

April 2018

Superintendent's News

As a member school in the Nebraska Rural Community School Association (NRCSA) I attended the NRCSA state conference in Kearney last Thursday and Friday. It was two full days with sessions including: legislative updates, positive support for staff and students, ongoing legal issues, meetings with State Board of Education, a presentation by the State Commissioner of Education, challenges of rural schools, and two highlight keynote speakers. There was also time for visiting with fellow administrators and board members in building relationships with other professionals in the field of education. I also attended the trade show booths involving all areas of school equipment, building maintenance and construction etc. I believe that it was time well spent even though I had to be out of the building an additional day. I try to share the knowledge gained at these conferences with the staff and board of education in an effort to improve the quality of education at Hay Springs School.

As we have the third nine weeks and the NWEA testing completed I would like to remind staff, students and parents that we are headed toward the finish line at an accelerated pace. With all the spring activities at school and at home we need to be sure we remember to focus on our students' academic efforts. Students will soon be completing the state NSCAS testing but even more importantly is the fact that this last quarter may be the determining factor for a few of our struggling students as to whether they advance to the next grade level.

With all that is happening it is a great time of the year to refocus on the endless blessings we have in our educational system. If your students need additional support encourage them to take advantage of the Friday school program, the after school program or ask their teachers for additional help if necessary. The staff at Hay Springs School is here to support

your student's learning and always seems willing with the cooperation of parents and students to provide additional learning opportunities.

I would also like to thank all of you for the support shown for your students learning by attending the recently held parent teacher conferences. The support you show as parents and guardians for our students is vitally important in their success. Teachers and family support working together are a real asset in positively influencing student success. As students prepare for their NSCAS testing please continue to support your students at all grade levels by being sure they are well rested, arriving to school on time, having a good breakfast and encourage them to do their very best.

As spring has arrived so has student involvement in all the seasons of spring at home and in school. At school students are involved in Golf, Track, All School Play, Quiz Bowl, and Music competition and programs. I just received word last evening that our music students were named PANCO conference Champions. Congratulations to Mrs. Varvel and all of our music students. These students will be performing in Hay Springs Spring program on April 17th prior to their District competi-

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Superintendent's News

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tion on April 18th. Imagine the excitement if our ball team had just won the conference competition and was going to districts, we would all want to go. I would encourage any of you that can, to follow these students to their district competition and show your support for them and our music program.

Parental and community support for our golf, track school play and quiz bowl teams is also very much appreciated as well as they go through their seasons. I hope to see you at some of the numerous school activities as we roll on through the end of the year.

As we progress into the final quarter I encourage students to continue to be involved in our school activities but most importantly dedicate themselves academically to finish the fourth quarter as strong as possible. This is also a time of year when student activities take students out of the instructional day, but it does not mean that instruction will wait. Please try your very best to keep them in school on a regular basis by scheduling any appointments possible on Friday or scheduled days off. Attendance, as we approach the finish line is very important. If we aren't in the race we can't win.

I feel that the "8 to Great" program was very well received by staff and students. Hopefully your students shared a little of what they learned and are utilizing the information they were presented on a daily basis. It continues to be one of my goals to help our entire staff and student population focus on the many blessings we have in life and support each other in positive ways as we work together to pursue our Mission, Vision and Goals at Hay Springs School.

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."

Hay Springs Goal

All students will demonstrate an increase in math proficiency across the curriculum.

As spring arrives, I am reminded of the saying that "Time flies if you are having fun" and if I apply that to my first year at Hay Springs, I can say it has gone very fast and I have truly enjoyed my time here. I believe that is a result of the friendly welcoming community of Hay Springs, the support of the Board of Education and the hard work and dedication of the staff at Hay Springs school system. Thanks to everyone for your continued support of our educational system.

Mr. Lechtenberg
Superintendent/Principal

NOTICE:

Prom is scheduled for April 21st. This is a reminder to parents and students that only students in grades 9-12 are eligible to attend prom. In addition 9th & 10th grade students must be eligible the week of April 21st in order to attend prom.

NEED A SUMMER JOB??

WANTED: LIFEGUARDS FOR THE HAY SPRINGS POOL

HOURS: APPROXIMATELY 11 A.M.—5 P.M.

GET APPLICATIONS FROM THE CITY OFFICE NOW!

Quiz Bowl

By Carole Matthews



Weather postponed (cancelled??) the PANCO meet in Crawford. However, the Middle School participated in the Chadron Middle School Meet on Wednesday, March 21. We took two teams of seven students, one eighth grade and one seventh grade.

The eighth graders had finished 2nd last year in the seventh grade division and we looking for a win this year.

The Chadron meet has grown to include 12 schools: Alliance, Bridgeport, Chadron, Crawford, Gering, Gordon/Rushville, Hay Springs, Hemingford, Lusk, Mitchell, Scottsbluff, and Sidney. The competition is tough as many of the larger school compete in several meets over the year. The two teams with the highest total points for three rounds go to the Finals to determine the winner.

Both Hay Springs teams performed well answering questions on a variety of topics including: English, Math, Science, Social Studies, and Fine Arts. The Good thing: if you find Easter eggs on Easter. The Bad thing: if you find Easter eggs on Christmas. When we finished the day, both teams had placed third. However, the next day we were notified that due to an error, the eighth grade team should have been in the finals and would be awarded gold medals. Congratulations to the Eighth Grade!

