

Superintendent's News

Beginning of the School Year Reminders



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Reminder: All visitors must enter through the main office doors.



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 making our transition to Hay Springs so pleasant. The staff and community members we have met are tremendous individuals and are very welcoming. 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 2017-18 is well underway. My initial evaluation of the Hay Springs educational system is that our community 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 very 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 care about your students. We are here to provide the highest quality of education possible and are dedicated to continue to search to provide additional opportunities for student learning. The support of parents and patrons of the district always enhance 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 does not happen without the educational system and parents working together to support the entire process.

As we begin the 2017-18 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 adjusting to a new reading curriculum.
- Thank you to Mr. Bounous for his presentation to students and the public on the solar eclipse. This was an experience that most will remember for the rest of their life.
- The use of our entirely new weight and conditioning equipment in the Lister-Sage building is a blessing to our community and our educational system.
- Student involvement in activities is great with eighteen boys on the football roster and thirteen girls out for volleyball and a small number involved in cross country.
- The Hawks started the football season with a impressive win, the Volleyball girls begin their regular season Friday night, and cross country has completed their first meet.
- 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.

- Board members and members of administrative team have attended NASB (Nebraska Association of School Board) area meetings and workshops.
- I have developed an administrative team which meets weekly to review staff and student issues and concerns. Team members include Mrs. Marx, Assistant Principal, Ms. Kudrna, Activities Director, Larel Reimann, Technology Coordinator, Ms. Langford Business Manager and Accountant and Mr. Lechtenberg Superintendent/Principal.

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 classroom teacher, coach or direct student supervisor you are not satisfied that there has been any resolution to the issue contact the individual supervising those individuals. 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 and supervision is provided for students eating at that time but the playground supervision

does not take place until 7:45. AM Pre-school students should not arrive prior to 7:45 am. 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. Students wishing to eat breakfast at school need to arrive prior to 7:50 which will allow them to consume breakfast prior to instruction beginning at 8:00 am.

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.



Homecoming is set for the week of September 11th!

Hawk Talk is Scheduled for September 20th at the Senior Center

www.hshawks.com

Café'teria News:

(Miss Wendy) Wendy Andersen

Menu Improvements:

Menu improvements have been very well received:

Totchos
Broccoli Salad
Pasta Salad
Fish Sandwich
BLT Wraps
Taco Boats.

The new baskets with fresh whole fruit have been a big hit with kids and staff. All have enjoyed Peaches, Pink Lady Apples, Plums, Kiwi and Pears throughout the Month. Next month there will be new fruits to try.

New Menu Items for September: Enchiladas (Chicken or Beef), Ham or Chicken Salad Pitas. I have included the kid's new favorites as well as their old favorites to enjoy throughout the month.

Parent and Family Days:

Parents and other family members are always welcome to come and eat with their student. Once a month we plan a special event to encourage parents, grandparents, etc. to come and sit down and eat with their students.

Below is the list of dates for our 2017-18 school year:



September 12th—Grandparents Day
October 11 – Bring a fireman to lunch
November 21 – Thanksgiving Dinner
December 21 – Christmas Dinner
January 31 – Super Bowl
February 14 – Valentines Day
March 14 – St Patrick's Day
April 19 – Fathers Day
May 8 – Mothers Day

Please contact the office 638-4434 to RSVP one week in advance for any of these dates. I need to make sure I have plenty of food. Your students get so excited to have you eat with them and I enjoy it too!!



September 4th—NO SCHOOL

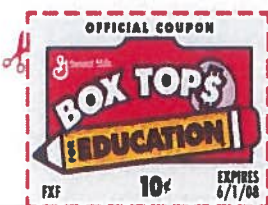
September 11th—16th—Homecoming Week

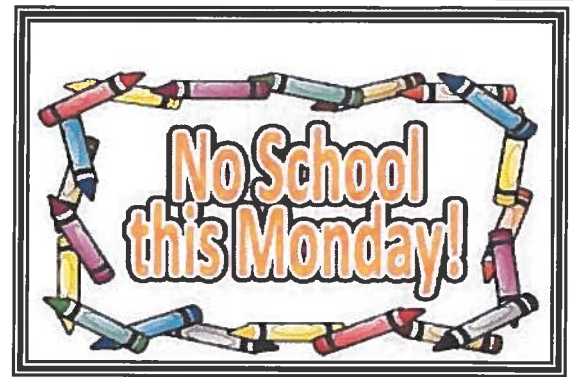
September 27th—Dental Screening Day

September 28th—Lion's Health Screening Day

October 11th and 12th—School Picture Days

Ways to help your school:





Juniors:

National Merit Scholarship Program

September 4, 2017

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 11, 2017. If you are interested in taking the PSAT/NMSQT please register with Mrs. Marx by September 18, 2017. Cost for the assessment is \$15, payable at the time of registration.

