

October 2018

Superintendent's Notes



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It is hard to believe that the first quarter is rapidly coming to an end with the last day being October eleventh. If you have not yet done so, please take time to check with your child/children on their academic progress. If you have concerns please contact their teacher ASAP . You can also check on the school website by going to Infinite Campus to view your child's academic status. If you are having difficulty in finding their grades online, please call the school office for assistance. It is very important for students to finish the first quarter strong. Academic success early in the year lays the foundation for a great academic year of progress. Hay Springs students are blessed with staff members that truly care about their success and have high expectations for your students. With parents and teachers working together to support student learning great things can happen. Once again we are offering the ASP (After School Program) for elementary students and the Friday School Program for struggling middle level and high school students. This is a tremendous opportunity for students to receive extra help, but it takes parent cooperation and extra effort to get your students to and from these extra learning activities. Please keep the academic lines of communication open between you, your child and your child/children's teachers. Know that the staff of Hay Springs school's number one concern is for the academic progress of our students. Parent-teacher's conferences are scheduled for October 18th from 4:15 to 8:00 pm. Please put this date on your calendars as it will be your opportunity to visit with your child/children's teachers to discuss academic accomplishments and challenges and plan a strategy to best support your child's success in school.

In the area of school finance, the board conducted a budget workshop where I reviewed the 2017-18 receipts, expenditures and levies and projections for 2018-2019 school year. After meeting with the auditor to review the 2018-19 budget, tax request and levy projections. The Budget Hearing and Tax Request and Levy Hearing were held on September 12th , 2018. The budget of expenditures, tax request and levy approved by the board are as follows:

- 2018-19 Budget of Expenditures of \$3,468,321.00
- Tax Request of \$1,771,328.11
- Levy of \$1.020115

The budget has been submitted to the NDE and tax request information has been forwarded to County officials. Currently along with the day to day financial records the office staff is busy preparing for the audit of 2017-18 financial records.

It has been a very busy first seven weeks of school with numerous school activities. Our sports teams are suddenly looking at the downhill side of their



Superintendent's Notes

(Continued)

sports seasons. It is time to build on our successes and dedicate ourselves to a strong finish to the season. Best of luck to all student athletes and their coaches for a rewarding finish.

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

As I look at the academic efforts of our staff and students I am reminded of the Mission, and Vision of our Hay Springs School, Staff and Board of Education.

Mission Statement

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

Vision Statement

"Empower Students to Achieve Lifelong Success."

I look back one year ago at this time we were preparing for the final year of our five-year school improvement cycle mandated by the Nebraska Department of Education. We are beginning the first year of planning school improvement for the next five-year cycle. The Hay Springs School Improvement Committee will be meeting on a monthly basis and has collected data from a community perceptions survey to develop some base line information to facilitate planning for school improvement in the future. Co-chairpersons Mrs. Mintken and Mrs. Young and I attended an NDE two-day school improvement workshop last fall to receive final information to conclude our five-year cycle of school improvement, but more importantly to prepare us for the next five-year continuous school improvement process.

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

- Our PBIS (Positive Behavior Intervention Support) team who attended training this past summer with NDE in Lincoln have been sharing their knowledge as we continue to work toward creating a positive environment for our students and staff.
- Our "Beef to Hot Lunch" program is off to a great start and I want to thank everyone involved in supporting this great program.
- We continue to conduct Administrative team meetings weekly to review activities, requisitions, and School Improvement
- I attended the ESU#13 administrative meeting and concluded the day by attending the NASB Area Membership workshop.
- In an effort to enhance our career education learning opportunities, the students at Hay Springs High School have the opportunity to take Agricultural Science classes from Crawford High School. We also have several students taking advantage of the opportunity to join the Health Professional Club which promotes health career exploration. Ms. Lein and FBLA (Future Business Leaders of America) are in their second year at Hay Springs school.

Superintendent's Notes

(Continued)

- We continue to improve School Safety & Security with the addition of an enhanced speaker system which projects to every corner of the building and a security buzzer release system on the front door.

In closing I would like to thank the Hay Springs staff, students, and community members for making the first two months of school a great start. This community is blessed to have an educational system with a very dedicated staff, and the school is blessed to have tremendous community support.

Together we can;

“Empower Students to Achieve Lifelong Success.”

