

Superintendent's News

Beginning of the School Year Reminders

Inside this issue:

Superintendent's News	2
Café'teria News	3
FCA	4
JH Football	5
HS Football	6
Cross Country	7
4H Opportunity	8
NPBIS	9
PSAT	10
EdQuest	11
Early Intervention	12
Homecoming	13
Beef to School	14
Digital Citizenship	15
Menu	16
Activity Calendar	17
Parent Info	18-24

Wow, what a month, time really does fly when you are having fun. I want to thank everyone on the Hay Springs staff, Board of Education and the community of Hay Springs for making the first few weeks of school start so smoothly. As the first three weeks of classes near completion students and teachers are fully engaged in the teaching and the learning process. Administrative meetings have begun and the budgeting process for 2018-19 is well underway. The community of Hay Springs is blessed to have a very caring, qualified and dedicated staff. A quote I heard several years ago "Students do not CARE what you KNOW, until they KNOW that you CARE" is very applicable today more than ever. You can rest assured that the staff and the Board of Education and Administrative team at Hay Springs Public School truly cares about your students. We are here to provide the highest quality of education possible and are dedicated to continue to search for providing additional opportunities for student learning. The support of parents and patrons of the district always enhance the student learning process. Rural America is an excellent example of it taking a community to raise a child and the educational system in our small communities play a huge role in the development of our youth into productive citizens of the future. Academic achievement and stu-

dent involvement in inter and extra-curricular activities do not happen without the educational system and parents working together to support the entire process.

As we begin the 2018-19 school year I would like to highlight a few of the activities that have taken place in the first few weeks.

- Teachers and students are adjusting to a new school environment with the initiation of the NPBIS (Nebraska Positive Behavior Intervention Support)
- After staff members attended training with the Nebraska Department of Education in Lincoln this summer the PBIS Team has introduced the program to our staff and we have had tremendous buy in by staff.
- Student involvement in activities has begun with great participation numbers in football and volleyball and a small number involved in cross country.
- The Hawks began the football season with an impressive win. The Volleyball girls have begun their regular season last week. Cross country will compete in their second meet on Friday.
- Continued upgrading of technology for students and staff to provide additional learning opportunities.
- Continued use of the distance

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

learning and online technology to provide additional opportunities to enhance student learning. We have students enrolled in Animal Science, Spanish I & II and Art through the distance learning system.

- One of the highlights of the 2018-19 is the start of our “Beef to Hot Lunch” program, thanks to the support of our local beef producers and businesses
- We will be beginning our ASP (After School Program) for Kdg -5th grade students, on Tuesday September 4th with a parent meeting at 4:15. If you are planning to have students attending the ASP it is imperative that you as parents attend this meeting.

As we progress through the year know that your support and involvement in your student's education is vitally important. If you have questions or concerns about your child's academic performance or activity involvement, please remember to follow the appropriate chain of command. Initially, contact those most closely involved as the first opportunity to get accurate information and create resolution to the problem. If after discussion with classroom teacher, coach or direct student supervisor you are not satisfied that there has been any resolution to the issue contact the individual supervising those individuals. If those initial contacts do not produce any acceptable results, please stop by the office or give me a call to discuss your concerns. I truly believe that all members of our staff make the best decisions possible to guide your students toward success in academics and activities. Together we are better than any one of us can be alone.

I am requesting your support as parents on the student's arrival and pickup time at school for your students. Breakfast is served at 7:30 and supervision is provided for students eating at the time but the playground supervision doesn't take place until 7:45. If your students are not eating breakfast please do not deliver them to school prior to 7:45. The elementary instructional day is completed at 4:00 and students are dismissed at that time. We do not provide after school playground supervision, so students should not remain on the playground or at school after 4:00 unless arrangements have been made with their classroom teachers.

Breakfast serving time for high school students is from 7:30 -7:50. Students wishing to eat breakfast at school need to arrive prior to 7:50 which will allow them to consume breakfast prior to instruction beginning at 8:00 am.

Just a reminder that if your children accompany you to school activities or attend on their own, please have a discussion with them prior to attendance that they should sit in the appropriate area and observe the game. Hay Springs staff will assist you in enforcing that process, but your cooperation and the cooperation of your students is greatly appreciated. Staff members attending the game want to watch the performance of our students and not spend the evening patrolling students.

Your support is greatly appreciated.

Sincerely,
Mr. Lechtenberg

Homecoming is set for the week of September 24th

School Picture Day is tentatively scheduled for Oct. 16th and 17th

www.hshawks.com

Café'teria News:

(Miss Wendy) Wendy Andersen

New Lunch Choice: Nacho Bar—Each day the kids can choose Main Meal choice, PBJ, Pizza, and Nacho Bar.

Fun in the Café'teria: So far the Magic Plate game has been super fun, our first drawing will be August 30. The kids get so excited to see if their lunch tray has the sticker.

Beef into School: Hamburger BBQ will be held Thursday, September 6 during School Lunch periods. Security 1st bank will be grilling the hamburgers that are part of the donated Beef. If you are planning on attending please let the office know as soon as possible.

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.

- ◇ **September 12th - Grandparents Day**
- ◇ **October 11 - Bring a fireman to lunch**
- ◇ **November 20 - Thanksgiving Dinner**
- ◇ **December 20 - Christmas Dinner**



- ◇ **January 31- Super Bowl**
- ◇ **February 14- Valentines Day**
- ◇ **March 18- St. Patrick's Day**
- ◇ **April 18- Father's Day**
- ◇ **May 13- Mother's Day**

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

Strange phrase is BACK!