Music Notes

By Raime Varvel

I have no idea what happened to summer, but it sure is nice to be getting back into making music with your students.

I am so excited to have the opportunity to have a 6th grade music class and a 7th & 8th grade music class. I get to see them twice a week for one half hour of band and a half hour of singing! I am hoping this boosts our students confidence and keeps them singing clear through high school!



5th grade has been testing out instruments and are getting ready to get started with beginning band. Haggerty's music store out of Rapid City will be here on Wednesday, September 6th from 4-5pm in the music room for any instruments or supplies you may need. Please don't hesitate to contact me if you have any questions. Quickest way to reach me would be through class dojo, email raime.varvel@hshawks.com or calling the school 638-4434.

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

Strange phrase is BACK!

Be on the lookout for the strange phrase and be the first to let the school know that you found it and win a free concession stand item!



By Jim Varvel

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.

Monday, August 28th – 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. We helped send 10 student athletes this past summer to 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 don't hesitate to give me a call at (308)320-4445.

God Bless,

Jim Varvel

Hay Springs Youth Football 2017

By Jim Varvel



Youth tackle football is once again upon us, 23 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. If you are interested in helping please contact Ryan Turman.

Parents for safety reasons please keep children seated in bleachers
during volleyball and football games.

Thank you!

Junior High Football

By Coach Ehrman

The 2017 school year isn't the only thing kicking off; the Junior High football team is hitting the gridiron to do the same and we are hoping to continue the success from last year. Along with the new faces on the team, we've got new faces from the coaching standpoint. Volunteer Coach David Becker has joined the staff since Coach Hughes graduated up to the High School football team. Coach Becker, from Yoder, WY is currently a student at CSC and we are excited to have him on the sidelines with us.

The Hawks return three 8th graders and bring up eight 7th graders from the little league, so we are a very young team and will be looking to our 8th graders to lead the way. Coach Becker and I are looking forward to working with the kids and will be introducing a new offense that will prepare them for the next level. We have no doubt that the kids will pick up this new look and will hit the field with everything they've got. The team's schedule is very favorable for us this year, as we have five home games throughout the season. Coach Becker and I look forward to seeing all of our fans in the stands cheering us on and thank you all for the opportunity to represent the Hay Springs Hawks.

Junior High Volleyball

By Coach Marx

Hello, my name is Kerisa Marx and this is my third season as the Junior High Volleyball coach. Over the past two years I have worked closely with the high school coaches in order to help build our volleyball program. This included taking two teams of girls to a team volleyball camp in Ogallala for the second year. This is a great experience for all the girls whether they are still in junior high or moving up to the high school level as it provides lots of game time experience.

This year our numbers are pretty low with only 9 girls going out. The team consists of 4 girls each in seventh and eighth grade and 1 sixth grader. My main focus for the season is building upon the fundamental skills of volleyball. I believe every girl should know every skill, that way in the future as they learn and grow they are better able to fill a different position.

High School Football

By Coach Borm



Following last year's 5-3 record along with a 10th place finish in the final standings, we were anxious to get this season underway. We have 19 players out for football this year and several of them can be expected to see significant playing time on Friday Nights. We return 4 of 6 starters on offense and 5 of 6 on defense while also bringing in a solid freshman class of players and junior Mavrik Wagnitz.

Our captains, as voted by the players are:

#2 Wesley Tlustos

(Sr.) Wesley is a returning starter on the defensive side of the ball and will play running back, tight end and back-up quarterback on offense.

#31 Kaelob Marx

(Sr.) Kaelob returns as a starter on both the offensive and defensive lines. He was an All-District and All Panhandle selection in 2016. Kaelob will take on the same role this season.

#33 Trent Reed

(Jr.) Trent started as a running back and a line-backer a year ago and will do the same this year. Trent had a phenomenal year in 2016 rushing for over 1,800 yards and 34 touchdowns. Trent was a 2nd Team All District player as well as an All-Panhandle Conference Selection last year.

