

Welcome Back!

August 2018

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BACK TO SCHOOL



Superintendent's

Wow, what a year, time really does fly when you are having fun. I want to thank everyone on the Hay Springs staff, Board of Education and the community of Hay Springs for making our transition to Hay Springs so pleasant. The staff and community members we have met are tremendous individuals and are very welcoming. It has been a great year for my wife and me. I am extremely pleased with my decision to return for a couple more years. I am not sure where the year went and particularly what happened to summer. I am sure that some of our students can't wait to get back to school and feel like the summer was really long. We as parents at times think that we too can't wait for school to start, and have the children back on a schedule. Well the good news is it is time to say "Welcome Back".

On behalf of the Hay Springs Board of Education and Staff of Hay Springs Public Schools I would like to welcome everyone to the 2018-2019 school year! August is one of the most exciting times of the entire calendar year. The excitement of something "New." A new school year, new grades, new classroom, new teachers, new classmates, new schedules, new coaches, new routines, and new beginnings.

I am excited to be returning to the Hay Springs Public School for a second year and have truly enjoyed the past year. One of the highlights of 2017-18 was the successful review of our School Improvement Visitation team with their commendation and recommendations. Our time at Hay Springs has been a very rewarding experience. I continued to be involved in production Agriculture in Boyd County where we raise livestock and have a small vineyard.

My wife Susan and I were blessed with six sons and two daughters, seven of

whom are married and have children. They have blessed us with 18 grand-children with a 19th due this fall which allows/requires us to do some traveling to assist with the grandchildren at times. Our youngest will graduate from UNK in December. Please stop by the office or the house at any time if you have questions or concerns about the education of your children or just to visit and get to know each other.

On August 6th, 2018 the excitement begins with the first of three days of staff inservices, "Back to School" for the middle level and high school students will be on August 9th with dismissal at noon. The elementary's first day will be August 13th. A hot dog roast is from 4:30 - 6:30 in the school cafeteria on Thursday, August 9th.

Our students, parents, teachers, and community will get to start a new chapter within our school. I challenge everyone to make this the best school year ever! What will history say about the 2018-2019 School Year? Listed below and throughout the newsletter are some important things to know about the upcoming school year.

New Staff Members:

This year we welcome one new staff member Staci Wolken to our Hay Springs Family. She has taken the position of Bookkeeper and Business Office Manager for the district. Her employment began on June 25th and she has been on a strong learning curve dealing with school accounting procedures.

Newsletter/Information:

One of the district goals is to improve communication and getting the news of the district out to everyone in the community.

Below are several ways to be informed of the great things we are doing at Hay Springs Public Schools!

(Continued on page 2)

*Strange phrase is
back!!*

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

(Continued from page 1)

*Hay Springs Public Schools will continue to have a monthly newsletter at the beginning of each month. The newsletter will be available on our district website www.hshawks.com or patrons can pick up a copy of the newsletter at the Post Office, Sackers, or the Nursing Home.

*Keep up-to-date on events and current information by following us on Twitter at @HSPublicSchool. Use the #hayspringshawks when tweeting about the school, and as always follow Hay Springs Public Schools on Facebook.

*Remind is a great way to get texts sent straight to your cell phone. Texts will include school information such as school closings and information on activities. Stop in the office to pick up more information if needed.

*The district website www.hshawks.com is a great resource to use to find all the information about the school district. The website includes a lunch calendar, athletic calendar, district policy, student handbooks, coach's handbook, staff information, upcoming events, board policy and much more.

Student Handbook Changes:

The student handbook for the 2018-2019 school year has been updated and is available to view on the district website. If you would like a hard copy of the handbook, please stop by the school office to request a copy.

Parents please take time to go over the handbook with your child/children prior to the first day of school.

First Day of School:

The first day of school for 6th-12th grade students will be August 9th with students dismissed at 12:00. No lunches will be served. The first day for Preschool - 5th grade students will be August 13th, and will be a full day.

Kindergarten through 5th grade school hours for the year will be 8:00-4:00. Middle School and High School Students will be 8:00-4:15.

Learning:

Hay Springs Public Schools has established a tradition of focusing on student learning. With the help of the parents, community members, teachers, students and staff this amazing tradition will continue and Hay Springs will reach new heights. Our students will continue to work hard, to achieve a high level of academic success. We will provide students assistance and remediation when needed, through the efforts of an outstanding teaching and support staff.

In order to learn at the highest level all students need to be in school every school day, providing the best possibility for them to achieve at their greatest potential. Hay Springs Public Schools is fortunate to be able to operate on a four-day school week, therefore; we ask parents to schedule doctor appointments, trips, and other activities on Friday when there is no school.

BackPack Program

By Mrs. Marx



Hay Springs Public Schools is partnering with the Food Bank of the Heartland again this year to provide the BackPack program to our students. Each week a sack of food/snacks will be sent home with students participating in the program. If you would like to make a donation to help with the program or if you would like your child to participate in the program please contact Mrs. Marx at the school.