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



September 3rd—NO SCHOOL

September 5th—Lion's Health Screening

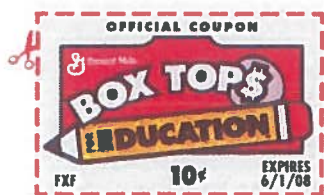
September 6th—Beef to School Grill Day

September 12th—Grandparent's Day

September 24th - 28th—Homecoming Week

October 3rd—Fall Dental Cleaning Day

October 16 & 17— Tentative School Picture Day



Ways to help your school:



FCA News

By Jim Varvel



The Hay Springs Fellowship of Christian Athletes (FCA) booster club is preparing for another school year. The mission of FCA is to present to athletes and coaches and all whom they influence the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

The booster club has set up a tentative date to start up the huddle.

Monday, August 27th – Huddle start with the Junior High and High School Students in Lister during lunch. This Huddle will continue on a weekly basis every Wednesday. You do not have to be an athlete to attend.

You will also see us serving in concession stands or serving meals at games. The use of these funds is to help pay for Hay Springs student athletes to attend summer camps. We helped send five student athletes this past summer to attend FCA camp in Spearfish, SD.

We would also like to recognize the wonderful coaches and athletic director for devoting their time, talents and service to our athletes. Thank you for all that you do!

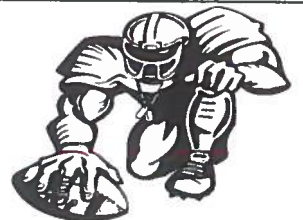
If anyone has any questions in regards to FCA or wants to become involved please don't hesitate to give me a call at (308)320-4445.

God Bless,

Jim Varvel

Hay Springs Youth Football 2017

By Jim Varvel



Youth tackle football is once again upon us, 27 third through sixth grade young boys and girls will take the field for another season this fall. You will see the white helmets practicing with the "big boys" every Tuesday and Thursday after school. Games will be played every Saturday or Sunday beginning in early September through mid-October against competition on Highway 20. Game schedules will become available in the next few weeks, come and support these future hawks. A big thank you goes out to our coaching staff this year.

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

Thank you!

Junior High Football

By Coach Ehrman

The 2018 football season is here, and Coach Becker and I are eager to pick up where we left off last year. Our Hawks didn't do as well as we have in the past, only winning two of our six games. We'll look to turn that around starting September 6th and show our opponents and everyone else what we can really achieve.

Junior High Volleyball

By Coach Marx

This year marks my fourth season as the Junior High Volleyball Coach in Hay Springs. One new thing we did this year was a lock-in the night before our team fundraiser. We played some volleyball and watched *The Miracle Season*, which for anyone that doesn't know is a volleyball movie. I'm definitely looking forward to doing this again, and hopefully all the girls will be able to make it! This year we have 13 girls on our team, which is pretty exciting because it allows more options and enables us to scrimmage our practices. We have 5 eighth graders, 1 seventh graders, and 7 sixth graders playing this fall. I have a pretty broad mix of skill levels, but so far the girls have worked really well together. As always, I spend a lot of time focusing on fundamentals to better help the girls when they move on to the next level of play. I have already seen huge improvements in the girls and am really excited for this season to get underway with our first game on August 30th!



shutterstock - 162718736

High School Football

By Coach Borm



The expectations surrounding the football team this year are very high. Coming off of a season in which we reached the semi-finals of the state playoffs for the first time in school history, we are looking to better that mark this year. We finished 8-2 in 2017 and 4th in the final state rankings. This year we have been ranked as the preseason #2 team in the state by Bob Jensen with the Huskerland Prep and we bring back 7 starters (3 offense, 4 defense). Our offensive starters returning are senior Trent Reed (1st team All-State Running Back), junior Bryce Running Hawk (2nd team All-State Receiver), and junior Baiden Planansky (1st team All-Conference Quarterback). Defensively we return Reed, Running Hawk, Planansky as well as sophomore Brodey Planansky.

Returners that also saw significant time last year are Charles Twarling (sophomore, RB/LB), Austin Anderson (senior, TE/LB), and Johnny Toof (senior, C/LB/DT). We will also rely on newcomers for production this fall including Jarret Pieper, a Gordon-Rushville senior transfer. Kade Moore returns to Hay Springs after playing his freshman year of football at Chadron. Freshman Logan DeCoste will also see time at quarterback and at several positions on the defensive side of the ball.

The captains (as voted on by the team) for the 2018 season are:

Jarret Pieper, senior

Johnny Toof, senior

Trent Reed, senior

Bryce Running Hawk, junior

Baiden Planansky, junior

We kicked off the season in Potter on August 24th with a 68-6 victory. Trent Reed ran the ball seven times for 141 yards and 4 scores, Charles Twarling added two scores on the ground, while Jarret Pieper and Bryce Running Hawk each

High School Football (continued)

scored a rushing touchdown. Gabe Varvel and Brodey Planansky both caught touchdown passes as well from Logan DeCoste and Trent Reed, respectively. Defensively we were led by Running Hawk and Pieper that combined to tally 22 tackles. Hay Springs outgained Potter-Dix 430-80 in offensive yards. However, the Hawks did commit 12 penalties. This is clearly an area of concern that will be focused on in following weeks. We travel to Chappell to face 6-man newcomer Creek Valley at 3:30 pm on Friday, August 31. Creek Valley was defeated by Eustis-Farnam by a score of 69-39 in week 1.

“Hawk Talk”

When: Sept. 19th

Where: Senior Center

Time: 8:05 am

Complete sports schedules are located on www.hshawks.com under the activities calendar tab.

High School Volleyball

By Coach Davis

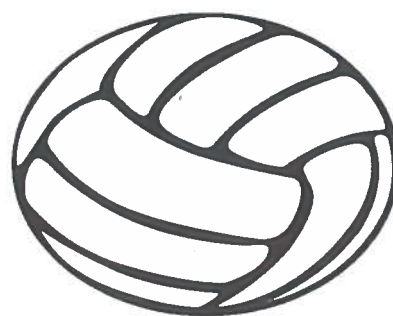
I am looking forward to the 2018 volleyball season. Although, we lost three key seniors, we return a good core group of younger players who really like the game of volleyball. I have been here for a couple years now and the girls know what I expect and hopefully we can build on that. There will be some ups and downs, but I'm depending on my upperclassman to provide some leadership so that by the end of the season we'll be playing our best volleyball. We have some pretty tough competition on our schedule this season; Hyannis, Sioux County, Crawford, and Hemingford just to name a few.

