

October 2017

# Superintendent's Notes



## Inside this issue:

Superintendent Notes	<b>2</b>
Tech Bytes	<b>3</b>
Café'teria News	<b>4</b>
Library News	<b>5</b>
Music Notes	<b>6</b>
College Planning	<b>7</b>
Animals Inside and Out	<b>8</b>
4H Opportunities	<b>9</b>
Senior Night	<b>10</b>
School Pictures	<b>11</b>
Senior Night	<b>12</b>
Red Ribbon Week	<b>13</b>
Menu	<b>14</b>
Activity Calendar	<b>15</b>
Parents	<b>16-19</b>

I am going to begin my notes with a reminder of the Mission and Vision of Hay Springs School, Staff and Board of Education.

### Mission Statement

The Mission of Hay Springs Schools in cooperation with families and community, is to empower students within an emotionally supportive and physically safe environment with the academic, social, physical and technological skills to achieve success as responsible, self-disciplined citizens of a global society.

### Vision Statement

**"Empower Students to Achieve Lifelong Success."**

It is hard to believe that the first quarter is rapidly coming to an end with the last day being October nineteenth. If you have not, please take time to check with your child/children on their academic progress and if you have concerns please contact their teacher. You can also check on the school website by going to Infinite Campus to view your child's academic status. If you are having difficulty in finding their grades online, please call the school office for assistance. It is very important for students to finish the first quarter strong. Academic success early in the year lays the foundation for a great academic year of progress. Please keep the academic lines of communication open between you, your child and your child/children's teachers. Know that the staff of Hay Springs school's number one concern is for the academic progress of our students. Parent-teacher's conferences are scheduled for October 26<sup>th</sup> from 4:15 to 8:00 pm. Please put this date on your calendars as it will be your opportunity to visit with your child/children's teachers to discuss academic accomplishments and challenges and plan a strategy to best support your child's success in school.

It has been a very busy first six weeks with numerous school activities. Our sports teams are suddenly looking at the downhill side of their sports seasons. It is time to build on our successes and dedicate ourselves to a strong finish to the season. Best of luck to all student athletes and their coaches for a rewarding finish.

The students and staff were very involved in a very successful Homecoming week activities that was enjoyed by all participating. There is nothing like small town spirit and support for our youth. Thank you to anyone who in any way supports our school's activities. The next generation is our future, and they learn from the manner in which we support each other and conduct our lives. As we move through the year, please remember to keep up to date on school activities by regularly checking the school website.



## Superintendent's Notes

(Continued)

The administration and staff have been busy preparing for the final year of our five-year school improvement cycle mandated by the Nebraska Department of Education. In the fifth year the NDE assigns an external visitation team of professional educators to visit our school. The external team will review our evidence and documentation of our efforts to make continuous school improvement. Team members after reviewing our information, will spend the day in our school observing our educational process, visiting with administration, committee chairpersons, staff members and students. They will conduct an exit interview at the end of the day and will provide us with a written report of commendations and recommendations for our consideration for improvement in the next five-year cycle. The Hay Springs External Visitation day is scheduled for the evening of October 29<sup>th</sup>, with a presentation on the overview of the Hay Springs School and our school improvement process. The external visitation team will spend the following day October 30<sup>th</sup> in our building observing instruction and visiting with staff and students about our educational process.

The Hay Springs School Improvement Committee has been meeting on a monthly basis in an ongoing effort to prepare evidence and documentation for our school improvement process. Co-chairpersons Mrs. Mintken and Mrs. Young and I attended a NDE two-day school improvement workshop to receive final information to conclude this cycle of school improvement, but more importantly to prepare us for the next five-year continuous school improvement process.

Other activities that the Hay Spring staff have been involved in include:

- We have begun to conduct monthly RTI meetings to enhance our student intervention process at the elementary level. Mrs. Strotheide will be chairing this committee and Julie Downing ESU #13 will help facilitate this process
- The staff was involved in a very productive in-service day which provided for collaboration of staff members through committee meetings and academic planning geared toward our school improvement visit, and discussion of student concerns.
- We continue to conduct Administrative team meetings weekly to review activities, requisitions, and School Improvement
- Development of the 2017-18 budget, which included board workshop, review with the auditor, public hearing and approval for tax request, levy and the 2017-18 budget, and submission to the state and county
- Attendance at the ESU#13 administrative meeting which I concluded with the attendance of the NASB Area Membership workshop where I joined Mike Hunzeker the board president and Mrs. Marx the assistant principal.
- In an effort to enhance our career education learning opportunities for the students at Hay Springs High School we have upgraded and purchased some new equipment for our Industrial Technology department. We have also provided Ms. Bila and several students the opportunity to join the Health Professional Club to promote health career exploration, and have Ms. Lein exploring the possibility of starting and FBLA (Future Business Leaders of America) at Hay Springs school.

## Superintendent's Notes

(Continued)

- NDE School Safety & Security Survey was conducted by Chuck Elley with the main purpose to collect data from schools across the state. He met with our school safety committee, administrative team, custodian, school secretary and spent the remainder of the day touring the building looking for safety and security procedures and possible concerns. During his tour of the building he visited with several staff members and students and reported that our students and staff members feel safe and secure in our building. He did leave us with several recommendations and gave the committee some commendations to make our building safer & more secure.