Members of the 2018 Middle School Quiz Bowl team are:

Eighth Graders - Ashley Tobiasson, Gabe Varvel, Julie Johnson, Jazzy Smith, Laney Smith, Logan DeCoste, and Sam Hindman.
Seventh Graders - Aydon McDonald, Breely Smith, Colter Meeks, Hally Johnson, Mia Skinner, Samantha Morrison, and Toby Scherbarth

Book Fair

By Carole Matthews

A big "Thank You" to everyone who made the Spring Book Fair a success: Ricky and Hannah Wohl for helping setup; the Sixth Graders for helping pack up at the end; and everyone who purchased books. More than 40 books will be added to the library collection. Many of the books are selections recommended by the students when they preview the books.

This year the Book Leprechaun came to visit and several students in each Elementary Class were the recipients of a Prize Book.



Assessment News

By Kim Marx

For teachers, thoughts of spring bring with them thoughts of testing. While testing does take time from classroom instruction, it can also be a valuable tool for teachers and parents. It allows them to see student progress, strengths, and weaknesses. It also helps teachers make instructional decisions for individual students and the whole class. Besides, it's required by law whether we like it or not.

Students in grades 2-11 took the NWEA MAPS assessments in March. These are computerized assessments in reading, math, language, and science. Teachers should have shared the available results at Parent Teacher Conferences. First grade students will be taking the NWEA MAPS assessment the beginning of May.

The legislature also requires that we give a state test in the areas of reading, math, and science. The state is now calling them NSCAS (Nebraska Student-Centered Assessment System) and has contracted with NWEA for these tests. They will be different from the old NeSA tests, but not the same as the NWEA MAPS tests. The reading test is required for students in grades 3 through 8.

We are planning to begin with NSCAS testing the week of April 3rd. Students in grades 3 through 8 will also be taking the state math test and students in grades 5 & 8 will take the state science test. You will receive results from all of these tests in the fall.

Seniors no longer have to take the assessments. They will now take the ACT test, including the writing portion. This test

will be given to all 3rd year high school students on April 3rd.

Elementary students were benchmarked this fall and winter using AIMSweb fluency & comprehension and AIMSweb math. They will be benchmarked for spring before school is out.

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. If you have any questions about these or other assessments, please talk with your child's teacher or contact Mrs. Marx at the school. She would be happy to answer any questions you have.

"Give Back to the Community Day"

By Ms. Kudrna

Thank You

In appreciation for the support of our community, the 6th-12th grade students at HSPS 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, and paint walls. We are willing to assist in any way needed.

Our "Give Back to the Community Day" is scheduled for April 11th, 2018, from 1:00 pm to 4:00 pm. In the event of inclement weather, April 18, will be the alternate date. If you would like to be added to our list or have any questions, please call the high school office at 308-638-4434.

Thanks to our community for all your support!

Prom 2018

by Mrs. Marx

The 2018 Prom will be held in the auditorium on April 21st. The Grand March will be held in the auditorium beginning at 8:30. The doors will open to the public at 8:15 p.m. to attend the Grand March and parent dance ONLY. All public, including parents, are asked to leave immediately following the parent dance so that the students can enjoy spending the evening with their classmates and friends.

Hay Springs Schools would like to give a big THANK YOU to the community for all the continued support! We appreciate all you do for our school!!



**Find us on
Facebook**

JH Track Preview

By Coach Varvel

We have started the season with 14 hard-working student athletes to represent Hay Springs. We return 9 athletes from last year and look to continue each athlete's progression to become stronger, faster and more disciplined in each of their respective events. Don't hesitate to encourage the kids when you see them running through town and if you want to see them perform we would love to see you there. I would also like to recognize Chris McDonald as my assistant coach and for all of the high school coaches helping these kids become better.

HS Track Preview

By Coach Newman



Spring is here and so is Track and Field Season! This year there are sixteen Hay Springs Hawks on the track and field team with an even split of eight young men and eight young ladies. Our team is very young this year with over half being freshman which we are very excited about. This year will be the final go for Kaelob Marx, Thomas Sherbarth, and Coy Wolken, who are our seniors. Coaching along with me this year is Mariah Nelson (throws), Channing Johns (jumps), and Kim Davis (high jump). We will be in the Scottsbluff area for many of our meets this year, but we will have one meet in Chadron this month so take the opportunity while we are close to come cheer the athletes on!



****Congratulations to Jessi Badje (flute), Spencer Kadlecek (alto sax), Jaiden Anderson (clarinet) and Thomas Scherbarth (tuba) for being accepted into the 2018 Class D All State Band! These students went to UNK on Friday, March 23rd and rehearsed all day Saturday, March 24th with a concert at 5pm on Saturday evening. Jessi Badje and Spencer Kadlecek were both given medals for being selected as top flute and alto sax in Class D schools in Nebraska.**

PANCO Music Champs

On Monday, March 26th Hay Springs music students attended the PANCO music contest held at Sioux County and walked away as the title of PANCO music champions! So proud of our HAWKS musicians!

The following solo's & small groups were awarded with excellent (II) ratings; Payton Schoenhals & Kaelob Marx-mixed duet; Jessi Badje-vocal solo, Bailey Scherbarth; Jaiden Anderson & Erin Kadlecek-woodwind trio; Hannah Wohl-trumpet solo; Ciara McCance-alto sax solo.