Tech Bytes

by Laurel Reimann



The Care and (not) Feeding of Laptops

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

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

Asbestos Notice

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

Café'teria News:

Miss Wendy

New Lunch for October: Beef to School Hamburger/Cheeseburger Thursday!! Every Thursday in October we will be serving Hamburgers/Cheeseburger or a Chicken Patty.

Join Me For Lunch



Fun in the Café'teria: So far the Magic Plate game has been super fun, our first drawing was a blast. The kids were so excited to get their \$5.00 certificate for after school sales. The excitement each day to see if they get the magic plate sticker is on their tray

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.

October 10 – 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 – Fathers Day

May 13– Mothers Day



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

Retirement of Miss Wendy: I will be retiring during the Month of October. I have been training my replacements Karen Kozal and Nate Cochran, and soon we will be joined by Jennifer Young. The school food program will be in such good hands with these wonderful people. Make sure you all say hi to them when you see them.

Assessment News

By Mrs. Marx

Students in grades one through eleven will take NWEA MAPS tests during October. We are hoping to finish our NWEA Maps assessments prior to parent-teacher conferences so you can receive those results at conferences. If we do not finish testing prior to conferences, the results will be sent home with your student. If you have questions you may contact your child's teacher or Mrs. Marx.

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

Library News

By Mrs. Matthews



Fall Book Fair

The theme for the Fall Book Fair is “Let Your Imagination Grow!”

Come to the Enchanted Forest Book Fair and find books to spark imagination. We will have selections for preschoolers through middle schoolers. Fliers will come home in October to give you a preview of the selections.

There are several options to purchase books:

- After school on Monday, Tuesday, and Wednesday until 5:00
- Thursday after school and evening during Parent Teacher Conference until 8:00
Online Store - Open Oct 7 - 20 Check it out at <https://bit.ly/2OGryIW>
- All orders will be delivered to the school. NO shipping charges. There is a wider selection at the Online Store. A good place to shop for a gift book for a child. Out of town friends or relatives can order also. Proceeds from the online store benefit the school.

Come find just the book to spark your child's imagination.

What's been happening in the Library?

We celebrated International Dot Day in the Elementary this month. The Kindergarten through Third grade “Dots” are on display in the library. The fourth and fifth grade “dots” need to be viewed on Mrs. Matthews website. (<https://sites.google.com/a/hshawks.com/mrs-matthews/home/dot-day>) They were created using a app from Quiver.com.

Top 10 Titles for the first weeks of school

1. Tales of the Cryptids : Mysterious Creatures that may or may not Exist
2. Drift & Dagger
3. Fancy Nancy's Favorite Fancy Words : from Accessories to Zany
4. Rumpelstiltskin : the Graphic Novel
5. Batman : Meet the Super Heroes
6. Bats at the Beach
7. Curious George Goes to a Chocolate Factory
8. Diary of a Wimpy Kid : Rodrick Rules
9. Discover Sharks.
10. I am an Amazon Warrior

Music Notes

By Raime Varvel



The high school band continues to prepare for our trip to Branson, MO at the end of May 2019, where 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. There are monthly bake sales at Security 1st Bank (our next one will be on Friday, October 12th); as well as music students working concession stands at home sporting events. Thanks to all who have been so supportive and generous through these fund raisers!

5th grade students have begun beginning band and are really doing a great job! It may not always sound great, but these students with a bit of practice will be off and playing in no time! Thanks so much for your continued support!

CALLING ALL SINGERS! We will once again be having a community choir for the Nights, the Lights and Music concert. Rehearsals will begin on Sunday, October 21st from 6:30-8:00pm in the music room. Mrs. Jungck will again be our fearless leader! Spread the word and bring a friend!

Upcoming dates:

The Night, The Lights and Music (7th grade-high school) Friday, December 7th @ 7:30pm
1st, 2nd & 3rd grade Christmas Program Monday, December 17th @ 7pm
Kindergarten, 4th, 5th & 6th grade will have a concert in the Spring



Dental Health Screening is Wednesday, Oct. 3rd. Hay Springs Schools is partnering with Community Action Health Center (CAPWN) to bring dental health services to area students.

In the fall and spring, dental professionals from their office will conduct a dental screening and apply a fluoride varnish treatment. We are also offering Silver Diamine Fluoride treatment.

