test

It's normal to get a little nervous before a big test, but many children suffer from excessive test anxiety. They worry so much about taking the test that their performance suffers.

To help your child diffuse those pre-test jitters:

1. **Focus on preparation.** Make sure he spreads studying out over time. True learning requires time to review and think about the content. And knowing the material is the best way to reduce anxiety and stress.
2. **Discourage cramming.** Cramming the night before a test often increases anxiety, which can interfere with clear thinking. The most important things your child can do the day before a test are to review and then get a good night's sleep.
3. **Encourage a positive outlook.** Build your child's confidence by



reminding him of his strengths. Have him envision himself doing well on the test.

4. **Maintain perspective.** Remind him that test scores aren't everything. Make sure your child knows that, while you want him to do his best, he doesn't have to be the best.

## Take time to review test results with your elementary schooler



When your child brings home a test, take time to review it together. A quick review can be an excellent way to help your child do better on the next test.

First, talk about the things that your child did well—even if her overall performance on the test was not as good as you both would have liked. At the very least, let her know that you know she can do better,

and that you will work with her to find ways to help her improve.

Then, talk about the answers she got wrong and why she answered the way she did. Review any teacher comments with her. They can be especially helpful. In some cases, your child may need additional work in basic areas (she may need more practice in basic math functions, for example). In other cases, she simply may have misunderstood a question or made a careless error.



# Hay Springs Speech Workshop

## Public Speaking 101– Hands-On Interactive Class

- ♦ The Fundamentals of Speechwriting
- ♦ How to Develop Speaking Points
- ♦ How to Relate to Your Audience
- ♦ How to Become Aware of and Use Body Language Effectively
- ♦ The Basics of Creating an Attention Getting Public Service Announcement



**Get rid of the butterflies!!**



## Improve Presentation in 4-H!!

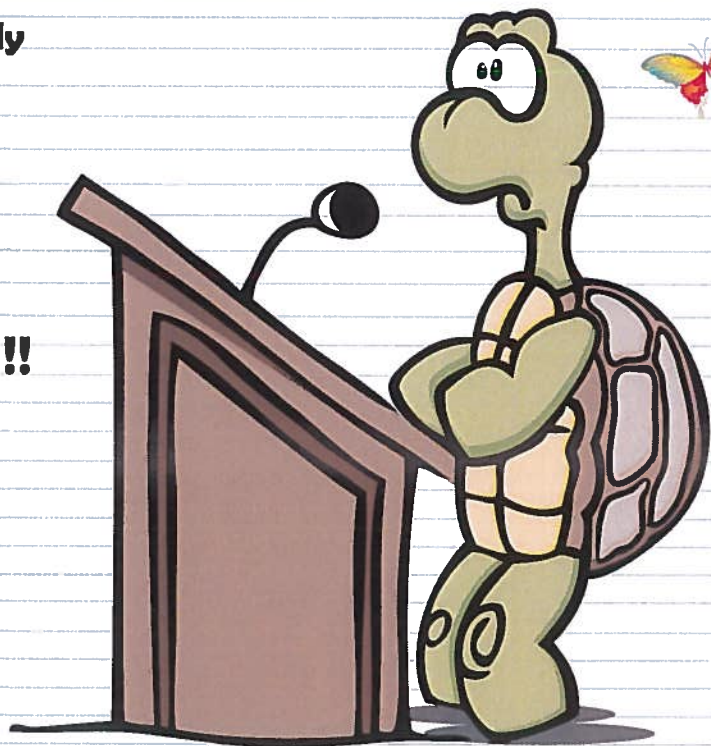
**At Hay Springs School**

**On Friday, March 3rd**

**Starting at 9 am to 12:30 pm**

**Ages: 5-18**

**Cost: \$5**



**Please Pre-Register By March 1:**

**Contact the office at (308) 327-2312 or, email Melissa Mracek at [mmracek2@unl.edu](mailto:mmracek2@unl.edu)**

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			"Hawk Talk" 1	G/BB STATE 2	G/BB STATE 3	HS music – Black Hills Symphony 4
5		NAEP Testing – 8 <sup>th</sup> grade 6	Quarter 3 ends Health/Sex Ed Education 7	<b>NO SCHOOL – Spring Break</b> B/BB STATE 9		Hay Springs Junior Wrestling Meet 10am 11
Daylight Savings Time 12	<b>NO SCHOOL – Spring Break</b> 13	JH Track practice starts 14	CSC High School Business Competition 15	St. Patrick's Day Lunch P/T Conference Clover Bud workshop 4-5pm 16	St. Patrick's Day Dental Day JH Winterball Dance 7-10pm Quiz Bowl @ Sioux Co. PANCO 17	CSC Indoor Meet 18
19	First Day of Spring  Juniors – ACT Prep @ Bridgeport 20		Middle Level Quiz Bowl @ Chadron 22	Preschool "Fun" Night 6pm 23		Early Bird Meet - Morrill 25
26	PANCO Music @ Morrill 27					