The following solo's & small groups were awarded with a superior (I) rating; Payton Schoenhals & Jessi Badje-girls duet; Payton Schoenhals, Jessi Badje & Kaelob Marx-mixed trio; Payton Schoenhals-vocal solo; Sam Kearns, Ciara McCance & Thomas Scherbarth-senior trio; Ciara McCance, RyLee Wolken & Spencer Kadlecek-sax trio; Joce Varvel, Hannah Wohl, Jace Langford & Tallon Regier-Brass quartet; Trace Bilby-clarinet solo & flute solo; Thomas Scherbarth-Tuba solo; Ashley Burrows-Bass guitar solo; Joce Varvel-Baritone solo; Sam Kearns-trumpet solo; Jessi Badje-flute solo; Joce Varvel-piano solo; Gabe Varvel-piano solo; Ashley Tobiasson-flute solo; Sam Hindman-alto sax solo; Logan DeCoste-Bari Sax solo; Gabe Varvel-baritone solo

-Large ensembles: Concert Band-II; Jazz Band-

I; Concert Choir-I; Jazz Choir-I

-The following is a list of "Outstanding performance" winners:

-Payton Schoenhals-outstanding vocal solo

-Trace Bilby-outstanding woodwind solo

-Thomas Scherbarth-outstanding brass solo

-Joce Varvel-outstanding piano solo

-Chaz Twarling/Schiaffo & Clark Orr-outstanding percussion duet

-Outstanding Jazz Choir-Payton Schoenhals, Jessi Badje, Joce Varvel, Bailey Scherbarth, RyLee Wolken, Hannah Wohl, Jaiden Anderson, Ashley Tobiasson, Kaelob Marx, Gabe Varvel, Logan DeCoste & Sam Hindman

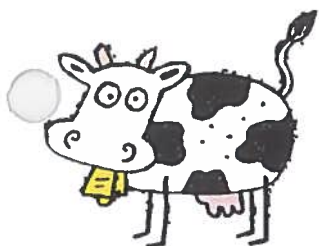
-Outstanding Jazz Band-Sam Kearns, Trace Bilby, Joce Varvel, Thomas Scherbarth, Jessi Badje, Erin Kadlecek, Bailey Scherbarth, Jaiden Anderson, Spencer Kadlecek, Ciara McCance, RyLee Wolken, Hannah Wohl, Tallon Regier, Jace Langford, Chaz Twarling-Schiaffo & Clark Orr

End of the Year Talent Show

We will again be holding a talent show on the last day of school. As May comes closer we will be looking for students to perform! This event is a fun way to end the school year, please plan on joining us for the fun!

Upcoming Dates:

- April 17th Pre-Contest Concert & Recital at 7pm
- April 18th District Music Contest in Alliance
- May 3rd 4th-6th Spring Program
- May 14th Kindergarten graduation & program



Beef. . .

It's what's for dinner!

The Hay Springs Board of Education and administration is working with area beef producers to begin a local beef initiative that will allow the Hay Springs Hot Lunch program to serve locally grown beef to our students. We live in a beef producing agricultural community and we need to take advantage of that. The Hay Springs community has always been generous and supportive of our school, so I am confident that this program will be successful and continue for many years to come. Beef producers attending our last meeting are also confident that area beef producers will be willing to donate beef to support this very valuable program. In conjunction with this program our students will receive increased instruction on where their food comes from.

Hay Springs Schools will be one of many western Nebraska schools offering local beef in their school lunch program.

For more information about this program, or if you have an interest in donating a beef animal or making a donation to help pay for the processing please contact Mr. Russell Lechtenberg at the School or on cell phone at 402-340-0849 or board of education committee members Shavona Henry or Greg Heiting.

Math

Family $+$ $-$ \times \div Night

Wednesday,

April 10, 2018



The Hawk Shop still has clothing for sale if you are in need of some school spirit!!

4H

By Melissa Mracek

Teens as Teachers – Summer Interns

Sheridan County is looking for two teens as teacher summer interns. The teens must be at least 16 years old. They will have a flexible schedule working between 50 and 200 hours. The interns will receive \$10 an hour. They must attend a training in Lincoln on June 4th and 5th. The expenses for this trip will be paid for. The interns will be responsible in planning and teaching six workshop lessons throughout the summer. Some of their other duties would include helping to prepare for the County Fair and assisting at other workshops. If interested please contact the Nebraska Extension Sheridan County office at (308) 327-2312 for an application.

Junior Robotics

This spring youth interested in working with robotics between first and fourth grade are welcome to attend the remaining sessions for the year. The group will meet on April 19th, April 26th, and May 10th to learn more about building and programming robots through WeDo. The sessions start at 4pm and end around 5:30 pm. Snack is provided for these youth. Contact Melissa Mracek at the Nebraska Extension Sheridan County office for more information.

April Clover Bud Activities

During the April session of the Clover Bud meetings, Clover Bud members will be creating a smoothie in a bag, while learning about the different amounts of sugar in a variety of drinks. The Hay Springs session is on April 23rd at 4 pm.

April Baking Basics

The youth will conduct how a science experiment to see how apples can be cooked in different desserts that are both gluten-free and not. It will take place on April 13th from 9 am until 3 pm. The youth will cook until noon and then sew for the rest of the afternoon. The cost of the workshop is \$5. Please register by calling the Extension Office at (308) 327-2312 by

Wednesday, April 11th. Please have the youth pack a sack lunch.