In closing I would like to thank the Hay Springs staff, students, and community members for making my first three months very pleasant and enjoyable. This community is blessed to have an educational system with a very dedicated staff, and the school is blessed to have tremendous community support. Together we can;

**"Empower Students to Achieve Lifelong Success."**

## Tech Bytes

by Larel Reimann

### The Care and (not) Feeding of Laptops



Some items for parents to discuss with their students who use laptops at school:

- ♦ Please talk to your student about keeping their laptop in the bag that came with it. It is fine if they want to put their device in their backpack, but it should be in the laptop bag first and then put inside the backpack. This affords a second layer of protection from the other assorted odds and ends floating around in their backpacks. Students should keep track of their laptop bags too because at the end of the school year, if a device is turned in without a bag, the student will be charged for a replacement bag.
- ♦ Make sure your student is using the charger provided to them to charge their laptop devices. Just because a different charger fits in the socket on the device doesn't mean that the electrical properties of that charger are the same as the original. Best case is that the charger just won't work. Worst case is that the charger could damage the device and thus end up costing the student money to replace the failed device. Not to mention the possibility of a fire.
- ♦ Do not feed the laptops. Laptops should not be in the school lunchroom during meals. Your student may be the most careful, responsible student in the school, but accidents happen. What if your student had their laptop bag (containing the laptop of course!) hanging on one of the coat hooks in the cafeteria and another student went to reach for theirs (also on a coat hook) and knocked your student's laptop to the floor by accident. Yeah, your student's laptop is broken and they are responsible for paying for the damage. The same goes if something accidentally spills on the device and damages it. Remind your student to be very careful with food and drink around their device and not to place it in dangerous locations.

## Asbestos Notice

Notice is hereby given by Hay Springs Public Schools District #3, Sheridan County, Nebraska, that Asbestos Management Plan for said school is on file in the administrative offices of each school. GEMS has examined all buildings of said school and the results and recommendations of said inspection are included in the Management Plan. All materials containing asbestos shall receive periodic surveillance and shall be re-inspected each six months and each three years. Response actions as recommended in the Management Plan have been complete for abatement and re-insulation.

## Café'teria News:

By Miss Wendy

### Menu Improvements:

I have added more great food items for the students and staff to try.

Chicken or Ham Salad Pita Sandwiches

Enchiladas Beef and Chicken

Mini Bagel Pizzas

### As well as these new favorites:

Totchos

Broccoli Salad

Pasta Salads

Fish Sandwich

BLT Wraps

Taco Boats.

The new baskets with fresh whole fruit continue to be a big hit with kids and staff. All have enjoyed Peaches, Pink Lady Apples, Plums, Kiwi and Pears, Raspberries, Granny Smith Apples throughout the month. Next month fruits will be just as fun to try.

### Parents 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:

**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 – Father's Day**

**May 8th – Mother's 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!!

## Assessment News

By Mrs. Marx

Students in grades one through eleven will take NWEA MAPS tests during October. We are hoping to finish our NWEA Maps assessments prior to parent-teacher conferences so you can receive those results at conferences. A version of NWEA MAPS will be used starting this spring for the Nebraska State Assessment. This has necessitated changes in the prior to testing process that has lengthened the process. If we do not finish testing prior to conferences, the results will be sent home with your student. If you have questions you may contact your child's teacher or Mrs. Marx.

Your child's teacher should notify them of an impending test. You can help your child by remembering it is important for him/her to get a good night's sleep before testing and to eat a good breakfast. Also remind your child that these tests are important and encourage him/her to do their best.

Join Me For Lunch



## Library News

By Mrs. Matthews



### Coming to the Hawks Library

#### *NPPD MakerSpace*

The Library is gearing up for several events - one new and one reoccurring. Coming October 23 through November 3 is the NPPD Mobile MakerSpace. The MakerSpace is part of the Nebraska Public Power District's Pathways to a Technical Future program and has been on loan to schools around the state for two years. Last December it was in Chadron.

The MakerSpace features 11 stations which give students hands-on experience with engineering, 3D printing, electrical circuitry and more. These technical skills exploration tie to workforce skills. Each station includes a log book for students to record their activities and progress. The students can read what students before them have done and share their activities with the next school.

The MakerSpace is aimed at Middle and High Schoolers. Parents will have the opportunity to check out the MakerSpace during Parent-Teacher conferences on Thursday, October 26th.

#### *Book Fair*

The Fall Book Fair is usually scheduled to coincide with Parent-Teacher Conferences. However, with the MakerSpace coming in October the Fall Book Fair will be held November 8 - 17. Books will be on display in the library. Students will get the chance to browse the books during their Library classes.

Purchases can be made at the school or online. The online fair <https://goo.gl/EJqUsp> opens on November 3rd. It has a larger selection of books for all ages. Any purchases made through the online fair benefit the school. The books will be delivered at no cost to the school. All right. How stretched my kegtops around? This is a great way to purchase books for Christmas gifts without your student knowing. Just send me an email at [carole.matthews@hshawks.com](mailto:carole.matthews@hshawks.com) letting me know the books are a gift and I will hold them for you to pick up. Anyone can order from the online store.

Join us at the Library on Thursday, November 9 for Cookies and Cocoa. Special guests will read some of the book fair selections. This is also an opportunity to check out and purchase books early in the sale.