Returning Starters:

Jessi Badje

Katelin Agler

Joce Varvel



PE Class Reminders

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

Junior High and High School Cross Country

By Coach Marcy



The 2018 Cross Country season has started off great! We have one returning high school runner, Hannah Wohl. She is a sophomore this year and will be running a mix of JV and Varsity meets. After bringing home a first place JV medal last year I have high expectations for her. She will have some tough competition in Varsity meets but it will challenge her to run her hardest. Our goal is to improve shave a few minutes off of her time. As always, we are working to place at districts to head to state!

This years junior high runners are: 6th grader Reese Turman, 7th graders: Ava McKillip, Gage Mintken, Jarhett Anderson, and Jordyn Anderson, 8th grader and return runner Aydon McDonald. This is a group of some natural runners who challenge themselves. I am excited to see how they do this season and how they grow.

Music Notes

By Raima Varvel



In a blink of an eye summer is over and here we are nearly a month into school. The beginning of the school year is such an exciting time. It's so much fun to hear all the students stories from the summer and then to get back to the business of making music!

The high school band is already prepping for our trip to Branson, MO at the end of May 2019. We will have the opportunity to be the opening act for one of the professional theaters in Branson (we are hoping for the Haygoods), as well as do some sightseeing. Currently we are selling Little Caesars Pizza kits as a fundraiser for this trip. Please let the school know if you are interested in purchasing a kit and we will make sure someone stops by and sees you! As always, thank you for your support!

To our wonderful Community and
Security 1st Bank,

Thank you so very much for the supplies that were bought for our classes through The Tree of Love program. We are so thankful for the extras, they will be put to good use! Thank you again!



4H Workshops and Opportunities

By Melissa Mracek

Junior Robotics to Start Soon

This year the Junior Robotics season is Mission Moon. Youth ages six to ten are welcome to join our robotics group. The group meets once a week and will have a competition in January. During the season youth will learn more and try to solve a problem around space. They will then build their solution and include a robot. To learn more about the meetings and how to get involved contact Melissa Mracek at (402) 322-0655 or Erika Gaswick at (308) 360-360-0737



SPEECH

By Mrs. Varvel

EXCITING NEWS! Hay Springs Public Schools is starting up a speech team for high school students. Students will compete at tournaments around the Panhandle beginning in January and concluding with the state speech competition in late March. There will be an informational meeting for all interested students on Thursday, September 13th, during lunch. Each Thursday during lunch we will be focusing on one event that students can participate in. As they become more familiar with each category, we will begin searching or writing their selections and then begin practicing their events. If you have any questions please contact Mrs. Varvel- raime.varvel@hshawks.com.

Library News

When are library days?

Monday—Preschool and Fifth

Tuesday—Fourth

Wednesday—Second and Third

Thursday—Kindergarten and First

Parents help your students by:

Having a safe place to keep books, reminding them of their library day, and reading to or with them.

Upcoming event:

October— Fall Book Fair



FBLA would like to thank everyone who helped make our Friendly Festival Pajama Party a success. We hope to continue offering this service.

**Hay Springs High School
FBLA**

NPBIS (Nebraska Positive Behavior Intervention Systems)

PAGE 9

By Raine Varvel

NPBIS (Nebraska Positive Behavior and Intervention Supports) is up and running in Hay Springs Public Schools! On Wednesday, August 8th the entire HSPS staff got together and came up with our core values. Stop by the school and you will see our core values displayed in hallways and classrooms. Ask you student and see if they can repeat them to you. The staff decided to go with "Hawks SOAR". **S**-Show pride; **O**-Own it!; **A**-Act positively; **R**-Respect all. If you hear your student talk about SOARing, you'll know they've done something positive and have been acknowledged for it.

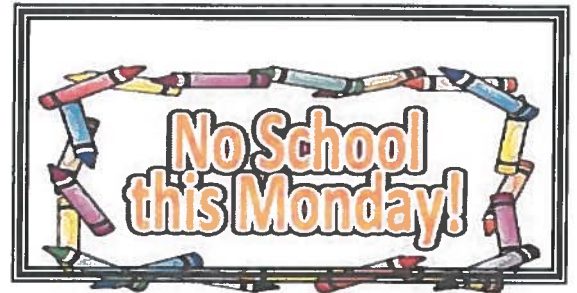
As a staff we also built a matrix as to what it looks like to SOAR in different shared areas of the school; such as the cafeteria, hallways, restrooms, Lister, the auditorium. We began with our focused area the cafeteria, the following week the hallway followed by restrooms and soon school grounds, which includes the football field and student parking. If you are around the school, please look around and see if you can find any SOAR related ideas. The staff will continue to build off of this foundational work, so stay tuned for more information.



Commemorating 50 Years
of the Fair Housing Act

Hay Springs Supports Fair Housing

Strong communities require adequate housing opportunities and the ability of residents to find the housing that works for their family. Civil rights laws of the 1960s brought about additional protections to ensure all people are able find adequate housing without barriers of discrimination. Prior to the Fair Housing Act of 1968, people could legally be denied the ability to rent or purchase a home in particular units and developments on the basis of race or other characteristics. Since its passage, the Fair Housing Act protects people from discrimination when they are renting a home, getting a mortgage, seeking housing assistance, or engaging in other housing related activities, protecting the ability of all people to pursue opportunities and housing to meet their personal or family needs. My first day back at the gym today went well. I did 20 minutes of cardio, 10 minutes on the defibrillator and then 3 days in the hospital. Under the law, it is illegal to discriminate against a person on the basis of race, color, national origin, religion, sex, familial status, and disability. These protections apply not only for public housing units and housing that receives federal funding but to nearly all housing, including privately owned units. This City of Hay Springs supports to right of all people to have safe, decent housing and be able to get this housing without discrimination. If you feel your rights have been violated, you can file a complaint at www.hud.gov or contact the city at hayspringscityhall@gpcom.net.