New Face at HSPS

Hi Everyone! I would like to introduce myself to those of you who may not know me. My name is Staci Wolken and I have joined the Hay Springs Schools as the new business manager. Previously I worked at Gordon Memorial Health Services as the AP/Payroll Specialist. My husband, Larry, and I live just south of Hay Springs with our daughter and two dogs. We also have two sons who are both alumni of HSHS. Colton is currently serving in the United States Marine Corps, and Coy is in recruit training at Marine Corps Recruit Depot, San Diego. Our daughter RyLee is a sophomore here at Hay Springs High School.

I am very excited to be a part of the Hay Springs Public School team and look forward to getting to know all of you!



PBIS

By Raima Varvel



Seven members of the Hay Springs Public Schools staff attended a training in Lincoln in early June for NPBIS (Nebraska Positive Behavior Intervention System). These individuals returned from this training believing that NPBIS is the missing link to HSPS becoming the strongest school system it could be. Over the next year these individuals will be working with the rest of the HSPS staff to build a framework where both students and staff are clear on behavioral expectations in all areas of the school—from the high school to the elementary; the playground to the cafeteria; hallways to bathrooms; school vehicles to individual classrooms. It is the teams belief that NPBIS will build unity within HSPS, fostering community and camaraderie in all areas of the school. Keep an eye out and see the positive changes that are on their way!

Friendly Festival Activities

By Jessica Heesacker



Lots of fun events for kids (young and old) and families this year at Festival on Saturday, August 25th.

1. Show your pride for your class or team by having a float in the parade. This year's theme is "Hay Town Hoodang": there is a award category named Hometown Spirit award which is limited to Hay Springs Elementary and High School students.
2. Warrior Obstacle course on the HS football field—following the parade/start at 11 am. Contact Staff Sergeant Bubba Page 308-760-2224 to set up a team or to compete individually.
3. Children's games and activities following the parade in the park. Events include free swimming and games, bouncy castles, National Guard Humvees, football toss, basketball hoop, old fashioned family games, face painting, vendor market with food
4. Free Hog Roast at 5pm, Free Band at 8 pm and fireworks at dark in the park.
5. Glow in the dark kickball from 9—11pm. Contact Staci Wolken or Kelli Anderson for more details or to sign up.

2018-19 FACULTY & STAFF LIST

Russell Lechtenberg	Superintendent/Principal PK-12
Kim Marx	Assistant Principal PK-12; Curriculum, Assessment, & NSSRS Facilitator; Counselor; Early Childhood Director
Staci Wolken	Business Office Manager
Adriene Kelly	Administrative Secretary, Athletic Director Secretary, Student Services,
Jessica Sherlock	Early Childhood
Jessica Mintken	Kindergarten
Kyli Heiting	1 st Grade
Crystal Vander May	2 nd Grade
Emma Strotheide	3 rd Grade
Sammy Meeks	4 th Grade
Jessie Anderson	5 th Grade
Jason Badje	Careers/Tech 8, Construction I & II, Home Maintenance, Woods & Metals, Drafting & Woods 3
Valorie Bila	Algebra I & II, Intermediate Algebra, College Algebra, Trig & Stats, A+ Math
Josh Borm	Math 6, 7, & 8, Science 7, Elementary Title, Elementary Art
Brad Bounous	Geography, American Gov't, American History, World History, Social Studies 8, Elementary Title
Jodie Garrett	ACT & Scholarship Prep, Social Studies 6 & 7, Science 6, A+ Math, Elementary Computers
Distant Learning	Spanish I & II, Housing, Art I & II, Animal Science/Natural Resources
Paula Holtmeier	K-12 Special Education
Linda Kudrna	Reading 7 & 8, English 7 & 8, A+ Reading and Writing; Activities Director
Melissa Lein	Careers/Tech 7, Accounting, Intro to Business, Personal Finance, Video Production
Rachel Mandelko	PK-12 Physical Education & Health
Nichole Marcy	Title Teacher/Coordinator, Reading 6, English 6
Carole Matthews	K-12 Library, Career Tech 6
Kodi Young	Biology I, A & P, Earth Science, Chemistry, Science 8 & 9
Larel Reimann	IT Coordinator; Online & Distance Learning Class Monitor
Robin Shimek	English 9, 10, 11, 12, Creative Writing, Literature, Journalism I & II
Raime Varvel	Band, Choir, Elementary Music PK-5, Middle School: Music, Fine Arts & Band, Elementary Title
Mindie Starke	Paraprofessional
Twila Weyers	Paraprofessional
Kate Davis	Paraprofessional/Custodian
Wendy Andersen	Food Manager/Head Cook
Karen Kozal	Assistant Cook
Ricky Wohl	Custodian, Activity Driver
Kayla Wagnitz	School Custodian/Lister-Sage Custodian
Jim & Sandi Abbott	Route and Activity Drivers
Aaron Huckfeldt	Activity Driver
Shavona Henry	Member (2020)
Brenda Johnson	President (2020)
Miriam Kearns	Member (2016)
Everette Langford	Vice President (2018)
Greg Heiting	Secretary (2018)
Marilyn Reed	Treasurer (2018)