#50 Thomas Scherbarth

(Sr.) There are not a lot of numbers on the stat sheet for Thomas. He has an impact on the game that isn't put directly into numbers, but he makes our offensive line work. When our offensive line works well, we can run the ball and typically find success. Thomas, both this year and last, starts at center on offense.

#80 Coy Wolken

(Sr.) Coy was unfortunately shackled by injuries in 2016 and wasn't able to play as many games as we would have liked him to. He is a fantastic player that was definitely missed last year. His leadership is unmatched and he is sure to have a great impact on games this fall.

High School Football (continued)

On August 25th we played our first game. Sioux County came to Hay Springs and we were able to come out on top 80-56 after being down 16-0 early and down 30-21 at the end of the first quarter.

This week we play South Platte in Hay Springs at 1:30 on September 1st. South Platte squeaked by us in an exciting game last year 52-40 in Big Springs.

“Hawk Talk”

When: Sept. 20th

Where: Senior Center

Time: 8:05 am

High School Volleyball

By Coach Davis



It's hard to believe the start of the 2017 volleyball season is right around the corner. I couldn't be more excited to be the new coach of the Hay Springs Hawks. There are two big reasons why I thought this was a great opportunity. The first is that I know Hay Springs has had a very successful volleyball program in the past and I'm confident we can return to that level of respect by our opponents. The second is that I knew I was stepping into a program that had tremendous upperclass leadership and athletic ability. My seniors are Hailey Summers, Emma Roberts and Ciara McCance. I expect a lot out of them but so far they've bought into my coaching philosophy and will play a huge role in turning this program around. I also have three juniors (Jessica Badje, Rebekah Holtmeier and Caitlyn Snell) who work hard and push the seniors in practice every day. Our success will definitely depend on their consistent contribution through the season. My underclassmen have worked hard this summer, both in open gym and team camps. They have put in a ton of extra work and that's bound to make our team better. With only 12 girls on the roster, each athlete is important to our team's success. Because I'm a new coach at Hay Springs and this is a new system, it may take some time for us to show our potential but the only thing that I expect from each member of this team is that they give their best effort, both in practice and games. If they stay committed to that, I know good things will happen.

PE Class Reminders

- ◇ Please do not dress in a skirt or dress for PE.
- ◇ Remember that every student participating in PE needs to have a separate pair of athletic shoes for the Lister-Sage building
- ◇ Students are encouraged to bring deodorant to use before PE

EducationQuest Foundation

College Planning Bulletin

September 2017

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

- * **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.
- * **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.
- * **Complete the FAFSA at fafsa.gov on or after October 1.** The FAFSA is your application for federal, state, and college-based financial aid. The colleges you list on the application will use that information to determine the types and amounts of financial aid they will award you.

Get FREE help from EducationQuest

Attend an EducationQuest [Financial Aid Program](#) this fall to learn about types of financial aid and the FAFSA. By attending, you can register to win a \$500 scholarship! [Click here](#) for details.

Find free [FAFSA Tools](#) at EducationQuest.org to help you prepare for and complete the FAFSA.

- Call the EducationQuest location nearest you to set up an appointment for free personal help: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.

Meet with college reps at College Fairs, Educational Planning Programs

Juniors and seniors: Attend a College Fair or Educational Planning Program (EPP) 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.

2017 Fall Educational Planning Programs

EPPs will be held across the state this fall. See the [Events Calendar](#) at EducationQuest.org to find the event in your area.

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](#) in your area.

___ Seniors, [register](#) by September 8 for the October 7 SAT.

___ Seniors, [register](#) by September 22 for October 28 ACT.

4H Workshops and Opportunities

By Melissa Mracek

Sewing Sessions

This year Sewing sessions will start in October. The sewing club is open to anyone interested in learning how to sew that is 8 as of January 1, 2018, even if they are not in 4-H or had previous experience. Last year's group will try to meet on September 29th to finish up some projects so that in October they can start a new quilting project. The first Hay Springs session will be held on October 13th. Participants are welcome to bring their machines and any supplies they would like to use. Please contact the Extension Office if you have any questions.

Horse Workshop

Steve Sward, the 2014 National Champion Colt Starting Challenge winner, is interested in hosting a horsemanship and training session in Sheridan County. This clinic is limited to 10 youth members and the cost is \$100 per youth. Youth can apply to the 4-H Council to help pay for this clinic. We are wanting to start an interested list and then will select a date that works for these participants. If you are interested please contact Melissa Mracek at mmracek2@unl.edu before November 1st.