### Enrollment Information

<u>School Year</u>	<u>Students</u>
2011-2012	138
2012-2013	141
2013-2014	176
2014-2015	172
2015-2016	200
2016-2017	189
2017-2018	183

### Parent-Teacher Conferences

October 26th  
4:15 to 8:00 p.m.

All report cards need to be picked up  
from the office prior to your parent-  
teacher conference.

[www.hshawks.com](http://www.hshawks.com)



## Music Notes

By Raime Varvel



The 5th graders have begun beginning band. These students are so excited and motivated, I love this time with them as they progress quickly and improve by leaps and bounds every day! Please be an encouragement of your students practicing! You should hear them practicing at home on Thursday, Friday, Saturday and Sunday, other than that they are welcomed to leave their instrument at school. I know right now it may not always sound beautiful, but with continued hard work and encouragement from you they will improve quickly!

6th-8th grade music students should be practicing at home on Thursdays-Sundays. The 6th graders have a playing quiz every Monday. The 7th and 8th grade students have their quarterly belt test on Thursday, October 12th. Students are always allowed to practice and re-take if they are not happy with their grade.

### Concerts:

\*1st, 2nd & 3rd grade students Christmas Concert will be on **Monday, Dec. 11th at 7pm;**

\*4th, 5th & 6th grade students will perform a Spring Concert in May.

\*Kindergartners will perform at their graduation ceremony in May.

\*7th & 8th grade and High School concerts:

-Nights the Lights and Music Concert-**Friday, December 8th at 7:30 pm**

After the Santa Soup Cook-off

-Pre-Contest Concert and recital held before their contest performances in the spring.

As the dates for these concerts become established we will make sure to get them out to you!

CALLING ALL LOCAL SINGERS! We will once again be having a community choir for the Nights, the Lights and Music concert. Rehearsals will begin on Sunday, October 22nd from 6:30-8:00pm in the music room. Mrs. Jungck will again be our fearless leader! Spread the word and bring a friend!

The sophomore class and 8th-senior Music students are selling Little Caesar's Pizza Kits until November 5th. If you are interested, please let the school office know and we will make sure someone finds you!



## Test Dates

Test Date	Registration Deadline	Late Registration Period (Late Fee required)	Photo Upload Deadline
Oct. 28, 2017	Sept. 22, 2017	Sept. 23—Oct. 6, 2017	Oct. 20, 2017
Dec. 9, 2017	Nov 3, 2017	Nov. 4-17, 2017	De. 1, 2017
Feb 10, 2018	Jan. 12, 2018	Jan. 13—19, 2018	Feb. 2, 2018
Apr. 14, 2018	March 9, 2018	Mar. 10-23, 2018	April 6, 2018
June 9, 2018	May 4, 2018	May 5—18, 2018	June 1, 2018
July 14, 2018	June 15, 2018	June 16-22, 2018	July 6, 2018

# EducationQuest Foundation

## College Planning Bulletin

[Register](#) by September 22 for the October 28 ACT.

*A monthly college planning guide for Nebraska high school students*

### ***It's FAFSA time!***

Beginning October 1, you and your parents can complete the 2018-19 [FAFSA](#) (Free Application for Federal Student Aid). The FAFSA is the application for state, federal, and college-based financial aid.

Follow these tips to prepare:

**Create a Federal Student Aid (FSA) ID** for you and one for a parent at [fsaid.ed.gov](https://fsaid.ed.gov). You and a parent will each need an FSA ID to access and sign the FAFSA.

**Attend an EducationQuest Financial Aid Program (FAP)** to learn about the FAFSA and the financial aid process. If you attend, *you'll be eligible to register for a \$500 scholarship!* FAPs are happening at high schools across the state. [Click here](#) for dates and locations.

**Review the [FAFSA Checklist](#)** at EducationQuest.org to determine items you'll need to complete the FAFSA.

**[See FAFSA Tools](#)** at EducationQuest.org for helpful resources.

For free personal help, call EducationQuest to make an appointment: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.

---

## **Winning the scholarship game**

Follow these tips to increase your chances of earning scholarships:

**Don't pay for scholarship services!** Free resources include [ScholarshipQuest](#) at EducationQuest.org, your school counselor's office, and EducationQuest offices in Omaha, Lincoln, and Kearney.

**Focus on college-based and local scholarships.** You're more likely to earn them over large national awards.

**Continually update your activities, honors, and volunteer or paid jobs** using the [Activities Resume](#) at EducationQuest.org.

**Earn the best possible ACT/SAT scores** by taking the exams in the spring of your junior year and again in the fall of your senior year.

**Use quality references** such as a teacher, coach or counselor. Give them advance notice, a specific deadline, and a copy of your Activities Resume.

**Ask at least two people** to proofread your application.

## Animals Inside and Out

3rd and 4th Grade Field Trip

Third and Fourth grade went on a great learning adventure September 25<sup>th</sup> called Animals Inside and Out. The Nebraska Extension graciously invited third and fourth graders from surrounding towns. The kids learned a vast amount of information about animals. Nutrition was a big topic, the students even got to see the reproductive tract of a cow and a sow. The students were able to play a very fun knowledgeable game of bingo about animals, and their by products. There were many other learning stations that we attended as well. A big thank you to all the people from the Extension office who helped educate our students about the agricultural way of life.