2017-2018 Coaching & Sponsorships

Linda Kudrna	Activities Director
Nichole Marcy	Cross Country Coach
Josh Borm	Football Head Coach
Isaac Hughes	Football Assistant Coach
Cody Ehrman	Football Jr. High Coach
Kim Davis	Volleyball Head Coach
Maaryn Davis	Volleyball Asst. Coach
Kerisa Marx	Volleyball Jr. High Coach
Jason Badje	Girls' Basketball Head Coach
Bryan Denton	Girls' Basketball Asst. Coach
Linda Kudrna	Girls' Basketball Jr. High Coach
Josh Borm	Boys' Basketball Head Coach
Logan Paben	Boys' Basketball Asst. Coach
TBA	Boys' Basketball Jr. High Coach
Jason Badje	Boys' Golf Coach
Chuck McCance	Wrestling Head Coach
Joe McCance	Wrestling Jr. High & HS Asst.
Logan Paben	Track Jr. High Coach
Bert Newman	Track HS Head Coach
Mariah Nelson	Track HS Asst. Coach
Carole Matthews	Accelerated Reader
Robin Shimek	National Honor Society
Brad Bounous	One Act Play
Brad Bounous	Quiz Bowl
Paula Holtmeier	Student Council
Raime Varvel	Music
Robin Shimek	Yearbook
Brad Bounous	Seniors—Class of 2018
Kim Marx	Juniors—Class of 2019
Raime Varvel	Sophomores—Class of 2020
Rachel Mandelko	Freshman—Class of 2021
Nichole Marcy & Jodie Garrett	6th, 7th and 8th Grade—Class of 2025, 2024, & 2023

PreK Lunch—12:00 noon

Elementary Lunch—11:30 a.m.

Middle/High School Lunch—12:25 p.m.

Ways to help your school:

Here's looking at you, kid.

Collect the following**Or sign up for****TARGET****TAKE CHARGE
OF EDUCATION™**

August 6th—Teachers' First Day

August 9th— 6th-12th Students' First Day—Early
Dismissal @ Noon no lunchAugust 13th—PreK—12th Students' First Day—
Regular Day for All Grades

September 3rd—NO SCHOOL— Labor Day

Café'teria News

Welcome Back!!!

Fun in the Café'teria: This year there will be fun games that will be played weekly. One of the games will include magic number that may be under your plate or under your seat. The person who gets the magic number will then be asked one Café'teria question. If they answer it correctly they are entered into a monthly drawing. Monthly drawings will be held during the last school day of each month. One drawing for Breakfast, one drawing for Elementary Lunch and One Drawing for Middle/High School Lunch.

Beef into School: Many people have been working to bring Local Beef into our School. The beef will be processed into hamburger and toasts. Hay Springs School is very fortunate to have local beef producers that are donating beef for our meals. Banners will be hung in the Café'teria to honor the donees. Please acknowledge these people and their amazing donation to our food program.

2017 Summer Food Program: Our Summer Food Program was a great success. June average attendance was 30 for Breakfast and 65 for Lunch. July average attendance was 20 for breakfast and 30 for lunch. We had many adults from the community come and eat with us. Some adults just came and got TO GO Boxes for lunch or breakfast. I love doing this program and seeing all my friends throughout the summer. This year the program received an excellent rating from the State Review that was held July 10, 2017.

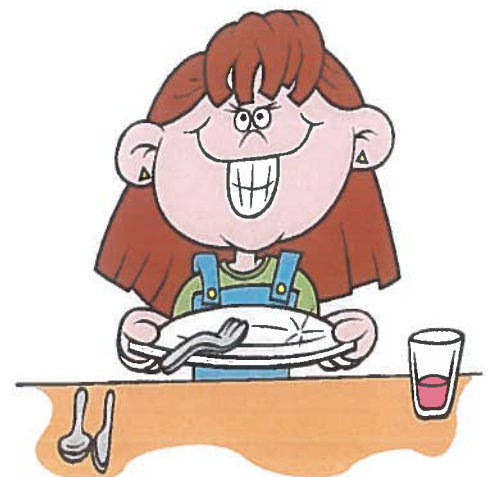
Parents and Family Days:

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 2018-19 school year special lunches.

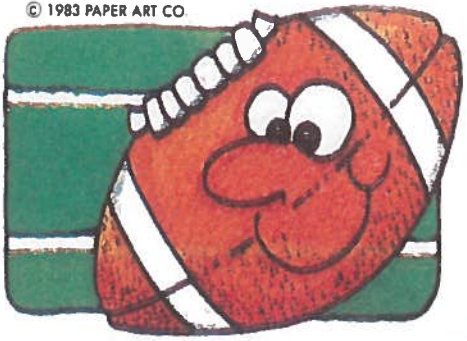
August 29	Ice Cream Day	March 18	St Patrick's Day
September 12	Grandparents Day	April 18	Fathers Day
October 11	Bring a fireman to lunch	May 13	Mothers Day
November 20	Thanksgiving Dinner		
December 20	Christmas Dinner		
January 31	Super Bowl		
February 14	Valentines Day		

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!