4-H Sheep Day

Are you interested in showing a sheep in 4-H or maybe you just want to learn more about sheep. Here is the perfect opportunity for you. A 4-H Sheep Day hosted by Jackson Thies and Kenna Rose. The event was rescheduled to be held on Sunday, April 15th. Anyone who is eight years or older interested in showing sheep are invited to attend. Youth will learn about sheep by playing Jeopardy and showmanship through a mini show ring game. They will also get to see and play with lambs. The top jeopardy team and the top three showman will all win prizes. Please register by April 11th by contacting the Sheridan County Extension Office at (308) 327-2312 or emailing Melissa Mracek at mmracek2@unl.edu.

Help for Student's Next Chapter

Today's high school students have many choices facing them about further education after high school. Four-year degrees, junior colleges or certificate programs – which is the right choice for your student's next life chapter?

To help with these life-altering decisions, Nebraska Extension partnered with the University of Nebraska-Lincoln Admissions to create a statewide program for 4-H members to help families talk about colleges and careers beginning in the eighth grade.

Next Chapter at Nebraska is a college-readiness program that helps students prepare for and succeed by teaching the skills students need to reach their academic goals. The program is facilitated through Nebraska 4-H and recognizes that 4-H participation helps students acquire these important life skills.

The Next Chapter program pre-admits 4-H members to the University of Nebraska-Lincoln and

4H (continued)

invites them to a celebratory event at UNL's campus with their families in the spring of their eighth grade year. Whether your student plans to attend UNL or not, this is a great way to start the conversation about what's next after high school.

As students advance into high school years, the Next Chapter program is there with college and career prep lessons and activities that will aid in their future success. The implementation of this program has started with the ninth grade students at the Hay Springs School and will continue with them until graduation. These lessons and activities have the goal of preparing your student for a successful transition to college or trade school.

The program inspires youth to choose to continue their education after high school, promote awareness of higher education options, develop college and career readiness skills, help students match their interests with career choices and engage in 4-H opportunities. Students participating in Next Chapter will identify career and academic goals, develop effective communication skills and practice public speaking, learn best practices for motivation, and explore interview skills.

For your student to receive the full benefit of this program, which is being automatically accepted into UNL if they meet the requirements, they must be enrolled in 4-H but are not required to participate in other 4-H events or the county fair. Please contact Melissa Mracek at the Nebraska Extension Sheridan County office for more information or email her at mmracek2@unl.edu.

All School Play

By Coach Weyers

Arrrrr matey, the year is 1782 and Johann Andreas' family business on the shores of Lake Huron is in trouble. For some reason nobody wants to stay at "Andreas Wasp Infested Inn." Luckily for Johann, Captain Short Fuse Composure arrives on the scene, having been stranded by a band of pirates who mistook Michigan for an island. In his possession is a treasure map, and he promises Johann a share of the loot if he can assemble a crew and reach the treasure in advance of his arch-rival, the dreaded Burgundy Beard. Between dealing with Captain Short Fuse Composure's fear of North Atlantic Sea Tigers, an incompetent crew, and a complete lack of knowledge about the sea, will it be possible for Johann to find the treasure, get the girl, charm her father, stop tripping over things, and save his family business?

This year's All School Play "Pirates of the Great Lakes" by Tim Kochenderfer is sure to keep you on your toes as well as give you lots of laughs. There are about 12 High School students putting this production together. The performance date is set for Monday, May 7th. Kerisa and I are eager to see this play come together and we are sure you will enjoy seeing all the hard work the kids have put forth into giving you a great viewing experience!



2018 Year-end Talent Show

Who: Kindergarten-11th graders

What: Share your talent with Hay Springs

Perform a solo, lip sync a song, dance, gymnastics, magic show, stand up comedy act, karate, break dance, perform a skit; jump rope...

When: Thursday, May 24 (in the afternoon)

Where: Hay Springs Auditorium

Why: To recognize all the amazing talents we have in Hay Springs & to celebrate the end of another successful year!

Any staff or students interested in participating, please let
Mrs. Varvel know by Monday, **April 30th**.

*Please note that ALL performances must be G rated, meaning appropriate for viewing of all students preschool-11th grade.

Golf Preview

By Jason Badje



This year there are three golfing Hawks. Bryce Running Hawk, Austin Anderson, and Mavrik Wagnitz. Bryce is a repeat golfer. He shows some great potential and has been hitting the ball well. Austin and Mavrik have until now been infrequent recreational golfers but have shown good improvement in these first few practices.

Weather permitting, we will continue to get in some good practices before the opening meet in Mitchell on April 10th. Everyone wants to hit the long ball, but we will be working on the short game a little more intensively this year, where most of the strokes are gained or lost.

The athletes have great attitudes and practice well. Golf is a tough sport to excel at, and attitude is key. If you see the boys, ask them how they're doing, and encourage them as they strive to do their best and represent their home town Hawks.

EducationQuest Foundation College Planning Bulletin

A monthly college planning guide for Nebraska high school students

April 2018

Seniors...It's decision time!

Here's how to make your final college decision.

Compare your college acceptance letters, financial aid award notifications, and campus visit notes. List the pros and cons of each school using the following criteria:

- 1) **Location** – Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If so, you may not make it home as often as you'd like.
- 2) **Cost** – Can your family afford the school? What can you expect for financial aid beyond your freshman year? Did you receive renewable scholarships? How much in [student and parent loans](#) will you need to borrow to cover expenses?
- 3) **Academic program** – Which college offers the degree program that best fits your career interests? What happens if you change majors? Does the college offer other degree programs that interest you?
- 4) **Student life** – Does the school offer activities you will enjoy? Do you like the living arrangements provided by the school? Will you have an opportunity to work on or near campus?