September 3, 2018

Juniors:

National Merit Scholarship Program

The National Merit® Scholarship Program is an academic competition for recognition and scholarships that began in 1955. High school students enter the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test ([PSAT/NMSQT®](#))—a test which serves as an initial screen of approximately 1.5 million entrants each year—and by meeting published program entry and participation requirements. This year Hay Springs will be offering the PSAT/NMSQT test. When you take this test as a Junior in High School you will automatically be screened for the National Merit Scholarship Program.

The PSAT/NMSQT is scheduled for Wednesday, October 10, 2018. If you are interested in taking the PSAT/NMSQT please register with Mrs. Marx by September 17, 2018. Cost for the assessment is \$15, payable at the time of registration.

FAFSA COMPLETION DAY

EducationQuest Foundation, a free non-profit organization is coming to help you complete and file your Free Application for Federal Student Aid (FAFSA).

DATE: October 8, 2018 (9:30 am – 5:00 pm) and October 9, 2018 (8:00 am – 4:00 pm)

LOCATION: Chadron High School Guidance Office

Please call EducationQuest at 800-666-3721 to setup an appointment. Appointments are needed to receive assistance that day.

ITEMS TO BRING TO YOUR APPOINTMENT INCLUDE THE FOLLOWING:

*FSA ID for parent and student – apply at www.fsaaid.ed.gov

*Parent and student 2017 federal tax returns, *W-2's and K-1 Form 1065, *Value of checking/savings accounts and investments, *Amount of untaxed income: social security, child support, *Student's driver's license number, *Student's Social Security number, *Alien Registration Number of eligible non-citizens, *Parents' birth dates, *Student's birth date, *Parent's date of marriage, separation, or divorce, *Email addresses for student and parent.

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

September 2018

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

Apply to your top college choices. If your school participates in Nebraska's *Apply2College* campaign in October, you'll get help with your college applications during a school-day event. If not, [click here](#) to find a college application checklist and other helpful resources.

Create an FSA ID. You and a parent must each create a username and password at fsaid.ed.gov that will serve as your Federal Student Aid (FSA) IDs for the Free Application for Federal Student Aid (FAFSA). You will each need your own email address to create an FSA ID.

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

Get FREE help from EducationQuest

Attend an EducationQuest [Financial Aid Program](#) to learn about types of financial aid and the FAFSA. While you're there, register to win a \$500 scholarship!

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

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

September “To Do” List

Juniors and seniors ... complete these college planning tasks during September:

- ___ Seniors, apply to your top college choices.
- ___ Seniors, create an FSA ID for you and one for a parent at fsaid.ed.gov.
- ___ Juniors and seniors, attend a [Financial Aid Program](#).
- ___ Juniors and seniors, attend a [College Fair](#) or [Educational Planning Program](#) (EPP) in your area.
- ___ Before you attend a College Fair or EPP, get a barcode at NebraskaCollegeFairs.org.
- ___ Seniors, [register](#) by September 7 for the October 6 SAT.
- ___ Seniors, [register](#) by September 28 for October 27 ACT.



What is Early Intervention?

If you have a concern about your child's development, or your child has been diagnosed with a health condition that will affect his/her development, he/she may be eligible for early intervention services.

The term "early intervention" is important because research shows that the first three years are the most important time for learning in a child's life. Providing developmental supports and services early improves a child's ability to develop and learn. Also, it may prevent or decrease the need for special help later. The goal of early intervention in Nebraska is to "open a window of opportunity" for families to help their children with special needs develop to their full potential.

The Early Development Network-Babies Can't Wait can help you and your family support and promote your child's development, within your family activities and community life. Nebraska's Early Development Network supports children birth through three years of age who have special developmental needs. The Nebraska Early Development Network program "connects" families with early intervention services, such as occupational, speech or physical therapy, to help infants and toddlers grow and develop and help their families in this process.



This year Hay Springs High School FBLA students will be trick or treating for canned goods to support our local food bank.

HOMECOMING 2018 ~ HAWK NATION

September 24th—28th

Monday: Dress like your favorite teacher day. Have a teacher that inspires you? Dress like that teacher! Softball game for the HS students @ the softball field following practice.

Tuesday: Jocks and Nerds Day. Bring your lettermen's jacket and your pocket protectors. This day is for you! Dodgeball game for the high school students in Lister following practice.

Wednesday: Hillbilly Hootenally Day. Find your inner hillbilly and show your pride!

Thursday: Hay Springs Hawks PRIDE day/Hat Jersey Day. Show us your Hawk spirit! Coronation in the Old Auditorium at 2:30 pm. Pep rally downtown following Coronation. Evening Bonfire! Bring your Spirit!

GO HAWKS

THANK YOU

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



BEEF TO SCHOOL

THANK YOU TO:

Sheridan County Livestock-Beef

Judd Hoos – Beef

Security First Bank – Processing

BNSF Railroad – 2 Freezers

Russ & Sue Lechtenberg – 1 freezer

Sandhills State Bank – \$100

**Greg Heiting and Brian Forney for
transportation**

Common Sense on Talking Safely Online

What's the Issue?

Kids love connecting with others online. Most young people talk online only with their friends and family. But as a parent, you might be concerned that a stranger with bad intent (predator) could contact your child.

Predatory behavior is when people contact your child on the Internet (mostly through instant messaging, chat rooms, or social networking sites) and attempt to “groom” your child for a relationship. These people try to win children’s trust by hiding their true identities. They may try to get kids into creepy or dangerous situations by pretending to have similar interests, giving them compliments, and letting them talk about anything they want. They typically tell children to keep the friendship secret, and they may even threaten kids if they tell anybody. As the relationship develops, the predator may send pictures, ask a child to send them pictures, and then ask to meet face to face.

Why Does It Matter?