My special thanks: I want to thank all of the Staff, Administration, School Board and families of Hay Springs Community and School for your amazing support during my recovery. I cannot thank you all enough for NEVER giving up on my recovery and being back at this wonderful school to continue to provide your children with wonderful breakfasts and lunches. I am humbled. I look forward to seeing each and every one of you this next year.



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“Grill and Grid Night”

HSH needs at least 12 varsity football dads to help string and paint the lines on the football field in preparation for the 2018 season. Work on the field will begin at 5:30 pm on August 6, 2018. We will be grilling burgers and offering salads and desserts to all who help out on our “Grill and Grid Night”. Please contact Linda Kudrna at 308-430-0033 or the school at 638-4434 to commit to supporting these great young men we call Hawks!

Athletic News

By Linda Kudrna



Sunday, August 5th there will be a short meeting in the old gym for all athletes in grades 7-12 and their parents. All athletic forms and fees can be taken care of at this time. Also, a short video informing parents and athletes about the signs and symptoms of a concussion will be presented. Thank you for your attendance. Help spread the word!

Remind Information



Remind is an easy way to receive notifications regarding important information right on your phone. Hay Springs Schools has two main groups of remind, Hawk Parent/Student Notices and Hawk Activity Time Changes. Sometimes I wake up grumpy; other times I let her sleep. Hawk Parent/Student Notices notifies you of information that is geared at the entire school (e.g. late starts, snow days) and Hawk Activity Time Changes is geared at athletic parents and students (e.g. event time changes or cancellations). Please make sure to sign up for one or the other, or both so you don't miss important information!!

Guidelines for Administering Medication

Whenever possible your child should be provided medications by you outside of school hours. All medication (unless approved by the Administration) is to be kept in the school office and is to be administered by assigned school personnel. In order for school personnel to give medication to your child at school, the medication must be in the original labeled container, which has the student's name, licensed health care provider's name, medication name, and instructions on it. Ask your pharmacist for a second labeled bottle if necessary. The parent will need to fill out and sign a permission slip available at the office. This form will include the directions on dosage and time. This is important to enable the school to safely administer medication to your child. **DO NOT SEND MEDICINE THAT IS NOT LABELED OR IS NOT IN THE ORIGINAL CONTAINER.**

Over the counter medication such as Tylenol, cough drops, cough syrup, etc. will only be given with written permission from the parent. Medication must be provided by the parent, the school will not provide any form of medication. This permission must be renewed with each incident. If Tylenol or other over the counter medications are needed for more than two weeks, an examination by a licensed health care provider is recommended to be sure there is no serious illness present.

The Hay Springs Board of education recognizes that many students are able to attend school because of the effective use of medication for the treatment of illness and/or disabilities.

If at all possible, all prescription medications should be given at home outside of school hours. NO over the counter medicines will be given in the elementary schools; this includes acetaminophen, Tylenol, and cough medicine. Non-prescriptive medication may be used at the Middle School and High School. Medication must be provided by the parent.

Attendance

The responsibility for the attendance of the child in school is fixed, by law, upon parents. A student missing more than 10 days per semester or 20 days per year will not receive credits for that semester/year. Parents, when reporting their child absent, must give the reasons for the absence, however, only authorized school authorities can excuse students from school.

A parent of each student is required to notify the school each day that a student is to be absent. Parents are required to notify the school before 8:30 am on the day their child is absent or the school will attempt to contact the parent. If the parent knows of an upcoming absence, please notify the school (308) 638-4434 as soon as possible. If no phone call or note is received by the office prior to the absence, the absence may be considered truancy and could be considered unexcused.

Students participating in school sponsored activities under the direction of a school approved sponsor and representing the school will not be counted as absent.

Upon reaching the following limits during a semester, the parent will be notified as follows: After the 5th day of absence, an advisory letter will be sent to the parent. After the 8th day of absence, the administration may meet with parents and student to discuss an attendance plan. After the 10th day of absence, a letter reporting the absences will be mailed to the parent and the County Attorney. After the 11th day of absence, the student will lose credit for the semester. Parents may appeal the loss of credit to the Superintendent.

Ineligibility

The ineligible list will be run weekly (generally Monday morning). Students will remain on the list until the next list is run. Grades need to be posted by 12:00 a.m. (midnight) or they may not be included when the list is run. Ineligibility list will be run between midnight and 9:00 a.m. No student will be removed from the list without the administrator approval.

To be ineligible students may have any of the following or a combination thereof: 2 D's or 1 F

If you are on the ineligible list, you will not be allowed to participate in extracurricular activities/events for the week and will not be allowed hall pass privileges. Students will also be required to attend Friday School.