## 4H Opportunities

By Melissa Mracek



### New Baking Basics Workshops to Start

In October youth will have the opportunity to involve science experiments while cooking. In the afternoon the youth can practice their sewing skills. The youth will gain hands on experience during these workshops. For the quilting projects youth will start to sew a small quilt for themselves and then work on a service learning project. The first one will take place on October 27<sup>th</sup> starting at 9 am. The cost for this workshop is \$10. Please register by October 20<sup>th</sup> by contacting the Nebraska Extension Sheridan County office at 308-327-2312 or emailing Melissa Mracek at [mmracek2@unl.edu](mailto:mmracek2@unl.edu).

### Clover Kids

The Nebraska 4-H Clover Kids is a program for youth between the ages of 5 to 7 as of January 1st. The goal of this program is to provide youth with hands on educational activities in a non-competitive environment. The program helps youth develop life skills around cognitive, social, emotional, and physical maturation. Activities for Clover Kids will be offered after school in Hay Springs. This program is free and open to anyone between the ages of 5 and 7. The schedule may change due to holidays. Below is the schedule of activities for this year. Contact the Nebraska Extension Sheridan County office at (308) 327-2312 or email Melissa Mracek at [mmracek2@unl.edu](mailto:mmracek2@unl.edu) to sign up your child or for more information.

Oct. 23 – Storage

Nov. 27 – Family Scrapbooks, youth will need to bring 4 to 5 picture

Dec.18 – Spreading Christmas Cheer

Jan.22 – Explore Sound

Feb.26 – National Feed Bird Month

Mar.26 – Animal Habitats

Apr. 23 – Cooking

May 21– Emergency – learn about First Aid



### Shooting Sports Practice

The Sheridan County Shooting Sports team will start practicing on October 2<sup>nd</sup>. They practice every other Monday starting at 3:30 until 7 pm. Youth must be 8 as of January 1, 2018 to participate. The shooting sports program helps youth develop safe shooting skills while learning how to shoot BB gun and Air Rifle. The youth can then compete around the Panhandle in competitions starting in January. At the first meeting parents need to attend to complete release forms. After October 20<sup>th</sup> families will need to register on 4-H online to become a 4-H member before they can participate in competitions. Please contact Donna Jech or Bruce Salisbury if you are interested in participating.



## SCHOOL PICTURES 2017

ELEMENTARY/ML/HS PICTURE DAY'S HAVE BEEN SCHEDULED FOR OCT 11<sup>TH</sup> -12<sup>TH</sup>. "moments" by Bev will be doing our school pictures this year. Pictures will be taken in the Old Auditorium. Please bring picture packets back to school by October 5<sup>th</sup> . Thank you!

### Wednesday, Oct. 11<sup>th</sup>

1. Pre -K (AM) first thing
2. Kindergarten
3. 1<sup>st</sup>
4. 2<sup>nd</sup>
5. 3<sup>rd</sup>
6. 4<sup>th</sup>
7. 5<sup>th</sup>
8. Janitors (Ricky, Kayla)
9. Route Drivers (Jim, Sandi, Aaron)
10. Food Service (Wendy, Kayla and Kerisa)
11. Elementary Teachers and Para's (after school)

### Thursday, Oct 12<sup>th</sup>

1. 6<sup>th</sup> and class officers
2. 7<sup>th</sup> and class officers
3. 8<sup>th</sup> and class officers
4. 9<sup>th</sup> and class officers
5. Afternoon Pre – K (come to school at 11:45 am)
6. Individual and Group Band Pictures (during band class)
7. 10<sup>th</sup> and class officers
8. 11<sup>th</sup> and class officers
9. 12<sup>th</sup> class officers
10. Stuco
11. Admin
12. ML/HS Teachers (after school) Larel and Beth also

"moments" captured by Bev will be offering Family Portrait Sessions at the School Auditorium on October 10 & 11th 4:30 to 8:00 pm by appointment. I'm excited to offer this Family Portrait opportunity. I'll have 4 different backdrops to choose from and the pricing for the pictures are the same as the School Portraits. Call today to reserve your time slot. Bev Lee - 232-4422 or 430-0657.

## SENIOR NIGHT

This year HSH will be having "Senior Night" instead of Parents' Night.

Football Senior Night will be at halftime of the Potter-Dix Football game on Friday, Oct. 6th.

Senior Parents, please meet at the tunnel five minutes before halftime.

Volleyball Senior Night will be on Oct. 24th against Garden County

Senior Parents please line up in the hallway by the locker rooms at the conclusion of the Junior Varsity Match.



## PINK OUT

Will be Friday, Oct. 6th for the football game vs. Potter-Dix!

Volleyball Pink Out game will be Tuesday, Oct. 24th vs. Garden County. Pink Out shirts will be available for pick-up in the office on Monday, Oct. 2nd

Thanks For The Support!!