New First Year 4-H Club

Are you a first year 4-H family who is not sure how to navigate all the rules and paperwork? We are starting a club just for you! The Heart of the Hills club will become a first and second year 4-H family club to help new families get started. Melissa Mracek will lead this group to help ensure all your questions are answered. The first meeting will be held on October 16th at the Extension Office in Rushville. Please contact the Extension Office to let Melissa know if you will be able to make it.

Smart Snacks in School



What are Smart Snacks?

The USDA has finalized the Smart Snacks in School nutrition standards rule. These are practical, science-based nutrition standards for all food and beverages sold to students during the school day (outside of the school meals programs). Smart Snacks puts all food and beverages sold to students across campus on a level playing field. The standards encourage healthier foods and beverages while limiting junk food.

Why are Smart Snack important?

Healthy, well nourished students are better learners! Students who consume healthier foods and beverages are more likely to get the nutrients they need to learn, play and grow. Having healthier foods and beverages available contributes to the overall health and well-being of youth. It's been swell, but the swelling's gone down. In addition, students around the country are seeing a difference in their school meals, including more fruits, vegetables, and whole grains. By providing healthier foods and beverages outside of the cafeteria, we can build on the great strides being made in the cafeteria!

What do the changes look like?

Cookies, candy, chips, donuts and soda have been replaced with items like nuts or seeds, popcorn, baked chips, fruit cups, and plain water. We want you to be part of the change process! We know that listening to what our students think and bringing in healthier foods and beverages that our students prefer will help make our efforts successful. Successfully embracing and making changes starts with all of us!



Homecoming 2017

Theme: Welcome to the Jungle

Homecoming 2017 will take place the week of September 11-15. Like every year there are plenty of fun activities planned for the week.

As for the dress up days. We encourage everyone to take part! Both the elementary, middle/high school students will be judged. The dress-up days will be as follows.

Monday: Movie/TV Character Day

Dress-up as your favorite movie/TV character. Be creative, are you a super hero? What about an action hero, or villain? Be creative and maybe someone will ask you for your autograph!

Monday: Softball at 7:30 pm

Tuesday: Tacky Tourist Tuesday!

The Hawks are going on vacation! Dress up in your favorite Hawaiian shirt and pack some sunscreen! Tuesday is for the tourists.

Tuesday - Blind Volleyball at 7:30 pm

Wednesday: Holiday Day

This is something new! What is your favorite holiday? Well we want you to dress like it! Some might be Santa! Some might be the Easter Bunny! Maybe you are an obscure holiday! Be creative and get into the holiday spirit!

Thursday: Hat & Jersey Day:

Show your school spirit by wearing your Hawk Jersey and maybe a hat. Any jersey might do! Show off your pride on this day!

Homecoming coronation will take place on Thursday at 3:00. The pep rally will follow downtown at 3:30.