Enrollment Information

<u>School Year</u>	<u>Students</u>
2011-2012	138
2012-2013	141
2013-2014	176
2014-2015	172
2015-2016	200
2016-2017	189
2017-2018	183
2018-2019	198

Parent-Teacher Conferences

October 18th
4:15 to 8:00 p.m.

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

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

October 2018

It's FAFSA time!

Seniors...beginning October 1, you and your parents can complete the 2019-20 [FAFSA](#) (Free Application for Federal Student Aid). The FAFSA is the application for state, federal, and college-based financial aid.

Follow these tips to prepare:

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

Attend an EducationQuest Financial Aid Program to learn how the FAFSA and financial aid can help you pay for college. You don't know what you have until it's gone. For example, toilet paper. When you attend, you can register for a \$500 [Financial Aid Program Scholarship](#)! To find dates and locations, [click here](#).

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

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

Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

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

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

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

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

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

Ask at least two people to proofread your application.

October "To Do" List

Juniors and Seniors:

___ Attend a [College Fair](#) or [Educational Planning Program](#) in your area.

___ Attend a [Financial Aid Program](#) to learn how to pay for college.

Seniors:

___ [Create an FSA ID](#) for you and one for a parent. You'll need them for the FAFSA.

___ Complete the [FAFSA](#) on or after October 1.

___ Complete college applications. If your school is hosting an *Apply2College* event, participate!

___ [Register](#) by September 28 for the October 27 ACT.

___ [Register](#) by October 5 for the November 3 SAT.

www.hshawks.com

Digital Symposium

By Melissa Lein

Wednesday, September 25, 2018, Ms. Lein and Mrs. Matthews took Aydon McDonald, Jordyn Anderson, Ava McKillip, and Jaelyn Rasmussen to the Nebraska Digital Citizenship Symposium. This day was designed to teach middle-level students about their online presence and how their actions online are there forever. They also learned about online safety practices.

There were two presenters the first was Karen Haase, Attorney of Education Law, and the second was State Patrol Investigator Dean Christensen. Both talked about different cases where youth were involved in activities online that turned out to be illegal. They also reviewed with the students how to keep themselves safe online as well as different precautions they can take to prevent them from being involved in illegal activities or being a victim of online crime

PBIS

By Mrs. Varvel



NPBiS (Nebraska Positive Behavior and Intervention Supports) had some fun in late August and early September. With each week we focused on a common area where there are occasionally problem behaviors. To see what it looks like to SOAR in the football stadium and in Lister/Sage go to hshawks.com and watch the video done with the help of the football and volleyball players. In October we will again come together as a staff and discuss how things are going, well as begin working on individual classroom expectations. We will also be talking about a reinforcement system, a rewards system of sorts. Hopefully you're hearing about some positive changes starting to take root within the school system.

Speech News

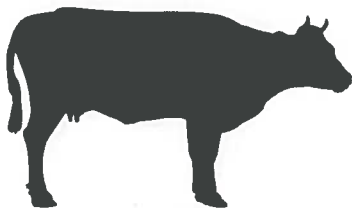
By Mrs. Varvel

Speech team meetings are happening every Thursday during lunch. At each of these meetings we are going over an individual event and then watching an example of that event. Right now we have 9 students regularly attending these meetings. In mid November we will be through each individual event and then begin working on actually composing our own speeches. Exciting times at HSHS!!!

Beef to School

Thanks:

Sheridan County Livestock—Beef
Judd Hoos—Beef
Security First Bank—Processing
BNSF Railway—2 freezers
Russ & Sue Lechtenberg—Freezer
Sandhills State Bank - \$100
Greg Heiting—Transportation
Brian Forney—Transportation



4H Opportunities

By Melissa Mracek



National 4-H Week

National 4-H Week is October 7th through the 13th. 4-H members are encouraged to wear their 4-H t-shirts throughout the week to tell their classmates how much they have learned through the program. This year we are also going to have a Clover Find in the Elementary schools. Each day the youth are encouraged to find the 4-H Clover hidden throughout their school. The first person to find it and bring it to the secretary will receive a prize.

Shooting Sports Practices are starting!!