**ALMOST EVERYONE \_\_\_\_\_  
IN THE FRONT. BUT ONLY 72% DO IT  
IN THE BACK.**

**WANT THE ANSWER?**

**TEXT REAR TO 38383**

**Always wear a \_\_\_\_\_  
(EVEN IF YOU'RE ONLY DOING IT  
FOR A SHORT TIME).**

**WANT THE ANSWER?**

**TEXT SAFE TO 38383**

**HAVE YOU SEEN THE 'HOTTEST'  
TREND OF THE SEASON??**

**90% OF THIS GENERATION IS WEAR-  
ING \_\_\_\_.**

**WANT THE ANSWER?**

**TEXT TREND TO 38383**

*Heard of this real-life superhero?*

\_\_\_\_\_ saved 14,000 lives in one year.

**WANT THE ANSWER?**

**TEXT HERO TO 38383**

**90%**  
**OF THIS**  
**GENERATION**  
**EVERY WEEKEND.**

**WANT THE ANSWER?**

**TEXT HERO TO 38383**

**AMERICANS HAVE GOTTEN**  
**6 TIMES BETTER AT**  
**SINCE THE 80S**

**WANT THE ANSWER?**

**TEXT USA TO 38383**



## Red Ribbon Week

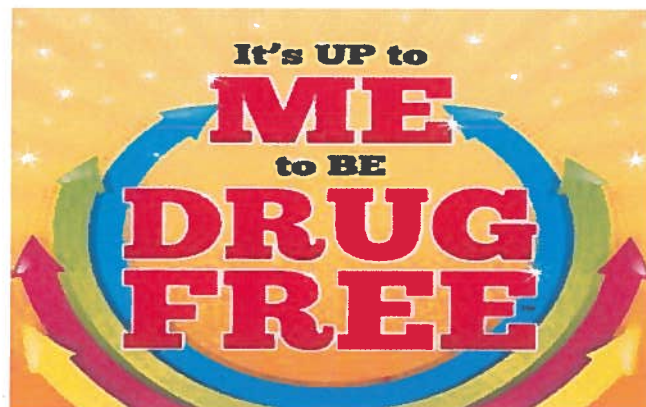
This year Red Ribbon Week is recognized October 29th through November 4th. Since 1985, Red Ribbon Week has been a time to educate youth about the dangers of drug. The Red Ribbon Campaign encourages families to talk to their children about drugs and take the Red Ribbon Pledge below. We will have Drug Prevention themed dress-up days October 30<sup>th</sup> through November 2nd.

Monday, October 30th- STOMP Out Drugs—wear two different shoes

Tuesday, October 31st—Scare Drugs Away—wear Orange and Black then Halloween Costumes

Wednesday, November 1st—United Against Drugs—Kindergarten wear red, 1st grade Yellow, 2nd grade Green, 3rd grade Blue, 4th grade Black, 5th grade—Pink

Thursday, November 2nd - Using your Head to say No! - wear a hat



### WHAT'S THE PLEDGE ABOUT?

As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.

We will set clear rules for our children about not using drugs.

We will set a good example for our children by not using illegal drugs or medicine without a prescription.

We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.



# OCTOBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Menus are subject to change	2 Breakfast:Pancakes Lunch: Tator Tot Casserole, Corn Bread	3 Breakfast: Biscuits N Gravy Lunch: Burritos/Chicken Quesos, Apple Crisp	4 Breakfast: Scrambled Eggs/Omelettes Lunch: Pizza, Green Beans	5 Sliders/Breakfast Pizza Lunch: Mandarin Orange Chicken, Rice, Egg Rolls	6	7
8 FRESH FRUIT AND VEGGIE BAR IS AVAILABLE EVERY SCHOOL DAY	9 Breakfast: Waffle Dippers/Dutch Waffles Lunch: Cheeseburger Casserole, Sidekicks	10 Breakfast: Pancake on a stick Lunch: Variety of Soups, Bread Sticks	11 Breakfast: French Toast Lunch: Breaded Beef Patty, Potatoes, Gravy, Dessert. <b>Invite a Fireman to lunch</b>	12 Breakfast: Biscuit N Gravy Lunch: Taco Casserole/ Walking Taco	13	14
15	16 Breakfast: Sausage Biscuit, Lunch: Hamburgers/Chicken Patty, Cookies	17 Breakfast: Omelettes, Lunch - Spaghetti, Garlic Bread	18 Breakfast:Sliders/Egg Sandwich Lunch: Chicken Alfredo/corn	19 Breakfast Sliders/ Egg Sandwich. Lunch: Sub Sandwich/BLT Wraps,Chips	20	21
22 Breakfast also offer Cereals and cereal bars, yogurt,cheese sticks, Fruit -n- Yogurt parfaits; along with milk, 100% juice & fruit bar	23 Breakfast: Biscuits N Gravy, Lunch: Hot dogs/Corn Dogs, Baked Beans	24 Breakfast: Breakfast casserole, Lunch: Meaty Nachos/TotChos, Corn	25 Breakfast: Sausage/eggs Lunch: Roast Beef & Cheddar or Ham N Cheese, Cookies	26 Breakfast: French Toast Lunch: Chicken Fajita/Mini Corn Dogs	27	28
29	30 Breakfast:Breakfast Burritos, Lunch: Sloppy Joe/BBQ Pork, Chips	31 Breakfast: Muffins/ Danish/ Cinnamon Rolls Lunch: Chicken N Noodle, Corn				
NOTES:						
Breakfast is served from 7:30 a.m. to 7:55 a.m.						
Lunch menu choices available each day is: Peanut Butter Jelly: Grape or Strawberry or Pizza: Cheese or Meat						