Thursday - Bonfire at 7:30 pm





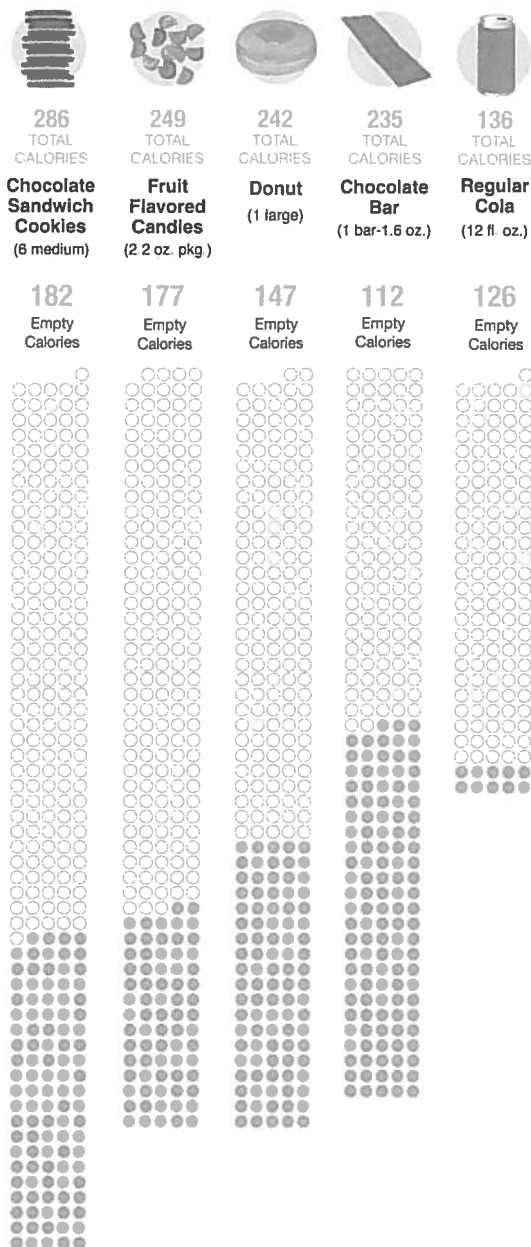
United States Department of Agriculture

SMART SNACKS IN SCHOOL

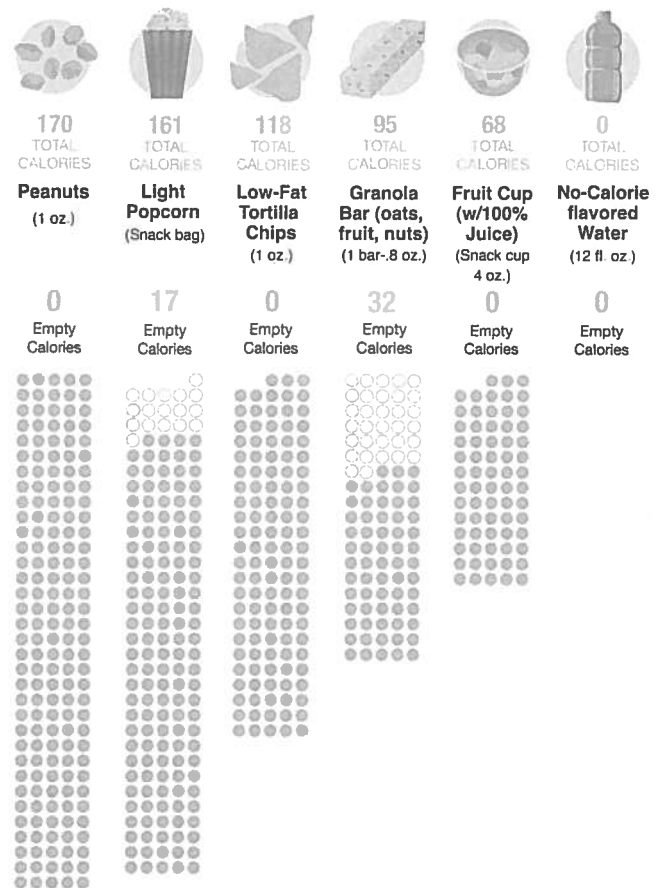
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



After the New Standards



*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

Elementary School Parents[®]

Hay Springs Public Schools

make the difference!



Help your child learn from mistakes this school year

It's the beginning of a new school year and students have a fresh start. But it won't be long before they make a mistake on a homework assignment or test—and that's OK.

What matters is how children and parents respond to those mistakes. Instead of glossing over them, parents should help children learn from them. Research shows that when parents and teachers encourage students to learn from their errors, those children do better in school.

One reason may be that fixing mistakes shows kids they can improve—that “smarts” aren't something they either have or they don't. Intelligence can be increased. And when students understand their errors and don't repeat them, they become more optimistic about their own brainpower.

When reviewing your child's work this school year, first point out what

he did well. Then, to help him learn from his mistakes:

- **Point them out.** Rather than saying, “Don't worry—you'll do better on the next math test,” ask if he understands why his answers were wrong. If so, have him work the problems again. If he's not sure, offer suggestions or encourage him to ask his teacher for help.
- **Praise progress.** Did he miss only two problems on his latest math test? After reviewing his mistakes, remind him that he's improving. Show him how paying attention to past mistakes—and correcting them—made a difference. The more he sees this, the more he will believe in his ability to improve.

Source: H.S. Schroder and others, “Neural evidence for enhanced attention to mistakes among school-aged children with a growth mindset,” *Developmental Cognitive Neuroscience*, Elsevier B.V.

Don't let your child miss out on learning!



This September, help your child get into the habit of going to school on time every day.

Studies show that missing school regularly—especially in the early grades—can hurt both the students who miss class *and* their classmates.