# MARCH 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menus are subject to change	Lunch menu choices available each day are: PBJ/Box Meal/Pizza		1 Breakfast: Sausage biscuit Lunch: Mandarin Orange Chicken/Fried Chicken	2 Breakfast - Breakfast Pizza Lunch: Cheeseburger Casserole, Frozen Fruit Dessert	3	4
5 Breakfasts include: cereals/and cereal bars/ yogurt/cheese sticks/fruits/100% juice and Milk	6 Breakfast: Pancakes, Scrambled Eggs Lunch: Meaty Nachos, Corn	7 Breakfast: Breakfast Burrito Lunch: Spaghetti, Garlic Bread	8 Breakfast: Turn Overs/ Muffins Lunch: Hamburgers/ Chicken Patty Sandwich, Baked Beans	9 Spring Break	10	11
12	13 Spring Break	14 Breakfast: Cinnamon Roll, Pudding Lunch: Chicken Fajitas, Corn	15 Breakfast: Breakfast Pizza Lunch: Breaded Beef, Mashed Potato, Gravy. <b>ST. Patrick's Day Meal</b>	16 Breakfast: Sausage Biscuit Lunch: Variety of Soups/ Bread Sticks	17	18
19	20 Breakfast: French Toast Sticks Lunch: Corn Dogs, Corn or Taquitos, Corn	21 Breakfast: Pancake on a stick Lunch: Corn Dogs & Mini Corn Dogs, Baked Beans	22 Breakfast: Pastries/Variety Muffins Lunch: Chicken Nuggets or Chicken Strips, Cookies	23 Breakfast: Waffle, Dutch Waffle Lunch: Hoagie, Chips	24	25
26	27 Breakfast: Scones/ Omelettes Lunch: Taco Casserole/Walking Tacos, Corn	28 Breakfast: Sausage Biscuit Lunch: Mandarin Chicken/Mini Corn Dogs, Egg Rolls, Rice	29 Breakfast: Sliders Lunch: Roast Beef/Ham Sandwiches, Baked Beans	30 Breakfast: Biscuits N Gravy Lunch: Pizza, cookie Pizza Warmer: Burritos and taquitos	31	
Fruit and Veggie bar is available each school day	Milk is served with each meal.					

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## Hay Springs School Cafeteria

- \*Breakfast menus
- \*PK - 12 Lunch Menus
- \*All menus are served with milk. Water is available in the lunchroom area.
- \*Garden Bar is offered daily unless posted.

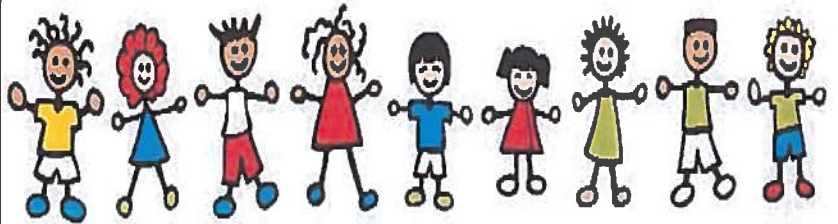
# Preschool Family Fun Night

## HELPERS NEEDED

Looking for individuals or community groups who are willing to teach a summer fun camp. We are open to any camp ideas that you may have.

Thursday, March 23rd at 6:00pm.

All preschool students and families are invited to attend. We will be having a short music program directed by Mrs. Varvel as well as some fun activities! Hope to see all of you there!



The Cafeteria will be hosting a special day each month. On this day, students are encouraged to invite someone to eat lunch with them. Adult Lunch is \$3.50 which includes the meal and unlimited Fruit & Vegetable Bar. Please contact the Office at 638-4434 and let them know that you are coming by **March 7th, 2017**

March's Special Day is  
**St. Patrick's Day Dinner**

Invite a Guest or two!

(aunt, uncle, grandma, grandpa, neighbor, friend)  
On March 15th.

PreK Lunch—12:00 noon

Elementary Lunch—11:30 a.m.

Middle/High School Lunch—12:25 p.m.