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

\* Breakfast menus

\* PK - 12 Lunch Menus

\* All menus are served with milk. Water is available in the lunchroom area.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HS VB @ Gordon/Rush 6pm	2 JH VB @ Gordon/Rush 5pm	3 1 <sup>st</sup> grade - Library	CSC Theatre Day JH & HS CC @ Sidney 3pm *JH VB vs. Hyannis 4pm *JH FB vs. Hyannis 5:30 pm	*HS FB vs. <b>Potter-Dix</b> 7pm "Senior Night" "Pink Out"	HS VB Tri. @ Cody- Kilgore/Little Wound 1pm
	8 *JH VB home vs. <b>Hemingford 5 pm</b>	9 HS VB Tri. @ Morrill/Hyannis 4pm *JH VB vs. Cody- Kilgore 4pm *JH FB vs. Cody- Kilgore 5:30 pm	10 Elementary <b>SCHOOL PICTURES</b> PSAT/NMSQT Test FIREMAN Lunch Day	11 <b>ML/HS School Pictures</b>  CC – Districts @ Bayard	12	13 HS VB PANCO @ Hemingford TBA
	15 *JH VB vs. Sioux County 4pm *JH FB vs. Sioux County 5:30 pm	16 HS VB @ Hemingford 5pm	17 Apply to College Day "Hawk Talk" CSC Women's Choir Day 6 <sup>th</sup> – 12 <sup>th</sup> Be Kind Program 10am	18 Quarter 1 ends	19 HS FB @ Hyannis 2pm	20 21
Community Choir practice 6:30	22 HS VB @ Gordon/Rush (JV ONLY) 5pm Clover Bud Meeting Library – Mobile lab	23 *HS VB vs. Garden County 5pm "SENIOR NIGHT" "PINK OUT" PREK Field Trip – Little Lady Bug	24	25 Parent Teacher Conferences 4:15 - 8:00 pm	26 HS FB Quarter Finals TBA	27 JH WR @ Banner County 9am
Community Choir practice 6:30	29	30 HS VB Sub- districts begin TBA Halloween – Trick or Treating	31			

# OCTOBER

## 2017



### NOTES:

\***BOLD** = HOME GAMES

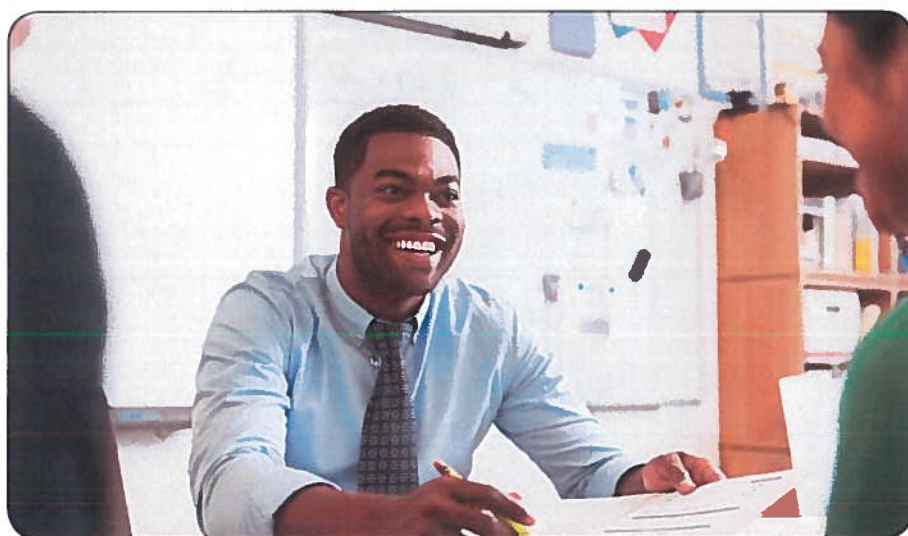
SCHOOL PICTURE SCHEDULE LOCATED IN  
NEWSLETTER



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

Hay Springs Public Schools

## *make the difference!*



## How to get the most out of parent-teacher conferences

**S**ome parents say that the parent-teacher conference is one of the most valuable things they attend all year. These one-on-one meetings are great for learning more about your child's strengths and weaknesses, and will give both you and the teacher a better idea about the year ahead.

To get the most from your meeting:

- **Talk to your child.** Ask her to tell you what she thinks are her easiest and most difficult subjects—and why. Does she have any questions she'd like you to ask the teacher?
- **Make a list of things to tell the teacher.** You know your child better than anyone else. Sharing some of this information will make it easier for the teacher to meet your child's needs.
- **Write down your questions.** Ask things such as:
  - » *Is my child in different groups for different subjects?*
  - » *Does my child participate in class discussions and activities?*
  - » *Is my child working up to her ability?*
  - » *How well does my child get along with others?*
- **Arrive on time.** Teachers usually have many conferences scheduled during a single day. Arriving on time will allow you to take full advantage of the time the teacher has available.
- **Create an action plan.** Ask the teacher what you can do at home to reinforce what your child is learning at school. Try to get at least one or two specific suggestions.

## Make sure your child's schedule is balanced



Extracurricular activities can help your child develop responsibility, social skills and

self-discipline. But participating in too many activities can have a negative effect on your child's health and grades.