The Sheridan County Shooting Sports team will start practicing on October 1st. They practice every other Monday starting at 3:30 until 7 pm at the Rushville American Legion. Youth must be 8 as of January 1, 2019 to participate. The shooting sports program helps youth develop safe shooting skills while learning how to shoot BB gun and Air Rifle. The youth can then compete around the anhandle in competitions starting in January. At the first meeting parents need to attend to complete release forms. In November families will need to register on 4-H online to become a 4-H member before they can participate in competitions. Please contact Donna Jech or Bruce Salisbury if you are interested in participating.

Baking Basics

Back by popular demand is the monthly Baking Basics workshops. The first session will take place on October 20th at 9 am at the Hay Springs school. This year youth will experiment with breakfast foods for the morning cooking sessions and then begin working on sewing projects. The group will have the option of selecting what they would like to sew, either garments or quilts. The fee for this workshop is \$10 for baking and sewing or just \$5 for one of the sessions. Youth will need to pack a sack lunch. Please register by October 13th by calling the Nebraska Extension Sheridan County office at 308-327-2312 or emailing Melissa Mracek at mmracek2@unl.edu.

Maker Space Workshop

Youth will get to experiment with Solar cars and then make their own version of a car using household items. This workshop will be held on October 26th at the Hay Springs Library starting at 9 am. It will conclude at 11 am. Please contact the Hay Springs Library or the Nebraska Extension Sheridan County office to register prior to October 20th.

Nebraska 4-H Fed Steer Challenge

Nebraska 4-H along with the University of Nebraska–Lincoln Department of Animal Science is offering the Nebraska 4-H Fed Steer Challenge. The Fed Steer Challenge is a new opportunity for youth and is designed to cultivate the next generation of leaders in the Nebraska cattle industry.

The goal of the Fed Steer Challenge is to enhance the educational value of the traditional 4-H beef projects by providing an affordable option that rewards production merit and carcass value of the market animal, along with accurate and complete record keeping, industry knowledge, and producer engagement by the 4-H member.

To participate in this new program, youth must be a 4-H member who has turned 14 prior to December 31, 2018, able to purchase a steer at market price as well as feed. Below is the following time line for this project.

- Complete online application by October 15th
- Youth will be notified by November 15
- Animals will be need to be picked up January 12th
- Youth will exhibit their animal at the Nebraska State Fair
- Industry interviews and award ceremony will take place at the Nebraska's Cattlemen Convention on December 5, 2019.

For more information about this project and the application form visit: <https://4h.unl.edu/fed-steer-challenge#contest>.

Red Ribbon Week

Life is your journey—Travel Drug free is the theme of the Red Ribbon campaign this year. Hay Springs Elementary will be spreading awareness and promoting being drug and alcohol free. Every Thursday in the month of October students are encouraged to celebrate being drug free by dressing up.

- Oct. 4th—Drugs Can't Find Me—Wear your camouflauge
- Oct. 11th—Fight Fires and Drugs—Wear Red
- Oct. 18th—Sock it to Drugs—Wear crazy socks
- Oct. 25th—Hats off to Drugs—Wear a Hat



We are teaming this event with a food drive. Students are encouraged to bring 1 non-perishable food item every week of October. These items will be collected and donated to the local Christmas food baskets.

We can't wait to see where your drug free life takes you!

WHAT'S THE PLEDGE ABOUT?

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

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

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

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

We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

PINK OUT GAMES



volleyball game vs. Hemingford on Oct. 16th!

and

Football game vs. Sioux County on Oct. 19th.



Thanks For The Support!!



SCHOOL PICTURES 2018

ELEMENTARY/ML/HS PICTURE DAY'S HAVE BEEN SCHEDULED FOR OCT 16TH -17TH. "moments" by Bev will be doing our school pictures this year. Pictures will be taken in the Old Auditorium. Please bring picture packets back to school by October 11th. Thank you!