Teaching your child to be alert about how predators groom their targets is crucial to keeping your child safe. With very small kids, it is best if you are present when they are online. At this age, you may choose to block your kids from talking online, or create strict rules for them to follow about who they can talk to. For older elementary school children, you may choose to give them more freedom after first discussing how to stay safe online.

common sense says

Discuss responsible online behavior. Establish rules for appropriate instant messaging and chatting online, and explain that you’re enforcing those rules because you care about their safety. You may want to involve an older sibling who can model good online behavior and can stay involved in their younger siblings’ online lives.

Establish rules for who’s okay to talk to. Online talk should generally be with people your children know, like family and friends.

Set boundaries for what topics are okay to discuss. Kids shouldn’t answer questions online that make them feel uncomfortable. They also shouldn’t talk about adult topics with strangers.

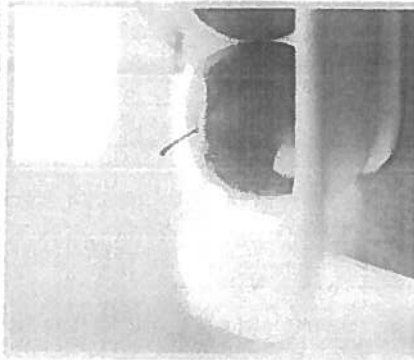
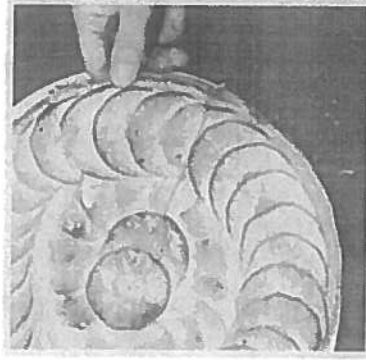
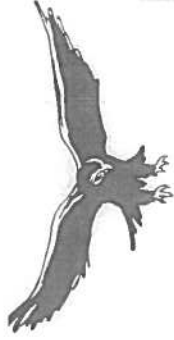
Make sure your child feels safe telling a trusted adult. If something creepy or inappropriate happens online, kids need to know they won’t get in trouble if they tell an adult they trust. Also, avoid banning them from the computer. Kids are less likely to tell parents when they experience a problem on the computer if they think as a result they won’t be allowed to use it.

Remind your kids not to give strangers private information. Kids should never give out their name, address, school, phone number, email, pictures, or anything that could identify who they are.

Block, ignore, or leave. Most kids know to brush off unwanted contact. Encourage this behavior.

Look for warning signs. Does your child seem withdrawn, emotionally distant, spend endless hours online, or seem to be hiding something? The kids who get sucked into inappropriate online relationships often show warning signs. They might be hiding an online relationship they don’t want you to know about. If you think this might be happening, ask your child about it!

SEPTEMBER 2018



Hay Springs School Cafeteria

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menus are subject to change		New Option!!! NACHO BAR - Each School Day Students and Staff can choose Meaty Nachos!!				1
2 FRESH FRUIT AND VEGGIE BAR IS AVAILABLE EVERY SCHOOL DAY	3 HOLIDAY- NO SCHOOL	4 Breakfast- Sausage Biscuit Lunch: Tator Tot Casserole/corn	5 Breakfast: French Toast Sticks Lunch: Chicken Alfredo, Green Beans	6 Breakfast -Eggs/ Hashbrowns Lunch: Beef to School Hamburgers Grilled by Security First Bank	7	8
9 *Breakfast Cereals, yogurt, cheese sticks, muffins, breakfast bars. New item will be Parfaits.	10 Breakfast: Biscuits n Gravy Lunch: Spaghetti/Garlic Sticks	11 Breakfast - Breakfast Burrito Lunch: Roast Beef, Mashed Potatoes, Apple Crisp Grandparents Day	12 Breakfast - Biscuits/gravy Lunch: Enchiladas Beef or Chicken, Brownies	13 Breakfast - Breakfast Pizza Lunch: Chicken Strips/ Fried Chicken/ Mash Potato/Gravy.	14	15
16 LUNCH: ADDITIONAL MAIN MEAL CHOICES INCLUDE: PBJ/ PIZZA BAR/ NACHO BAR	17 Breakfast: French Toast Sticks Lunch: Sloppy Joes/BBQ Pork, Baked beans	18 Breakfast: Egg n cheese Lunch: Cavatini, French Bread	19 Breakfast: Pancakes, Lunch: Turkey Sandwich/ BLT Wraps, Chips.	20 Breakfast: Sliders Lunch: Chicken Fajita/Chicken Nuggets/Fruit Dessert	21	22
23	24 Breakfast - French Toast stix Lunch- Chicken N Noodle, Green Beans	25 Breakfast: Cinnamon roll/Eggs Lunch: Taco Casserole/ Walking Taco/Fruit Crisp	26 Breakfast:Pancake on a Stick Lunch: Breaded Beef Patty, Mashed Potatoes	27 Breakfast: Egg/cheese Sandwich Lunch: Totchos / Burritos, Churros	28	29
30	NOTES: Beef to School Thank you goes out to Sheridan County Livestock, Judd Hoos for donating beef to our School Breakfast and Lunch Program. Thank you to Security First Bank (processing), BNSF Railroad 2 Freezers, Russ & Sue Lechtenberg 1 freezer, Sandhills State Bank \$100, Greg Heiting & Brian Forney (Transportation)					