Make your final decision by **May 1** and then notify the colleges you're rejecting so they can offer your spot, and financial aid, to another student.



Juniors... these questions will help you narrow your college choices

By narrowing your college choices now, you'll be better prepared to apply for financial aid and college admission early next fall. Start by answering these questions.

- 1) **What do you want to study?**
Explore your [career interests](#) and then research colleges that offer programs in areas you may want to pursue. Use college selection tools like [College Profiles](#) at [EducationQuest.org](#).
- 2) **What kind of school do you want to attend?**

Do you prefer a large university or a small college? Are you interested in a community college?

- 3) **Where do you want to go to college?**

Do you want to live close to home or far away? Do you want to be in a major city or a small town? How big of a factor is out-of-state or private school tuition? If you want to go out of state, investigate programs like the [Midwest Student Exchange Program](#) which may provide discounted tuition.

April "To Do" List

Seniors

- ___ Continue applying for [scholarships](#).
- ___ Make your final college decision.
- ___ Start purchasing dorm essentials.

Juniors

- ___ Attend a [college fair](#) in your area.
- ___ Schedule [campus visits](#) while colleges are still in session.
- ___ [Register](#) by April 6 for the May 5 SAT.
- ___ [Register](#) by May 4 for the June 9 ACT.
- ___ Start looking for [scholarships](#).



Class D All State Band



Panhandle Music Champions



So proud of our HAWKS musicians!



Cafeteria' News

By Miss Sandi

Spring is a beautiful time of year! Beautiful flowers are blooming, kids running and playing in the park are just a few things happening in our neighborhood. Everyone will be celebrating Easter with their families. Our meal for April will be honoring all the fathers out there. On April 19th will be our Father's Day meal. Please join us to show your love for all the hard work our kids do during the school year.



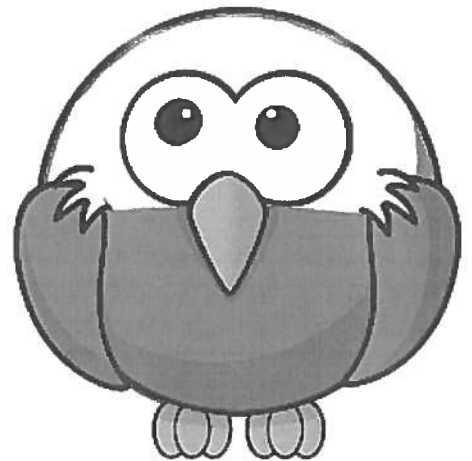
You may RSVP by calling the office at 638-4434 by April 16th.

May 8th we will be honoring all the Mom's in our lives.

PreK Lunch—12:00 noon
Elementary Lunch—11:30 a.m.
Middle/High School Lunch—12:25 p.m.

Kindergarten Round-up and Preschool Open house will be May 3, 2018

Incoming Kindergarten students will join Mrs. Mintken from 3:00-4:00. A parent open house will follow.



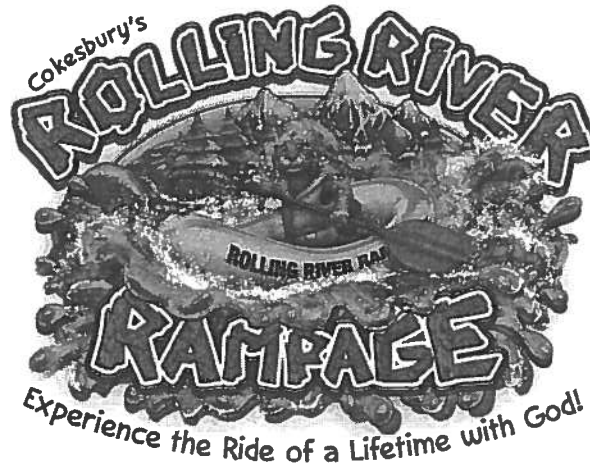
Preschool open house will be held from 4:15-5:15.

Kindergarten students need to be 5 before July 31, 2018

Kindergarten Entry Forms: Copy of Certified Birth Certificate, Copy of Social Security card, current eye exam, current Kindergarten physical and updated immunizations.

Preschool students need to be 3 before July 31, 2018

Preschool Entry Forms: Current immunizations, Copy of Certified Birth Certificate



Family Letter

Dear Family,

At Rolling River Rampage VBS, your students will discover an interactive, energizing, Bible-based program that will give them an opportunity to experience the ride of a lifetime with God. During Vacation Bible School at Rolling River Rampage: Experience the Ride of a Lifetime with God, your students will become Rafters and explore how to serve God and God's mission for their lives.

After a high-energy Opening Assembly, the Rafters make their way to the Bible Story Station. Interactive Bible lessons reveal Rapid Reminders to equip your Rafters for an active life with God. Your Rafters will discover a Rafting Ready Verse that will remain with them in their faith long after VBS.

The students will expand on what they've discovered by participating in a variety of activities: making art projects at the Craft Station, singing new music at the Music Station, exploring at the Science Station, participating in recreational activities at the Recreation Station, and enjoying tasty snacks at the Snack Station. Along the way, the Rafters will hear about our mission project and as their respond to a call for action!

Let's go! Join us at the United Methodist Church ~ 340 N. Miller
on May 29 through June 1
from 8:00 am to 11:30 am

To register or to find out more about Rolling River Rampage, call

Diane Avery (308) 430-2972 or Linda Rotness (308) 207-5308

Ages 3 and up. This is a nondenominational VBS.