Students who end the quarter or semester with an F will automatically be in Friday school until the next list is run.

Friday School

Most school districts operate on a 5-day school week, with classes running from Monday through Friday. Our district currently operates on a 4-day school week, with classes typically running from Monday through Thursday. Some students are in need of additional assistance, so Hay Springs Public Schools has decided to staff and host school on Fridays in an effort to assist students who need additional help, instruction, or support.

Any student's building administrator may require the student to attend school on Friday morning from 8:00 AM to 12:00 PM in a classroom staffed by employees of the district. Students directed to attend school on Friday will be students who, in the opinion of the administrators and teachers, (1) need additional assistance of any kind, (2) have failing grades, and/or (3) have missing assignments.

Friday school days are intended to be a learning and study time for students just like any other school day. Friday school is not a disciplinary consequence. Rather it is intended to help students who are in need of assistance. Students asked to attend Friday school as a result of or in conjunction with disciplinary action are asked to do so because they meet one of the criteria listed above and not as a part of the disciplinary consequence.

During Friday school, all of the regular policies, rules, handbooks, and codes of conduct apply, including the district's mandatory attendance policies. Failure to attend school on Friday when directed to do so by the building administrator will be counted as an absence pursuant to the district policy. Absences from Friday school must be approved in the same manner as absences from any other school day, and the district's policy governing "excused" and "unexcused" absences will apply.

Hay Springs Public Schools will not provide transportation to and from Friday school. In the event any student is entitled to transportation services by the state or federal law, transportation services will be provided as required by law.

The following rules apply:

1. No food (except snack provided) or drink (other than water) is allowed.
2. No cell phones or other personal electronic devices, including head phones.
3. No talking or disrupting others.
4. If kicked out of Friday School, the student is required to bring a parent to meet with Administration prior to reentering school.
5. Not attending Friday School will result in a parental meeting. Students will not be allowed back to school until a parent can meet with administration.
6. All teachers who have students that attend mandatory Friday School will provide the student with make-up and homework assignments.





Notices

ASBESTOS UPDATE: 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. PGE 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 completed for abatement and re-insulation.

USDA NOTICE

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 Civil Rights, 1400 Independence Avenue, S.W., 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). USDA is an equal opportunity provider and employer.

BACK TO SCHOOL NIGHT!

Come One, Come All!

FREE

Hot Dog, Chips and Drink

Thursday, August 9th

4:30 PM-6:30 PM

In the Cafeteria!



College Planning

Educational Planning Programs coming to our area: Follow this link for that information and much more regarding college planning. It is never too early to start!

<http://www.educationquest.org/educational-planning-programs/>



FEES/PRICE LIST		
ADMISSION PRICES AND PARTICIPATION FEES		
	2017-2018	2018-2019
Varsity Events		
Adult	\$5.00	\$5.00
Senior Citizen	\$3.00	\$3.00
Student (K-12)	\$3.00	\$3.00
Pre-Kindergarten	FREE	FREE
JV or Jr. High Event		
Adult	\$3.00	\$3.00
Senior Citizen	\$3.00	\$3.00
Student (K-12)	\$3.00	\$3.00
Pre-Kindergarten	FREE	FREE
Passes (Family Pass includes: Parents and students 0-12th grades residing in the same household.)		
Family Pass	\$100.00	\$100.00
Adult Pass	\$40.00	\$40.00
Student Pass (K-12)	\$30.00	\$30.00
Participation Fees (includes free admission to home activities)		
High School	\$65.00	\$75.00
Middle School	\$55.00	\$65.00
LUNCH PRICES		
	2017-2018	2018-2019
Hot Lunch Meal or One Trip Salad Bar		
Adult	\$3.50	\$3.50
6 th – 12 th Grades	\$3.25	\$3.25
PK-5 th Grades	\$2.75	\$2.75
Breakfast PK-12th Grades	\$1.50	\$1.50
Seconds/Extras		
Main Dish	\$1.00	\$1.00
Salad Bar Only	\$2.00	\$2.00
Dessert	\$0.50	\$0.50
Milk	\$0.40	\$0.40
OTHER FEES		
	2017-2018	2018-2019
Copies		
Black & White	\$0.50	\$0.50
Color Copies	\$1.00	\$1.00
Faxes		
1-Page	\$2.00	\$2.50
Telephone		
Local	FREE	FREE
Long Distance	\$1.00	\$1.00
Lamination		
Any width	\$2.00/linear foot	\$2.00/linear foot
Adopted 7.9.18		

Friendly Festival Pajama Party

KIDS NIGHT IN
PARENTS NIGHT OUT
fun for ALL!

**Puzzles &
Activities**

**Popcorn
&
Snacks**

**Bring a
pillow &
sleeping
bag**

Games

**Wear your
pajamas**

Sponsored by: Hay Springs High School FBLA

Where: Hay Springs School

When: Sign up for one or for both!