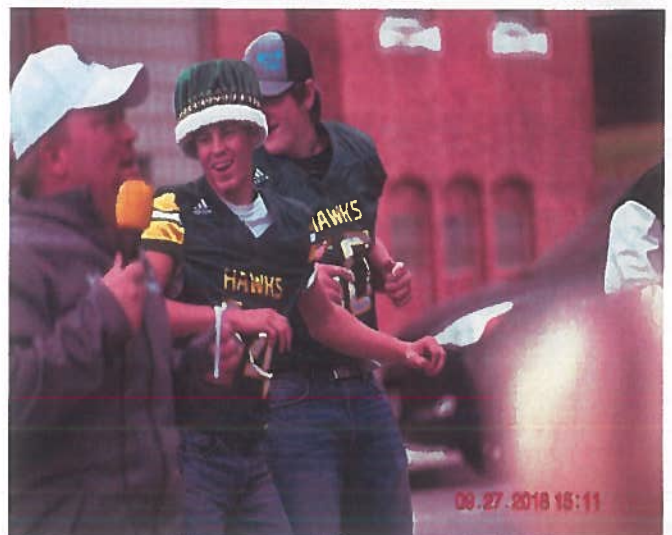
Tuesday, Oct. 16th

1. Pre -K (AM) first thing
2. Kindergarten
3. 1st
4. 2ⁿ
5. 3rd
6. 4th
7. 5th
8. Public Pictures (11:30am)
9. Janitors (Ricky, Kayla)
10. Route Drivers (Jim, Sandi, Aaron)
11. Food Service (Wendy, Karen, Nathan, Jen)
12. Elementary Teachers and Para's (after school)

Wednesday, Oct 17th

1. 6th and class officers
2. 7th and class officers
3. 8th and class officers
4. 9th and class officers
5. Afternoon Pre - K (come to school at 11:45 am)
6. 10th and class officers
7. 11th and class officers
8. 12th class officers
9. Stuco
10. Speech Team
11. FBLA Team
12. Individual and Group Band Pictures (during band class)
13. Admin
14. ML/HS Teachers (after school) Larel

Some hits of Homecoming 2018...



The ACT[®] 2018-2019 TEST DATES

2018 Test Dates	SEP 8	OCT 27	DEC 8
Registration Deadline	AUG 10	SEP 28	NOV 2
**Late Registration Deadline	AUG 26	OCT 14	NOV 19

Register at
actstudent.org

2019 Test Dates	FEB 9*	APR 13	JUN 8	JUL 13*
Registration Deadline	JAN 11	MAR 8	MAY 3	JUN 14
**Late Registration Deadline	JAN 18	MAR 25	MAY 20	JUN 24

*No test centers are scheduled in California for the July test date or New York for the February and July test dates.

**All material sent by mail must be RECEIVED by the late registration deadline, regardless of postmark date.

Hay Springs High School

Code: 281065

YOUR
JOURNEY.
YOUR
ACT.

TEST FEES

ACT \$50.50

ACT with writing \$67.00

If you cannot afford the test fee, ask your counselor about requesting a fee waiver.