Sincerely,

Your Rolling River Rampage Team

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Rolling River Rampage Forms

April

2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 NO SCHOOL - EASTER BREAK	3 Brkfst: Pancakes/Waffles Lunch: A. Hamburger B. BBQ Rib	4 Brkfst: Breakfast Burrito Lunch: A. Chicken N Noodle B. Beef Fingers	5 Brkfst: Sausage Biscuit Lunch: A. Hoagie Sandwich B. Pizza	6	7	8 Menus are subject to change without notice
9 Brkfst: Breakfast Pizza Lunch: A. Salisbury Steak B. PBJ	10 Brkfst: Biscuits/Gravy Lunch: A. Turkey Tetrazini B. PBJ	11 Brkfst: Egg w/ Cheese Omelet Lunch: A. Tater Tot Casserole B. PBJ	12 Brkfst: French Toast Bake Lunch: A. Meaty Nachos B. Burritos	13	14	15 Each student is required to have ½ cup of fruit or vegetables on their tray
16 Brkfst: Egg & Sausage Casserole Lunch: A. Breaded Beef Patty B. PBJ	17 Brkfst: Pancake on a Stick Lunch: A. Chicken Alfredo B. Corn Dogs	18 Brkfst: Breakfast Burrito Lunch: A. Hamburger Gravy/Biscuits B. Chicken Strips	19 Brkfst: Cinnamon Rolls Lunch: Father's Day Lunch A. Cavatini B. PBJ	20	21	22 Breakfast options include: cereal/cereal bars, cheese sticks/juice/milk
23 Brkfst: Pancakes Lunch: A. Breaded Beef Patty B. Beef Fingers	24 Brkfst: Breakfast Casserole Lunch: A. Chicken Fajita B. PBJ	25 Brkfst: French Toast Bake Lunch: A. Chili B. Chicken Noodle Soup	26 Brkfst: Bacon/Eggs Lunch: A. Fried Chicken B. Mini Corn Dogs	27	28	29
30 Brkfst: Sausage/Egg Biscuits Lunch: A. Chicken Nuggets B. Pizza	MAY 1		2 Brkfst: Breakfast Pizza Lunch: A. Philly Sandwich B. Ham/Swiss Sandwich	3 Brkfst: Pancake on a Stick Lunch: A. Hamburgers B. Chicken Patty	4	5
						6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Easter April Fool's Day	Easter Break – No School	ACT TEST – Juniors 8am	Dental Spring Screening Day Technical Trade Open House @ WNCC HS Band @ Pioneer Manor	HS TR @ Mitchell 11am	Scholastic Day	JH TR @ Chadron 9am
1	2	3	4	5	6	7
	JH & HS TR @ Bayard 8:30 am Wayne State Business Day (9 th -10 th)	Family Math Night 6:00 - 7:30 pm GO @ Mitchell 9am	"Give Back to the Community Day" 1-4pm HS Choir @ Pioneer Manor 10am	GO @ Bridgeport 9am	Senior Music Trip Baking Basics & Sewing 9-3pm	HS TR @ Alliance @ Scottsbluff 9am
8	9	10	11	12	13	14
		Pre Contest Concert 7pm GO @ Morrill 9am	District Music Contest Health Professions	JH TR @ Bennett County 2pm Father's Day Lunch	HS TR @ Chadron Twilight 11am	GO @ Alliance 9am HS TR @ George Calvert @ Morrill 9am
15	16	17	18	19	20	21
		Senior Breakfast @ Security First Bank 7:30 am	Hawk Talk CSC Guitar Ensemble 3:15	GO @ Chadron 9am	JH & HS TR PANCO @ Morrill 10am	HS TR @ Dennis Zowanda Invite @ Lusk WY
22	23	24	25	26	27	28
	HS TR @ Scottsbluff Best of the West 4pm					
29	30					



NOTES:

"Give Back to the Community Day" inclement weather

date – APRIL 18

Early Years

WORKING TOGETHER FOR A GREAT START



KID BITS

Safety first

Help your child stay safe at school with these clothing tips. Make sure she wears shoes that fit properly and either tie or have Velcro. They're less likely to cause accidents than floppy shoes like sandals or clogs. Also, avoid baggy clothes and cords or strings on clothing that can get caught in playground equipment.

Sizing things up

Take a walk around your neighborhood with your little one, and use objects you see to encourage him to compare sizes. Ask questions like "Is that mailbox *taller* or *shorter* than you?" or "Is the white rock *bigger* or *smaller* than the gray one?"

Helping hands

Trace around your child's hands on paper, and ask her to name different ways she is helpful. Maybe she takes care of your dog by feeding him and helps you by dusting. Together, write each example on a separate finger. Then, hang up her "helping hands" to remind her how helpful she can be.

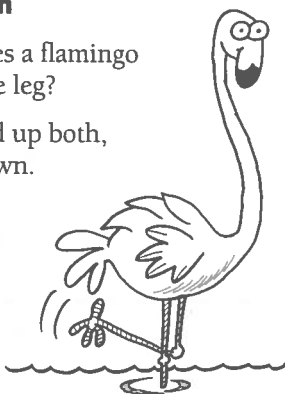
Worth quoting

"Wonder. Go on and wonder."
William Faulkner

Just for fun

Q: Why does a flamingo hold up one leg?

A: If he held up both, he'd fall down.