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
				*JH VB VS. CODY- KILGORE 4PM *JH FB VS. CODY- KILGORE 5:30 PM	*HS VB VS. SOUTH PLATTE 4PM *HS FB VS. S. PLATTE 7PM	HS VB @ G/R 8AM *JV PORTION @ HOME JH/HS XC @ CHADRON 10:15/10:45 JH VB @ CRAWFORD 9AM JH FB @ Crawford 10:30 AM HS VB @ HEMINGFORD 9AM JH/HS XC @ ALLIANCE 9/10 ***
2	NO SCHOOL - LABOR DAY	3 HS VB @ CRAWFORD TRI. 5PM	4 LION'S HEALTH SCREENING 8AM	5	6	7
	HS FB (JV ONLY) CS. CREEK VALLEY 5PM	1 JUNIORS & SENIORS CSC COLLEGE FAIR	1 GRAND PARENT'S DAY LUNCH	1 2	1 3	1 4
1 6		1 7	1 8	1 9	2 0	2 1
	HOMECOMING WEEK			JH FB @ HEMINGFORD 5PM HS VB @ LEYTON TRI. 4:30 JH/HS XC @ G/R 4/4:30	HS FB @ CODY- KILGORE 1PM HS VB @ CODY- KILGORE	JH VB @ S. CNTY PANCO TBA HS VB @ MITCHELL INVITE TBA
2 3	JH FB @ S. CNTY 2PM JH VB @ S. CNTY 3:30 PM	2 4 HS VB TRI. @ EDGEMONT 5PM	2 5	2 6	2 7 *HS VB VS. MINATARE 4PM *HS FB VS. MINATARE 7PM	2 8
3 0						2 9

SEPTEMBER 2018



HAWKS SOAR!

NOTES:

- NO SCHOOL - SEPT. 3RD LABOR DAY
- SEPT 12TH - GRANDPARENT'S DAY
(PLEASE RSVP W/THE OFFICE)
- SEPT 24-28TH HOMECOMING WEEK
- **Bold * = home games**

BUILDING READERS®

How Families Can Help Children Become Better Readers

Hay Springs Public Schools

Make reading routines part of your child's back-to-school success plan!

The beginning of a new school year is a time to gather supplies and get organized. It's also a time to establish routines that help students do their best—especially when it comes to reading.

To help your child develop strong reading habits:

- **Set aside time for daily reading.** Kids who read at least 20 minutes a day (in addition to their regular homework reading) are more successful in school and develop larger vocabularies.
- **Make your routine special.** Read favorite books at the breakfast table. Visit the library every week and fill a bag with new books to read. Do whatever it takes to keep your child excited about reading!
- **Stick to a regular bedtime reading routine.** Allow time for getting ready for bed, reading a bedtime story and saying good night.



Talk about prefixes and suffixes to expand your child's vocabulary

Learning about prefixes and suffixes can help children comprehend new words in almost every subject. Remind your child that:

- **Prefixes appear at the beginning of words.** For example, the prefix *pre-* means "before."
- **Suffixes are found at the end of words.** Words that end in *-able*, for instance, relate to "being able."
- **Prefixes and suffixes are clues.** They can help students figure out the meaning of new words. For example, the word *predetermine* means "to determine before." *Measurable* means "able to be measured."

Together, have some fun with prefixes and suffixes. Can your child guess the meaning of *predate* or *excusable*? Can he name words with prefixes and suffixes for you to define?

Set limits on screen time

Too much recreational screen time is linked to problems with sleep, learning and socializing. So, if you relaxed screen-time rules over the summer, it's time to get back on track.



Experts recommend that parents:

- **Establish screen-free times**, such as during meals.
- **Set a technology curfew.** Make sure your child turns off screens at least one hour before bedtime.
- **Offer fun alternatives.** Suggest your child read, play outside or do a craft.

Retell fairy tales in unusual ways

Read a favorite fairy tale together. Then, ask your child to change the characters and details to create a new version of the story. For example, how would *The Three Little Pigs* differ if told from the wolf's perspective?



Help your child read fluently

Fluency is the ability to read smoothly, accurately and with expression. To improve your child's fluency:

- **Encourage her to listen** to an audio recording of a book while she follows along.
- **Reread favorite books.** Repetition of familiar books improves fluency.
- **Remind your child** to pause between sentences.



Share tips for writing assignments

Reading and writing are closely-related skills. But even great readers sometimes have a tough time with writing assignments. Good writing involves everything from understanding a subject to organizing thoughts, and checking spelling and punctuation.

When your child has a writing assignment:

1. **Have him talk through some ideas** before starting to write. Clear writing starts with clear thinking.
2. **Encourage him to take notes** or make an outline before writing.
3. **Offer positive feedback.** Be specific. Say, "I really like the way you've described what led up to this event."
4. **Don't criticize.** If your child thinks you always look for what's wrong, he won't want to share his writing with you.
5. **Remind him to edit his work.** He should check for any spelling, punctuation or grammar mistakes.
6. **Be patient.** Good writing takes time!



Make reading aloud a special family time

Reading aloud as a family can strengthen your child's vocabulary, improve reading scores—and allow everyone to enjoy books and reading together.

For successful read-alouds:

- **Read the book** yourself before you read it aloud. You'll be more comfortable reading it aloud if you're familiar with the text.
- **Read books everyone enjoys.** Your enthusiasm will show on your face and in your voice if you like the book.
- **Leave them wanting more.** Stop reading when the story becomes exciting and your child can't wait to hear what will happen next.



Q: My child's teacher wants students to "think critically" about what they read at home. How can I help?

A: All elementary students—even kindergartners—can practice critical thinking. After your child reads something, ask questions that help her analyze information. For example, "What happened in the story?" "Why did it have a happy ending?" "Does the book remind you of anything in real life?" "What did you learn from reading it?"

Preview textbooks with your child

It's exciting when your child gets her very first school textbook. When she brings the book home, preview it together:



- **Look for the author's name** and the date of publication.
- **Read over** the table of contents.
- **See which chapters** look most interesting.
- **Look at pictures, graphs, maps** and other illustrations.

For lower elementary readers:

- *The Youngest Marcher: The Story of Audrey Faye Hendricks, a Young Civil Rights Activist* by Cynthia Levinson. This moving story will teach children that they are never too young to make a difference!
- *My Kite Is Stuck! And Other Stories* by Salina Yoon. Vibrant illustrations and repetition make these silly stories about three friends a fun experience for early readers.