All children need time for homework, relaxing, adequate sleep and family. Look at your child's schedule. If it's too crowded, don't be afraid to blow the whistle.

Here are some tips:

- **Set the rules of the game.** Many families set a limit of one activity per season, per child. Tell your child that school is his top priority and that his activities come second.
- **Focus on the fundamentals.** If your child isn't able to start his homework until late at night, adjust his schedule. Activities should never interfere with schoolwork.
- **Stay on the sidelines.** If your child shows signs of stress, or if he doesn't seem to be enjoying an activity, it may be time to rethink how he spends his time.

## Reinforce the concept of time with your elementary schooler



Teachers put a lot of effort into teaching students about the concept of time. And there's a lot for young students to learn. What

is a *second*, *minute*, *hour* and *day*?

What's a *week*, *month* and *year*?

What are *past*, *present* and *future*?

The more your child understands time and how it's measured, the more responsible she can be. She can "be ready in 10 minutes" or estimate how much time it will take to do homework.

A real mastery of time doesn't come until later in the elementary years. But the more you can do now to help your child understand time, the better.

Have your child:

1. **Select a task to do.** She could choose to jump up and down

50 times, draw a picture, complete three math problems, or eat a bowl of cereal.

2. **Estimate how many minutes** it will take her to complete the task.
3. **Use a timer or stopwatch** to track the time it takes to complete the task.
4. **Check to see how close** her estimate was to the actual time it took.

If your child does this—estimating and verifying time—for several tasks, her sense of time will begin to improve.

**"Time is what we want most ... but what we use worst."**

—William Penn

## Are you building a team with your child's school?



Research shows that when home and school act as a strong team, students are the real winners. They learn more and do better academically and socially.

Are you doing everything you can to build a successful school-home team? Answer *yes* or *no* to the questions below to find out:

- \_\_\_ 1. **Have you met** your child's classroom teacher?
- \_\_\_ 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 with everything he needs for school?
- \_\_\_ 5. **Have you reviewed** the school handbook and told your child that you expect him to follow all school rules?

**How well are you doing?**

Each *yes* answer means you are helping build a strong home-school team. For each *no* answer, try that idea from the quiz.

Elementary School  
**Parents**  
make the difference!

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

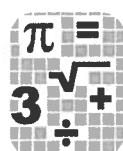
For subscription information call or write:  
The Parent Institute®, 1-800-756-5525,  
P.O. Box 7474, Fairfax Station, VA 22039-7474.  
Fax: 1-800-216-3667.

Or visit: [www.parent-institute.com](http://www.parent-institute.com).

Published monthly September through May.  
Copyright © 2017, The Parent Institute,  
a division of PaperClip Media, Inc., an  
independent, private agency. Equal  
opportunity employer.

Publisher: L. Andrew McLaughlin.  
Publisher Emeritus: John H. Wherry, Ed.D.  
Editor: Rebecca Hasty Miyares.

## A positive mindset can help your child succeed in math



Think your child's state of mind has nothing to do with his performance in math class? Think again.

According to research, the brain's "emotion" and "intellect" centers are connected. They are permanently entwined.

What this means for your child is that his mindset can affect his ability to solve math problems. Think about it: If he's nervous or upset about the worksheet in front of him, he may struggle to answer the questions. But if he's calm and confident, he'll likely do much better.

To encourage a positive mindset in your child when it comes to math:

- **Remind him** that effort leads to achievement. Does your child claim he can't do math because he's "just not smart"? That implies people are either born intelligent or not. But

that isn't true. Buckling down can lead to smarts.

- **Send the right message.** Instead of saying, "That problem looks really hard," say, "That problem looks challenging." If your child worries about something being too difficult, he may decide he can't do it. But if it's a *challenge*—not necessarily hard or easy—he might approach it more positively.
- **Teach him to relax.** If your child's jitters get the best of him when he's faced with a math problem, have him take a deep breath. Suggest that he picture something happy or fun. Remind him that he knows more than he thinks he does. If you can help him calm his nerves before he picks up his pencil, he'll have a better chance for success!

Source: S. Sparks, "Positive Mindset May Prime Students' Brains for Math," *Education Week*, [nswc.com/elem\\_mathbrain](http://nswc.com/elem_mathbrain).



## Studies suggest older kids play a role in encouraging reading



Lots of factors have an impact on your child's love of reading, but one of them may be closer to home than you realize. It's an

older sibling! Recent studies show that children who see their older brother or sister reading for pleasure are more likely to seek out books themselves.

It's not just that book-loving older kids model good reading habits. They're also great resources when it comes to sharing books, suggesting new stories to explore and talking about literature.

To help your little bookworm reap the benefits of having an older sibling (or other older child) around:

- **Make reading a family affair.** Set aside some group reading time each week. Turn off the TV, snuggle up on the couch, and read together.

Include older siblings, cousins or friends. It'll show your child how much reading matters in your home.

- **Visit the library together.** After your younger child chooses her books, let her look in the "big kid" section while her sibling finds a new book. No older sibling? Explore the pre-teen section with your child anyway. Let her see all the bigger kids browsing the shelves and reading in the aisles.
- **Involve the babysitter.** The next time your teenage sitter comes over, ask her to bring along a favorite book. If your child notices how important reading is to her, she may follow her lead and become interested in it, too!