August 24-25 (Friday night) 7pm-8:30am

August 25-26 (Saturday night) 7pm-8:30am

Cost: \$20/child/night Age: Pk-5th Grade

PAJAMA PARTY

7-8 pm: Drop-off

8-10 pm: Activities & Snacks

10-12 pm: Movie

12-7 am: Rest

7-8 am: Breakfast

Pick-up by 8:30 am

Email: melissa.lein@hshawks.com to sign up.

Sign up by August 20th!



Certificate of Accreditation


The Nebraska Department of Education
Recognizes

HAY SPRINGS PUBLIC SCHOOLS

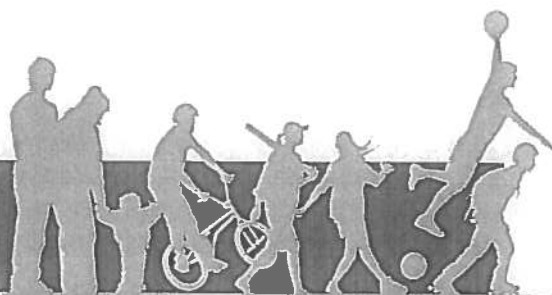
AS AN ACCREDITED SCHOOL
FOR THE SCHOOL YEAR 2018-2019

BY THE OFFICIAL ACTION OF THE STATE BOARD OF EDUCATION


Matthew L. Blomstedt, Ph.D.
Commissioner of Education


Deborah A. Frisøen, Ed.D.
Deputy Commissioner of Education

CONCUSSION FACT SHEET FOR PARENTS



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

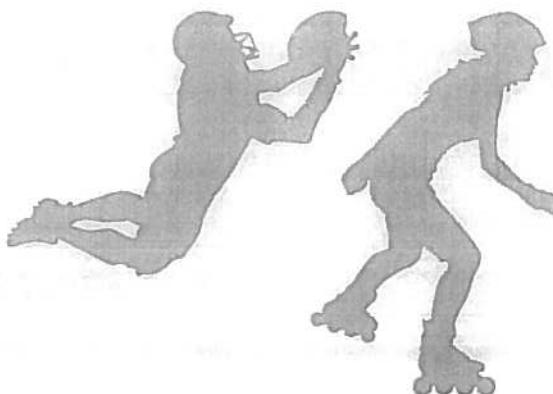
SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

[INSERT YOUR LOGO]



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY**
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

AUGUST 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menus are subject to change. FRUIT OF THE MONTH: Peaches & Kiwi						
5 **Breakfast Cereals, yogurt, cheese sticks, muffins, breakfast bars. New Item will be Parfaits.	6	7	8	9 Breakfast Only: Pancake on a stick or pancakes No Lunch early dismissal	10	11
12 Fruit and Veggie bar is available for breakfast and lunch each school day	13 Breakfast: Sausage Biscuit, Fruit Bar, Lunch: Hoagies, Chips	14 Breakfast: Biscuits and Gravy Lunch: Spaghetti, Garlic Bread Stick	15 Breakfast: French Toast Stix Lunch: Tostitos (Tator Tots Instead of chips) or Burritos, Churros	16 Breakfast: Sausage, Hash brown Lunch: Fried Chicken or Chicken Strips, Mashed Potatoes/ gravy	17	18
19 LUNCH: ADDITIONAL MAIN MEAL CHOICES INCLUDE: PBJ/PIZZA BAR	20 Breakfast: Muffins/Danish/ Fruit Lunch: Chicken Fajita/Chicken Nuggets/ corn	21 Breakfast: Breakfast Pizza Lunch: Fish Sandwich or Bit Wraps, Smiley Fries	22 Breakfast: Sliders Lunch: Breaded Beef Patty/mashed potatoes & gravy,	23 Breakfast: Breakfast on a stick/ Fruit N Yogurt/Cereal Lunch: Mandarin Chicken/Chicken Nuggets, Rice	24	25
26	27 Breakfast: Omelette/Scones, Fruit Lunch: Hamburgers w/Fries/or Chicken Patty	28 Breakfast: Omelette/Pancakes Lunch: Hot Dog Trilogy: Corn Dogs & Mini's, Regular Hot Dogs w/bun	29 Breakfast: Waffles Dunkers/Dutch Waffles Lunch: Walking taco/ Soft Shell Taco Ice Cream Day	30 Breakfast: Biscuits N Gravy Lunch: Meatball Subs or Turkey Subs, Chips	31	

NOTES:
 Breakfast is served from 7:30 a.m. to 7:55 a.m.
 Lunch: Elementary - 11:30 a.m. MS/HS: 12:30

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Hay Springs School Cafeteria