When students miss school, they miss out on learning. When they return, they have to work hard to catch up. And since most subject matter builds on previous lessons, it doesn't take long for these students to fall behind.

As a result, students who frequently miss school have lower levels of achievement throughout their school careers. Research shows that, by sixth grade, students who miss an average of just one day a week are more likely to drop out of high school.

Their classmates are negatively affected, too. When teachers have to repeat material or pay extra attention to students who have been absent, everyone suffers.

Source: K. Nauer and others, “Strengthening Schools by Strengthening Families,” Center for New York City Affairs.

Talk to your child about showing respect for teachers, classmates



Respectful behavior is just as important at school as it is at home. When students have respect for teachers and classmates, they help create the positive academic environment all children need to be successful.

Encourage your child to:

- **Address the teacher** by name. Simply saying “Good morning, Mrs. Jones” is an easy way to show respect.
- **Be courteous.** She should say *please* and *thank you* to her teacher and her classmates.
- **Raise her hand.** When she waits to be called on, she demonstrates self-control and respect for others.
- **Do what’s expected.** Everyone in school has a job to do. If the teacher

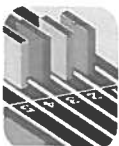
doesn’t plan any lessons, no one can learn anything. If students don’t do their jobs—completing homework, listening to the teacher—it makes it more difficult to learn.

- **Listen to the teacher’s comments.** Teachers want students to learn and to succeed. That means they have to point out mistakes. Your child will do much better in school if she can recognize and accept constructive feedback.

“Respect for ourselves guides our morals; respect for others guides our manners.”

—Laurence Sterne

Get your family back into the school groove with these tips



A new school year brings new routines, schedules and priorities. Here are some practical ideas to help you and your family

gear up for a year of learning:

- **Make a plan** for after-school activities. Schedule adequate time for homework, play, sports, clubs and family time.
- **Scale back screen time.** Set a weekly limit for time spent watching television, playing video games and surfing the internet. Maintain a firm rule that homework and chores come first.
- **Establish family reading time.**
- **Start a change jar** so you’ll have spare lunch money on hand.
- **Reestablish bedtimes** for school nights.
- **Keep a family calendar.** Mark each family member’s activities in a different color.
- **Collect important phone numbers**, such as those for the school office, after-school program and a neighbor. Update work, medical and other emergency contact numbers.
- **Make a backup plan.** Find another parent who will exchange school drop-off or pickup favors—in case you get sick or delayed by work or traffic.
- **Set up a file for school papers.** Place all school notices in it so you don’t misplace them.
- **Get ready the night before school.** Encourage your child to set out his clothes, pack a lunch and put his school bag by the door.

Are you helping your child have healthy habits?



Healthy habits make it easier for children to concentrate and learn both in school and at home. Answer *yes* or *no*

to the questions below to see if you are promoting wellness for your child:

- ___ **1. Do you enforce** a bedtime? Doctors say that elementary school kids need at least nine hours of sleep each night to function at their best.
- ___ **2. Do you make sure** your child eats breakfast every morning? Kids’ brains need fuel to learn.
- ___ **3. Do you stock** your kitchen with nutritious snacks for your child to eat after school?
- ___ **4. Do you encourage** your child to get moving every day? Studies show that exercise improves kids’ memory and focus.
- ___ **5. Do you remind** your child to wash his hands frequently? Hand washing kills germs and reduces absences due to illness.

How well are you doing?

More *yes* answers mean you are helping your child stay on track for health right through the school year. For *no* answers, try those ideas.

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Practical Ideas for Parents to Help Their Children. ISSN: 1523-1275

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P.O. Box 7474, Fairfax Station, VA 22039-7474.
Fax: 1-800-216-3667.

Or visit: www.parent-institute.com.

Published monthly September through May.
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Publisher: L. Andrew McLaughlin.
Publisher Emeritus: John H. Wherry, Ed.D.
Editor: Rebecca Hasty Miyares.



SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menus are subject to change					1	2
3 FRESH FRUIT AND VEGGIE BAR IS AVAILABLE EVERY SCHOOL DAY	4 HOLIDAY- NO SCHOOL	5 Breakfast- Sausage Biscuit Lunch: Tator Tot Casserole/corn	6 Breakfast: French Toast Sticks Lunch: Chicken Alfredo/ Chicken or Ham Salad Pita, Green Beans	7 Breakfast- Eggs, Hashbrowns, muffins Lunch: Breaded Beef Patty/Mashed Potatoes/Gravy	8	9
10 Breakfast also offer Cereals and cereal bars, yogurt,cheese sticks, Fruit - n-Yogurt parfaits, along with milk, 100% juice & fruit bar	11 Breakfast: Breakfast Casserole Lunch: Spaghetti/Carlic Sticks	12 Breakfast - Breakfast Burrito Lunch:Chicken N Noodles/dessert Grandparents Day	13 Breakfast - Biscuits/ gravy Lunch: Enchaladas Beef or Chicken/ rice	14 Breakfast - Breakfast Pizza Lunch: Chicken Strips/Fried Chicken/Mash Potato/Gravy.	15	16
17 Lunch menu choices available each day is: PBJ/Pizza	18 Breakfast: French Toast Sticks Lunch: Sloppy Joes/BBQ Pork ,Baked beans	19 Breakfast: Egg n cheese Lunch: Cavatini, French Bread/PBJ/Box Meal	20 Breakfast: Pancakes, Lunch: Turkey Sandwich/ BLT Wraps, Chips.	21 Breakfast: Sliders Lunch: Chicken Fajita/Chicken Nuggets/Fruit Dessert	22	23
24	25 Breakfast - French Toast stix Lunch- Hamburgers/Chicken Patty , Fries	26 Breakfast: Cinnamon roll/Eggs Lunch: Taco Casserole/ Walking Taco/Fruit Crisp	27 Breakfast:Pancake on a Stick Lunch: Roast Beef & Cheddar or Ham and Cheese Sandwich/ Green Beans	28 Breakfast: Egg/cheese Sandwich Lunch: Meaty Nachos/Totcho's Churros	29	30
NOTES: Milk is served with each meal. Breakfast is available to everyone beginning at 7:30 a.m. each school day.						

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).



Hay Springs School Cafeteria

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					*HS FB home vs. South Platte 1:30 pm *HS VB home vs. South Platte 4 pm HS Cross Country @ Gering 11 am	
	3 NO SCHOOL	4 *HS VB Tri. home vs. Hemingford/ Banner County 5 pm	5 5 th Grade Band Display 4-5pm	6 *HS VB Tri. home vs. Edgemont/ Oelrichs 4pm	7 HS FB @ Cody-Kilgore 1 pm HS VB @ Cody @ Kilgore 3:30 pm	8 HS VB Sheridan Cnty Invite @ G/R am (JV Portion @ home) JH & HS CC @ Chadron 10 am
10 HOME COMING	11 HOME - COMING WEEK	12 JH VB @ Oelrichs 3:30 pm JH FB @ Oelrichs 3:30 pm Grandparent's Day	13	14 Fin Lit Concert (7 th -9 th Grade) @ Chadron	15 *HS FB home vs. Arthur County 7pm Kick 4 Cash – Security First Bank	16 HS VB @ Hemingford 9am *JH VB vs. Crawford 9am *JH FB vs. Crawford 10:30 am JH & HS CC @ Alliance 9am
17 Wrestling Tournament	18	19	20 "Hawk Talk"	21 JH & HS CC @ G/R 4pm HS VB Tri. @ Mitchell 4:30 pm *JH FB home vs. Hemingford 5 pm	22	23 HS VB @ Mitchell 8am JH VB PANCO @ Morrill TBA *HS FB home vs. Flemming CO 6pm
24	25	26 Dental Screening Day 8am	27	28 Lion's Health Screening Day 8:30 am	29 HS VB @ Minatare HS FB @ Minatare 7pm	30

SEPTEMBER

2017



NOTES:

Homecoming is Sept. 11th – Sept. 16th – stay tuned for details.

Dental Screening and Health Screening are coming up on Sept. 27th and 28th – watch for details

School Picture Days – October 11 & 12th

***Bold = Home games**

PINK OUT GAMES

October 6 (HS FB vs. Potter-Dix) "Senior Night"

And

October 24 (HS VB vs. Garden County) "Senior Night"

To purchase a shirt contact the school at 638-4434.

All proceeds going to the CARE

FOUNDATION.

Shirts are \$10 each. Orders must be received by
Monday, September 11th.



**Thank you to J & L Grocery for
donating part of the chips we
enjoyed at the Back To School
Night.**

We appreciate you!!