**Source:** M. Knoester and M. Plikuhn, "Influence of siblings on out-of-school reading practices," *Journal of Research in Reading*, John Wiley & Sons, Inc.

**Q:** Getting three children out the door in the morning is hard! One day, someone won't get up. Another day, somebody else forgets a science book and has to go back for it. The result is that my kids usually miss the school bus and I end up driving them to school. What can I do?

### Questions & Answers

**A:** Mornings are challenging in many households. But as long as your kids know there's an easy out—you will drive them to school—they don't have much incentive to change.

Here's how you can begin to turn things around:

- **Call a family meeting.** Announce that your "taxi service" has a new policy. From now on, rides to school come with a cost. Anyone who misses the bus and rides the "taxi" will have to pay the toll.

You can choose the cost—perhaps it's part of your kids' allowance, or perhaps it means some extra time spent on chores. It doesn't have to be a high price, but it should be something your children want to avoid.

- **Help your kids get organized** at night. Have them lay out their outfits. Fill book bags. Pack lunches. And set alarm clocks to go off a few minutes earlier.
- **Give a five-minute warning** in the morning. Then calmly walk out the door and head for the bus stop. If a child comes racing along with one shoe on and the other in hand—well, figure you're giving the neighbors a chuckle.
- **Enforce consequences** once you set them. Odds are, you'll only have to collect your "taxi fare" once or twice before everyone gets better organized.

## Multitasking results in mistakes and decreased concentration



Look around your home at homework time. Is your child studying while singing to music? Are you answering his questions

while checking email?

Multitasking has become a way of life, but not necessarily a good one. In fact, while multitasking, the brain doesn't really concentrate on several tasks at once. Instead, it moves quickly from one thing to another—not giving anything its full attention.

To prevent multitasking mistakes:

- **Eliminate distractions.** Choose a quiet place for your child to study—free of TV, phones and loud music. Soft background music is OK.
- **Set a good example.** It's natural to want to accomplish as much as

possible, as quickly as possible. But do what really works. If you give your child your undivided attention (instead of answering emails while you talk), you'll show him how to focus—and that what he is saying is important to you.

- **Schedule tasks.** Instead of planning multiple things at once, schedule tasks consecutively. For example, your child can do homework at 4:00, call friends at 5:00 and clean his room at 5:30.
- **Limit multitasking** to activities that don't require much concentration. For example, your child can eat a snack while talking on the phone with friends.

**Source:** "Multitasking: Switching Costs," American Psychological Association, [nswc.com/elem\\_multitask](http://nswc.com/elem_multitask).

# It Matters: Discipline

## Research reveals discipline that actually works



Think about how your parents raised you. What discipline methods did they use? Studies show that even

when parents don't agree with how they were disciplined as children, many use the same approaches themselves.

For example, adults who were yelled at as kids were more likely to yell as parents—even if they thought yelling didn't work, according to one study.

In order to discipline effectively, consider what you believe *will* work. Experts say certain methods work best. For example:

- **Plan ahead.** Talk with your child about discipline. Why is it helpful? How does it work? After considering her ideas, list basic rules and consequences. Then follow through with consistency, fairness and respect.
- **Acknowledge good behavior.** What are the most important behaviors for your child to learn? When you see them, take notice. Say, "It's nice that you invited the new boy to sit with you at lunch. I bet that made him feel good."
- **Use consequences** that are natural or logical. When your child does something inappropriate, choose a natural or logical response, if possible. A natural consequence of forgetting homework is getting a zero. A logical consequence of losing an item is having to replace it.

Source: J. Warner, "Parents Flunking Discipline," WebMD, nlswc.com/flunk.

## Learning to work with others leads to academic success

**T**here's a lot to be said for encouraging children to show leadership. But, let's face it—some kids are just plain bossy. They won't take turns. They won't share. They won't listen to what anyone says.

Your child will be expected to work with others. So, whether he has a group project in social studies or a role in the school play, he'll be more successful if he knows how to be a team player.

To help your child learn how to be less of a dictator and more of a contributor:

- **Allow family members** to take turns making some decisions—from which movie to watch to what to have for dinner.
- **Establish some basic house rules.** For example, if one child cuts the cake, the other gets to choose the



first piece. If one child chooses the game, the other gets the first turn.

- **Teach fair ways** to make decisions. Have your children play "rock, paper, scissors" to see who gets on the computer first. Flip a coin to decide who takes the first bath.
- **Praise your child** when you see him being a team player. "That was nice of you to let your brother pick the cookie he wanted first."

## Five ways parents can improve their children's listening skills



Teachers agree that the ability to listen is one of the most important skills children need in order to be successful in school.

Here are five ways to help your child strengthen her listening skills:

1. **Be a good model.** When your child is telling you something, stop what you're doing. Give her your full attention. Some parents find it easier to sit down so that their child's eyes are at their own eye level.
2. **Have family members** take turns telling about their day. Then have

each person draw a name and repeat something that happened to the person whose name they drew.

3. **Play Simon Says.** This will teach your child to listen very carefully and to follow directions exactly.
4. **Practice reflective listening.** When you say something, ask your child to paraphrase what you said. When your child asks a question, repeat her question and then respond.
5. **Stop and ask questions** during story time. When you get to an exciting part of the book, ask, "What do you think will happen next?"