*Breakfast Menus
 * PK - 12 Grade Lunch Menus

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	Grill N Grid Night 5:30 Teacher In- service HS FB/VB Practice Starts			ML/HS School Starts ½ day Back to School Hot Dog Feed 4:30-6:00 pm		
Concussion and Parents Sports Meeting 5 pm	5	6	7	8	9	10
	PreK – 12 th Grade School Starts JH FB pad checkout VB J V practice starts	JH FB Practice Starts		HS VB Jamboree @ CSC 6pm		
	12	13	14	15	16	17
				HS VB Tri @ Hyannis 4pm HS/JH XC @ Scottsbluff JH 3:45/HS 4:15 pm	HS FB @ Potter- Dix 7pm PEO Show Friendly Festival Pajama Party	Friendly Festival Parade Friendly Festival Pajama Party Night 2
	19	20	21	22	23	24
					HS FB @ Creek Valley 4pm JH/HS XC @ Gering JH 11:00/HS 1pm	
	26	27	28	Ice Cream Day	29	30
						31

AUGUST

2018



NOTES:

First Day of School for ML/HS is Aug. 9th noon dismissal no lunch served. Everybody else starts Aug. 13th full day.

Please call the school or email melissa.lein@hshawks.com to reserve your child a spot for the Friendly Festival Pajama Party.

All New Student requirements are due to the office by August 1st.



Hay Springs School District #3 2018-2019 Pre K - 12th School Supply List



PRESCHOOL AM & PM

- ☐ 1 regular backpack, labeled with student's name
- ☐ Gym Shoes with non marking soles (labeled)
- ☐ Extra change of clothing (labeled)
- ☐ 1 composition notebook (labeled)
- ☐ 1 - 3 ring binder (labeled)

KINDERGARTEN - 3RD AND 5TH GRADE

- ☐ \$20 - teacher will purchase school supplies (due the first day of school)
- ☐ Backpack, labeled with student's name
- ☐ Water Bottle that closes (labeled)
- ☐ Gym shoes with non marking soles (labeled)
- ☐ 1 box of Kleenex (do not label)
- ☐ 1 - 75 count container of Clorox Wipes (do not label)
- ☐ Kindergarten Only - Extra set of clothing (labeled)
- ☐ 2nd through 5th Grade Only - Ear buds or headphones (labeled)
- ☐ 3rd and 5th Grade Only - deodorant (label)
- ☐ 5th Grade Only - 24 count pencils (wood or mechanical) Refill lead if buying mechanical

4TH GRADE

- ☐ 1 package of #2 pencils
- ☐ 2 box of Expo markers 24 count (black)
- ☐ Highlighters
- ☐ Glue Stick
- ☐ Ruler
- ☐ Scissors
- ☐ Pencil Box
- ☐ 2 graph notebooks
- ☐ 10 lined notebooks (5 for first part of year, 5 for second)
- ☐ 4 pocket folders
- ☐ 1 large eraser
- ☐ Old sock or cloth to serve as a whiteboard eraser
- ☐ 3 boxes of Kleenex
- ☐ 1-75 count container of Clorox Wipes
- ☐ Gym shoes with non marking soles

- ☐ Deodorant
- ☐ Backpack

PRESCHOOL & ELEMENTARY NOTICE

- Label all supplies (except those marked as do not label) with student's name in permanent marker.
- Send supplies in on the first day of school.
- Please do not purchase items unless indicated.

6TH-8TH GRADE

- ☐ 2 - 2" 3 ring binder
- ☐ Pens (red, black, blue)
- ☐ Pencils
- ☐ 2 ~ Notebook
- ☐ Headphones
- ☐ 2 ~ Graph Paper notebook
- ☐ Simple Calculator
- ☐ Highlighters (blue, green, yellow, pink)
- ☐ 2 ~ 3x5 packs of note cards
- ☐ Scissors
- ☐ Glue stick
- ☐ Protractor
- ☐ Compass
- ☐ Ruler
- ☐ Physical education classes require gym shoes, gym clothes, and gym bag

9TH-12TH GRADE

- ☐ Calculator (TI-83)
- ☐ Compass
- ☐ Lined Notebooks
- ☐ Graph Paper notebook
- ☐ Binder (2" or larger) 3 ring
- ☐ Pens
- ☐ Pencils
- ☐ Highlighters
- ☐ Markers (8 count thick or thin)
- ☐ Markers (Black extra fine sharpie)
- ☐ Protractor
- ☐ Ruler

- ☐ Upper Level Math Courses - Graphing calculator
- ☐ Geometry - Bound book of notecards
- ☐ Physical Education Classes - gym shoes, gym clothes, and gym bag

HOW DOES SCHOOL BREAKFAST HELP FAMILIES?



Fuels learning

Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.



Provides better nutrition

Studies show that people who eat breakfast have higher intakes of dietary fiber, B vitamins, calcium, iron, and other nutrients.



Saves time

School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.

HOW CAN FAMILIES HELP THEIR CHILD EAT A HEALTHY BREAKFAST?

- Read the menu with your child to make sure your student knows about all the foods that are included in their school breakfast.
- Find out how your parent organization can work with school nutrition professionals to promote breakfast options at your school, such as Breakfast in the Classroom.



Visit **Choosemyplate.gov/Families** for additional tips and activities for families.