Hay Springs Public Schools
Ms. Kim Marx, Early Childhood Education Director

Keys to self-control

How can you teach your little one to handle big emotions like anger, frustration, and disappointment? Work on increasing his self-control with these strategies to help him think before he acts.

Talk it out

Give your child words to use when he is upset. For example, if you can't find your glasses, you might say, "I feel so *frustrated*! Where did I last have them?" Then, when he's aggravated (say, he misplaced his favorite book), encourage him to use similar words. ("I feel *upset* because I want my book. I was looking at it in the living room—maybe it's there.") He'll learn to talk through his problems and be less likely to cry or whine.

Think ahead

Prepare for situations where self-control comes in handy. You could say, "We're going to your cousin's house. Let's think about what you can do if she's playing with a toy you want." He may ask to join ~~her~~, or he could ask to play



with another toy until she's finished. Having a plan can help him avoid grabbing the toy or yelling at his cousin.

Calm down

When your youngster begins to get upset, help him find ways to keep his cool. For instance, he might take a deep breath, count to five, or draw a picture of how he is feeling. The distraction may be enough to settle him down. And once he's used to these techniques, he'll be able to do them without a reminder from you. ♥

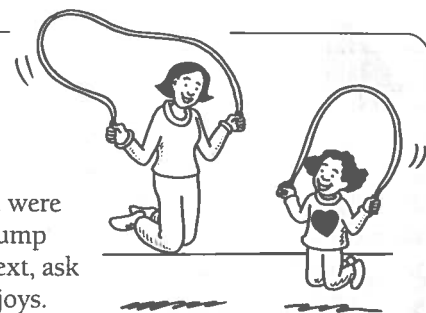
Family playtime

Has the grown-up world left you too tired to play? Consider these ideas that will let you connect with your youngster—and unwind after a long day:

- Show her what you liked to play when you were her age. You could teach her a card game, a jump rope rhyme, or a magic trick, for instance. Next, ask her to teach you a game or an activity she enjoys.

- Step into a role. You might each pretend to be someone else (a cashier and a customer, a bird and a squirrel) while carrying on a conversation. Encourage your child to think about what her character would sound like and what she would say.

- At bedtime, shine a flashlight on the walls, ceiling, and floor. Have your youngster "chase" your beam with her own flashlight. Then, trade roles. ♥



Elementary School Parents[®]

Hay Springs Public Schools

make the difference!



It's not too late to connect with your child's school!

When parents and schools work together, the results can be incredible, including increased academic achievement and better student attitudes and behavior.

In today's busy world, however, the idea of getting involved can be overwhelming. "What do I have to do?" you may wonder. "I'm already short on time!" Don't worry. Involvement doesn't need to be complicated or time consuming.

Even though the end of the school year is right around the corner, it isn't too late to get involved. Starting right now, you can:

- **Attend school events.** While at school, make an effort to talk to staff and other families.
- **Pay attention** to school information sent home and posted online. Keep

track of important dates, such as end-of-year tests and celebrations.

- **Volunteer.** Ask your child's teacher if there is anything you can do to help out. Perhaps you could prepare items at home for a craft, organize a class party, read to students or help in another way.
- **Join the parent-teacher group.** If you can't make it to meetings, take time to read the minutes from each meeting.
- **Ask the teacher questions.** "How can I help my child succeed?" "What are the most important school tasks for us to accomplish each day at home?"
- **Keep talking to your child** about school. Let her know her education is important to you!

Attendance is still important at year's end



You know that it's important for your child to be in school. But this would be such a

wonderful time to take a family trip. And, after all, your child is only in first grade. Surely a few days' absence won't matter, will it?

It will. In fact, research shows that elementary schoolers don't have to miss much school before their learning suffers. In the early grades, students are mastering reading and basic math skills. And these are the skills most affected when children miss school. Being in school consistently is the only way students can develop a strong foundation on which to build the rest of their learning.

When your child misses school, he is not the only one who pays a price. When the teacher has to stop to meet the needs of a student who was out of school, everyone else's learning comes to a halt.

Source: H. Chang and M. Romero, *Present, Engaged, and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades*, National Center for Children in Poverty.

Building your child's social skills can give learning a big boost



Students learn much more at school than academics. In every class, they practice an important skill—getting along with others.

Research shows that problems with social skills can interfere with learning and make it difficult for students to succeed in school or in life.

To reinforce social skills:

- **Be a role model.** Kids notice how parents interact with others. Do you introduce yourself to new people? Get together with friends? Support people you care about? Let your child see you being a good friend.
- **Read stories.** There are many books about friendship. After reading, talk about the story.
- **Role-play.** Kids need help practicing manners. Before going to the park, for example, you and your child might pretend you're meeting new people. "Hi, I'm Jane. Nice to meet you!" Also focus on sharing and kindness.

- **Socialize.** Give your child plenty of opportunities to spend time with other children. Invite friends to play. Go to story time at the library. Visit busy playgrounds. Sign up for children's programs at community centers, museums and elsewhere.
- **Relax.** Children don't need lots of friends. Just one good buddy is fine, as long as your child cooperates well with others. If you have any concerns, talk with her teacher and work together on solutions.

Source: K. Steedly, Ph.D. and others, "Social Skills and Academic Achievement," *Evidence of Education*, National Dissemination Center for Children with Disabilities.

"Nothing is ever lost by courtesy. It is the cheapest of pleasures, costs nothing, and conveys much."

—Erastus Wiman

Use homework to teach your child how to be conscientious



Conscientiousness is a student's ability to set and meet goals, make informed choices, and understand his

responsibility to others.