For upper elementary readers:

- *Bugs: A Stunning Pop-Up Look at Insects, Spiders and Other Creepy-Crawlies* by George McGavin. Learn about bugs' growth cycles and more in this pop-up book.
- *The True Blue Scouts of Sugar Man Swamp* by Kathi Appelt. Follow two raccoon brothers on their mission to save Sugar Man Swamp.

Building Readers®

How Families Can Help Children Become Better Readers

Publisher: Doris McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Rebecca Hasty Miyares.

Copyright © 2018, The Parent Institute®
(a division of PaperClip Media, Inc.)

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525, ISSN: 1533-3302

www.parent-institute.com

September 2018
Vol. 30, No. 1

Elementary School Parents[®]

Hay Springs Public Schools

make the difference!



Physical activity is linked to better classroom performance

It's no secret that exercise is good for your child. Along with other benefits, it can cut her risk for obesity, diabetes and even some types of cancer. But did you know that physical fitness may also help her in school?

Studies show that, compared with their inactive peers, children who get regular exercise:

- **Have better hand-eye coordination.**
 - **Are better listeners.**
 - **Are less fidgety in class.**
 - **Have better handwriting.**
- To give your child lots of opportunities to get her heart pumping:
- **Go on regular walks.** Pick a time, such as before or after dinner, to take a short walk around your neighborhood. Make this a habit.
 - **Take the long way.** When you are out running errands, skip the elevators and escalators and take the stairs. Choose parking spots that will allow you to walk a bit farther.
 - **Play games.** From catch to tag to hide and seek, there's no end to the fun your family can have.
 - **Have contests.** When you watch TV together, challenge your child to a competition. During commercial breaks, see who can do the most jumping jacks or pushups.
 - **Put her in charge.** Challenge your child to come up with some creative ways to keep your family moving.

Source: "Physically active children have improved learning and well-being, DMU researchers find," De Montfort University, nswc.com/elem_exercise.

Make an effort to connect with the teacher



Your child's teacher will be a significant person in his life this year. So it's helpful for the two of you to

build a strong bond. That way, you can work together, share information and head off any problems that may come up.

To make a connection:

- **Attend back-to-school night.** While this isn't the time or place for a long one-on-one talk, it will help each of you put a face to a name.
- **Share information.** Changes at home, such as the birth of a baby, loss of a job or pending divorce, can affect a child at school. Write a note, send an email or ask if the teacher can call you to talk. The more she knows about your child, the more she'll be able to support his learning.
- **Let your child know you respect his teacher.** Your attitude will affect your child's behavior in class.
- **Stay engaged.** Read the notes the teacher sends home from school. Fill out and return permission slips and paper-work in a timely manner.

Research shows that goofing off builds your child's brain



School is back in session, and many families start signing children up for after-school activities.

But signing up for too many structured activities could rob your child of an important chance for some "goofing off" time.

Studies show that even when kids' brains are in a "resting" state—that is, not being fed a formal stream of instruction—they're still active. It's just that they're learning in a different way. So, just because your child may not *look* busy, it doesn't mean his brain isn't busy!

To provide some brain-boosting downtime:

- **Let him be bored sometimes.** Don't race to solve your child's every "There's nothing to do!" whimper. Have him figure out how to fill the time himself. Who knows?

It might be just the spark his brain needs to come up with something innovative!

- **Put away the devices.** It's easy to give your child a smartphone or tablet to occupy his downtime. But consistently doing so robs his brain of a chance to actively acquire information (instead of being "fed" information by a screen). What if he looked out the car window, not at an app, during your next drive? What might his mind take in?

Source: L. Waters, Ph.D., "How Goofing Off Helps Kids Learn," The Atlantic, nswc.com/elem_goof.

"Children are not things to be molded, but are people to be unfolded."

—Jess Lair

Promote effective study habits for a successful school year



Helping your child build homework and study skills is one of the most important ways you can help her succeed in school.

And the start of a new school year is the perfect time to begin. Here's how:

- **Choose a regular time and place** for homework. It should be a quiet, comfortable spot free from distractions. Stock it with supplies, such as paper, pencils and a dictionary.
- **Allow for some free time.** Many kids need to blow off steam after school before settling into homework. Some like to exercise, talk about their days, or head straight for a snack. Keep healthy options available that will energize your child for work and play.
- **Encourage organization.** Effective studying starts with a to-do list. Older elementary school students should make one each day.
- **Pay attention.** Homework time is a chance for you to learn about your child. Does she excel at reading? Have trouble with spelling? Struggle with multiplication?
- **Be supportive.** Don't ever do your child's homework for her. But do stay nearby to supervise. It's OK to answer questions and guide your child through problems. However, if she seems to be struggling, talk with her teacher.

Are you helping your child live a healthy lifestyle?



Children need good health and physical well-being to learn. Are you setting your child up for success

by helping him establish healthy habits? Answer *yes* or *no* to each question below to find out:

- ___ **1. Do you enforce a regular bedtime?** Being well-rested will help your child focus in school.
- ___ **2. Do you make sure your child starts the day with a nutritious breakfast?** Research shows that students who skip breakfast don't do as well in school as students who do eat breakfast.
- ___ **3. Do you encourage your child to eat nutritious snacks, including fruits and vegetables?**
- ___ **4. Do you remind your child that smoking and substance abuse will hurt his health and ability to learn?**
- ___ **5. Do you encourage your child to have an outlet for stress, such as exercising or writing in a journal?**

How well are you doing?

Each *yes* means you are helping your child establish healthy habits. For each *no* answer, try that idea in the quiz.

Elementary School
Parents
make the difference!

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

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

Or visit: www.parent-institute.com.

Published monthly September through May.
Copyright © 2018, The Parent Institute,
a division of PaperClip Media, Inc., an
independent, private agency. Equal
opportunity employer.

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

Improve your child's reading skills by reading yourself!



A parent's example always teaches a powerful lesson. You can't teach your child honesty if you don't tell the truth. You can't teach your child to eat healthy food if you never eat fruits or vegetables.