The School Breakfast Program (SBP) provides cash assistance to States to operate nonprofit breakfast programs in schools and residential child care institutions. The USDA Food and Nutrition Service administers the SBP at the Federal level. State agencies administer the SBP at the State level, and local school food authorities operate the Program in schools.

Learn more at: www.fns.usda.gov/sbp/school-breakfast-program-sbp.

FNS-633

August 2016

USDA is an equal opportunity provider and employer.



2018-2019

Academic Year Calendar

August 18

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

September 18

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23	24	25	26	27	28	29
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October 18

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27	28	29	30	31		

November 18

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December 18

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January 19

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February 19

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March 19

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April 19

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May 19

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June 19

Su	M	Tu	W	Th	F	Sa
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23	24	25	26	27	28	29
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July 19

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

August 19

Su	M	Tu	W	Th	F	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Notes

T = TEACHER INSERVICE DAYS

X = NO SCHOOL

P = STUDENT'S 1ST/LAST DAY

P = Parent-Teacher Conferences

Q = Quarter Ends

SCHOOL HOURS:

AM PreK 8:00 12:00

PM PreK 12:00 4:00

Elementary 8:00 4:00

Middle School 8:00 4:15

High School 8:00 4:15

Quarter 1 Ends: 10/11/18 **36**

Quarter 2 Ends: 12/20/18 **38**

First Semester **74**

Quarter 3 Ends: 3/14/19 **40**

Quarter 4 Ends: 5/23/19 **39**

Second Semester **79**

Student Days **153**

Teacher **16**

15

19

15

20.5

16

12

19

15

17

14

153

163

NOTES:

Graduation - May 11, 2019 @ 2pm

Students' 1st and Last Days - Dismissal at Noon.

Parent-Teacher Conference Day: Regular school hours - PTC's 4:15 p.m. to 8:00 p.m.

Friday School is required for students needing to improve for 6th- 12th grades.

Summer School is mandatory for non-proficient students.

Protecting Instructional time is very important. Please schedule appointments on Friday's or other non-school days whenever possible.



Sign up for important updates from Mr. Lechtenberg.

Get information for Hay Springs Elementary School right on your phone—not on handouts.

Pick a way to receive messages for Hawk Activity Time Changes:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/hawkchange

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @hawkchange to the number 81010.

If you're having trouble with 81010, try texting @hawkchange to (402) 513-3346.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/hawkchange on a desktop computer to sign up for email notifications.



Sign up for important updates from Mr. Lechtenberg.

Get information for Hay Springs Elementary School right on your phone—not on handouts.

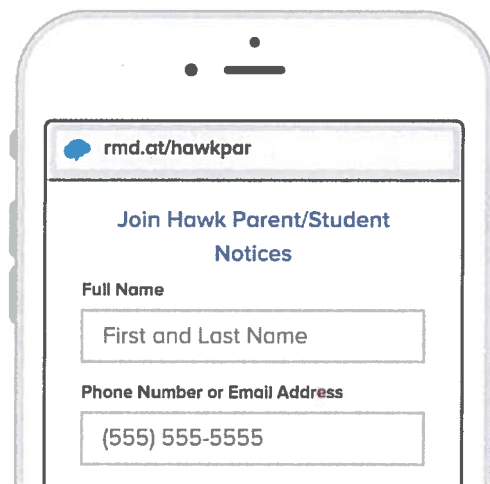
Pick a way to receive messages for Hawk Parent/Student Notices:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/hawkpar

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@hawkpar](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@hawkpar](#) to (402) 513-3346.

* Standard text message rates apply.



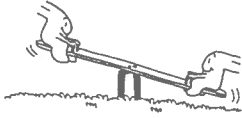
Don't have a mobile phone? Go to rmd.at/hawkpar on a desktop computer to sign up for email notifications.

Home & School

Working Together for School Success

CONNECTION®

Hay Springs Elementary School
D. Lechtenberg, Principal



SHORT NOTES

Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.

DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversations starters that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for



shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

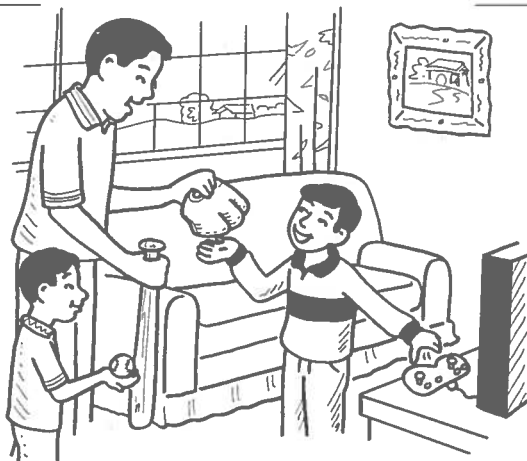
- "What's the coolest thing that happened? What wasn't so cool?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? Was anyone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors. Explain that keeping your

neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers. ♥

A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like kids.nationalgeographic.com).



- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about. ♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Q
&
A

Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close his eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune. ♥



PARENT
TO
PARENT

Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my

subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why. ♥