While this trait should naturally develop as your child grows, studies show there's an easy activity that can hone it. And believe it or not, it's homework!

Here's how to help your child strengthen conscientiousness with homework:

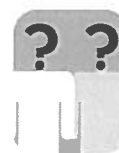
- **Remind him not to rush.** He should take his time and complete tasks carefully. He shouldn't race through

work just because he'd rather be doing something else.

- **Ask him to check his work.** Once your child finishes an assignment, have him spend a few minutes going back over it to confirm that his answers are correct.
- **Cheer him on.** Is that art project challenging your child? Has he had enough of that lengthy book report? Encourage him to keep at it and not give up! Conscientious students meet their obligations—and deadlines—even when the going gets tough.

Source: R. Gollner and others, "Is doing your homework associated with becoming more conscientious?" *Journal of Research in Personality*, Elsevier Inc.

Are you helping your child be a confident reader?



When your child starts reading, he will probably ask you to listen to him. How you do this can affect his motivation to read—

and his progress.

Are you doing all you can to boost your child's reading confidence?

Answer *yes* or *no* to each question below to find out:

___1. **Do you have the right books?** Try books with pictures, predictable stories and repetitive words and phrases.

___2. **Are you a good listener?** Don't interrupt your child to correct him or to use teaching techniques such as sounding out words. Just have fun, laugh and enjoy the story.

___3. **Do you encourage your child to use picture clues and his memory to tell the story?**

___4. **Do you give lots of praise and encouragement when your child reads?**

___5. **Do you avoid criticizing?** If your child gets discouraged, he can lose his confidence and desire to read.

How well are you doing?

Each *yes* means you are boosting your child's reading confidence. For *no* answers, try those ideas.

Elementary School
Parents
make the difference!

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It Matters: Building Respect

Be a respectful role model for your athlete



It's natural to want to cheer for a young athlete. But when parents get too involved, children say they would rather

their parents just stay away.

Here are things your young athlete wants you to know:

- **She loves having you on the sidelines**—except when you go too far. Your child wants you to be supportive of her entire team, not just her. She doesn't want you to yell at the referee. And she doesn't want you to yell at the parents of the children on the other team!
- **She wants you to recognize that the coach is in charge.** Most youth coaches are volunteers. Most of them are trying to give children a chance to play a game. Even if you think you could do a better job, don't yell directions at your child or other players. And if you really want to help, volunteer to be a coach next season!
- **She wants you to be happy when her team wins.** But she doesn't want winning to become so important that she doesn't enjoy just playing the game. It's fine to talk about the game when it's over. But don't go on and on about it for days.
- **She wants you to be realistic.** If no one in your family is taller than 5'5", you are probably not raising a basketball star. Help your child learn to enjoy all types of sports and let her pick the one that she thinks is right for her.

Source: J. and J. Sundberg, *How to Win at Sports Parenting*, Waterbrook Press.

Teach your elementary schooler how to see beauty in diversity

Your child knows that no two people—or families—are exactly alike. But does he accept and appreciate this? To be successful in school and in life, he'll need to respect people's differences.

You can nurture your child's respect for diversity if you:

- **Are a positive role model.** Kids are naturally open minded. When parents show respect for others—through actions and words—children imitate them. Let your child know that while people can be different from one another, they also have a lot in common.
- **Learn about other cultures** by leaving your "comfort zone." Visit a new place, try a new food and read books about other ways of life.
- **Speak openly about diversity** issues. It's normal for your child



to notice differences. They're fascinating and amazing! Correct any stereotyping with kid-friendly explanations.

Source: C.J. Metzler, Ph.D., "Teaching Children About Diversity," PBS, nswc.com/ec_diversity.

Help your child understand why it's important to follow rules



One of the ways kids show respect is by following rules. This is easier for children to do if they understand

why rules are important.

In addition to explaining the reasons for specific rules, you can:

- **Play a game without rules.** After a while, stop and talk about how things are going. Then play with rules and see which way is better.
- **Imagine a world without rules.** Talk about what would happen if people could steal ... if kids could

talk in class ... if drivers could run red lights. What would that be like?

- **Encourage your child to be a leader.** Being a student council member or crossing guard, for example, will give him experience making and enforcing rules.
- **Let your child play a team sport.** He'll learn the benefits of following rules and working together.
- **Praise your child for obeying rules.** You might say, "Thanks for getting up on time. Now we can eat breakfast together." This encourages him to keep respecting rules.



Nutrition Nuggets™

Food and Fitness for a Healthy Child

Hay Springs Elementary School
Nurse/Student Health Coordinator



BEST BITES

Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room (or yard) to the other. Or they could take turns being the leader and play Follow the Kangaroo.



DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don’t do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she’s having trouble waking up early enough, move her bedtime back.

Just for fun

Q: What’s the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

“I’m starving!” When your child bursts through the door after school or activities, she’s probably hungry. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She’ll have a say in what she eats, but she’ll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese,



and vegetables (sliced mushrooms, chopped onions), then bake until the cheese melts.

Build your own

Let your youngster get creative in the kitchen, and she’ll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. 🍓

Feeling good about sports

Participating in sports can build your youngster up... or drag him down. Make athletics a positive experience for him with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage your child to set goals — but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he’s been working on.
- Avoid comments about your youngster’s size or body. Concentrate on the friends he is making and the effort he is putting forth (“I love how you tried to get the rebound”). 🍓