The same is true with reading. If you want your child to be a good reader, demonstrate reading habits that give the right impression.

You can:

- **Show your child how you read** for information. Say, "I'm trying to figure out how to use a new computer program for work. This article explains how it works."
- **Read for a purpose.** Do you take the bus in the morning? Show your child how you use the bus schedule to see when to leave the house. Are you looking for a new recipe for dinner? Show him how you search online or flip through cookbooks to find one to try.
- **Read for pleasure.** When your child sees you reading just to relax, he will realize that reading isn't just for school or work.
- **Share something you're reading.** If there's an interesting story in the paper, read some of it aloud. Print or cut out an article you think your child will enjoy and leave it on his bed. Your child will see that reading is something that is fun to share.
- **Take your child with you** when you go to the library. Show him how rewarding it can be to browse titles and discover a great book.
- **Bring something to read** with you everywhere you go. Your child will see that reading is a constructive way to pass the time.

Follow guidelines to ensure your child's backpack isn't too heavy



A backpack full of books and supplies can weigh your child down. She may develop neck strain, shoulder pain or a back-

ache. The heavy load could lead to chronic posture and back problems, and possibly missed days from school.

Take these precautions:

- **Weigh your child's backpack.** Have her fill it as she normally would. The rule of thumb is that the backpack shouldn't weigh more than 15 percent of your child's weight. So if your child weighs 60 pounds, the backpack should weigh less than 10 pounds.
- **Make sure your child isn't carrying** more than necessary. Have her check with her teacher if she's not sure.
- **Show your child how to pack** for comfort. Place heavier items—large books and binders—close to her back.
- **Make sure your child puts the** backpack on correctly, with both straps over the shoulders. Teach her how to adjust the straps so they fit snugly.
- **Notice how your child stands** and walks with the backpack on. She should be able to stand up straight, without leaning right or left, back or forward.
- **Be alert for signs of trouble**—red marks where the straps cut into her shoulder. Or complaints of pain in her back, neck or shoulders.

Source: "Backpack Safety," KidsHealth, nswc.com/elem_backpack.

Q: Our family just moved, and my daughter is starting a new school. At her old school, I was a regular volunteer in her classroom, but I am going back to work and can't do that any more. How can I still provide my child and her teacher with help and support?

Questions & Answers

A: There is no question that when parents support their children's education, their children are more successful. However, volunteering in a classroom is just one of many ways you can make a difference. Research shows that the things parents do *outside* the classroom can actually have a bigger impact on learning.

First and most importantly, let your daughter know that school is the top priority. You can do that in several ways:

- **Set a schedule** that allows plenty of time for her to get homework finished.
- **Have conversations** with your daughter about what she's learning in school. Then, make positive comments. Simply saying, "That sounds really interesting. I hope you'll tell me more" can motivate her.
- **Set high expectations.** Tell your child you know she can do well in school. Review her homework. Attend school activities. Compliment your child on her effort.

Although you can't be a regular class volunteer, there may be things you can do at home to support her teacher. Just ask! Perhaps you could type up a roster of class phone numbers, cut out a display for a bulletin board or coordinate supplies for an upcoming class party.

It Matters: Responsibility

Start the school year with a focus on attendance!



Research shows that chronic absenteeism (missing 15 or more days in a school year) damages academic

success. Unfortunately, more than seven million students across the nation miss three weeks or more each school year.

When students miss school or arrive late, *everyone* suffers. Teachers spend time collecting makeup work and reteaching. Meanwhile, other students—who are ready to learn—must wait.

Your child's most fundamental school-related responsibility is to get to school on time every day. To support your child:

- **Stick to a schedule.** Establish evening and morning habits that help your child be prepared. For example, select outfits and pack lunches at night.
- **Schedule carefully.** Make medical and other appointments during non-school hours when possible. School should be a priority when planning family trips, too. If your child must be absent, work with her teacher to help your child complete makeup work.
- **Seek help when needed.** Many problems contribute to missing school. If your family struggles with health, transportation, work, child care or other issues, talk with school staff. Our shared goal is to help children get to school and do their best.

Source: P.W. Jordan and R. Miller, *Who's In: Chronic Absenteeism under the Every Student Succeeds Act*, FutureEd, nswc.com/elem_chronic.

Four tips to help your child take responsibility for learning

While your child is a student, learning is his job. To do it well, he has to be an active learner—one who takes action instead of just listening.

Encourage your child to:

1. **Arrive prepared.** It's not enough just to show up for school. It's also important to get a good night's sleep, eat a nutritious breakfast and bring necessities.
2. **Participate in discussions.** Your child should ask questions, offer opinions and exchange ideas with others.
3. **Stay organized.** Help your child create a system for organizing assignments and other materials. Have him collect a few classmates' phone numbers. When he's



absent, he can call to find out what he's missed.

4. **Be persistent.** Support your child as he tackles assignments and studies for tests. Show confidence that his efforts will pay off!

Performing chores can build responsibility and confidence



Research from a 75-year Harvard study shows that children who are given chores become more independent

adults. However, many kids aren't required to do as much today as they were in the past. That means they may lack chances to develop traits that could help them in school and throughout life.

To make chores an effective part of your child's fall schedule:

- **Choose carefully.** Pick jobs that are challenging yet manageable for your child. Remember that everyday responsibilities, such as putting toys away, aren't "chores."

- **Schedule chore time.** Write chores on your family calendar and post it where everyone will see.
- **Limit rewards.** If you give your child an allowance, separate it from chores. Everyone in your family should be *expected* to pitch in. Make comments like, "It helps so much when you collect the trash! Thank you!"
- **Make work fun.** Chores should not be intolerable or feel like punishments. Turn cleaning into a game by setting a timer to "beat the clock." Or listen to an audio-book or music.

Source: B. Murphy Jr., "Kids Who Do Chores Are More Successful Adults," Inc., nswc.com/elem_chores.