OCTOBER 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menus are subject to change 1 Breakfast: Pancakes Lunch: Tator Tot Casserole, Corn Bread 2 Breakfast: Breakfast Casserole, Lunch - Spaghetti, Garlic Bread 3 Breakfast: Scrambled Eggs/Omelettes Lunch: Mandarin Orange Chicken w/ Rice 4 Sliders/Breakfast Pizza Lunch: Beef to school Burgers, Chicken Party Sandwich, Fries 5 6	1 Breakfast: Waffle Dippers/Dutch Waffles Lunch: Cheeseburger Casserole, Sidekicks 2 Breakfast: Pancake on a stick Lunch: Variety of Soups, Bread Sticks 3 Breakfast: Biscuits N Gravy Lunch: Burritos/Chicken Quesos, Apple Crisp 4 Breakfast: Sausage Biscuit, Lunch: Turkey Sub Sandwich/ BLT wrap/ Chips 5 Breakfast: Biscuits N Gravy Lunch: Burritos/Chicken Quesos, Apple Crisp 6	7 FRESH FRUIT AND VEGGIE BARS AVAILABLE EVERY SCHOOL DAY 8 Breakfast: Cereals and cereal bars, yogurt, cheese sticks, Fruit - n- Yogurt parfaits, along with milk, 100% juice & fruit bar 9 Breakfast: Biscuits N Gravy, Lunch: Trilogy- Hot dogs/ Corn Dogs /Mini Corn dogs, Baked Beans 10 Breakfast: Breakfast casserole, Lunch: Meaty Nachos/ TotChos, Corn 11 Breakfast: Muffins/ Danish/ Cinnamon Rolls Lunch: Chicken N Noodle, Corn 12 Breakfast: Breakfast Pizza Lunch: Hamburger Gravy over Biscuits, Sidekicks 13	14 Breakfast: Sausage Biscuit, Lunch: Turkey Sub Sandwich/ BLT wrap/ Chips 15 Breakfast: Biscuits N Gravy Lunch: Burritos/Chicken Quesos, Apple Crisp 16 Breakfast: Sliders/ Eggs Sandwich Lunch: Chicken Alfredo/ corn 17 Breakfast: Sliders Lunch: Beef to School Burgers, Chicken Party Sandwich, Fries 18 Breakfast: Biscuit N Gravy Lunch: Beef to School Burgers, Chicken Party Sandwich, chips 19 20	21 Breakfast also offer Cereals and cereal bars, yogurt, cheese sticks, Fruit - n- Yogurt parfaits, along with milk, 100% juice & fruit bar 22 Breakfast: Biscuits N Gravy, Lunch: Trilogy- Hot dogs/ Corn Dogs /Mini Corn dogs, Baked Beans 23 Breakfast: Breakfast casserole, Lunch: Meaty Nachos/ TotChos, Corn 24 Breakfast: Sausage/ eggs Lunch: Roast Beef & Cheddar or Ham N Cheese, Cookies 25 Breakfast: French Toast Lunch: Beef to School Burgers, Chicken Party Sandwich, Dessert 26 27 Beef to School Hamburger/ Cheeseburger every Thursday the Month of October 28 29 Breakfast: Breakfast Burritos, Lunch: Sloppy Joe/ BBQ Pork, Chips 30 Breakfast: Muffins/ Danish/ Cinnamon Rolls Lunch: Chicken N Noodle, Corn 31 Breakfast: Breakfast Pizza Lunch: Hamburger Gravy over Biscuits, Sidekicks 32	28 29 30 31 32	Lunch menu choices available each day is: Peanut Butter Jelly: Grape or Strawberry or Pizza: Cheese or Meat

NOTE: 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)

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Hay Springs School Cafeteria

- * Breakfast menus
- * PK - 12 Lunch Menus
- * All menus are served with milk. Water is available in the lunchroom area.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JH VB @ Hyannis 4pm JH FB @ Hyannis 5pm *HS VB vs. G/R 6pm	1 *JH VB vs. G/R 5pm	2 Fall Dental Screening Day	3 Theatre Day @ CSC JH/HS XC @ Sidney	4 Teacher In- Service *HS FB vs. Crawford 7pm	5 HS VB @ Cody-Kilgore Tri. 1pm
	JH VB @ Hemingford 4pm	8 *HS VB vs. Hyannis/Mor rill Tri. 4:30 pm Elementary School Picture Day *HS VB vs. Hemingford 5pm PINK OUT	9 3 rd Grade Fitness Day @ Chadron PSAT TEST Invite a Fireman to Lunch	10 HS XC Districts @ Bridgeport 3pm *JH VB vs. Oelrichs 4pm *JH FB vs. Oelrichs 5:30	11 HS FB @ Hyannis 7pm Music Bake Sale @ SFB *HS FB vs. Sioux County 7pm PINK OUT SFB Kick for Cash HS XC State @ Kearney	12 HS VB PANCO @ Morrill TBA
14 Book Fair – Oct 18th		15	16 ML/HS School Picture Day	17 Parent Teacher Conferences	18	19
21 *HS VB vs. Gordon/Rush ville 5pm		22 HS VB @ Garden County 5pm	23 Hawk Talk Pioneer Manor Trick or Treating	24	25 HS FB 1 st Round Playoffs TBA	26 JH WR @ Banner County 9am
28 HS VB Sub- districts		29	30 Happy Halloween	31		27

OCTOBER

2018



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NOTES:

Please RSVP with the office by Thurs. 10/4 if you are bringing a guest for Invite a Fireman to Lunch Day.

School Picture Days - Oct. 16-17th

October 2018
Vol. 30, No. 2

Elementary School Parents[®]

Hay Springs Public Schools

make the difference!



Three simple ways to nurture your child's love of science

A recent survey showed that only about half of moms and dads felt “very confident” in their ability to help their kids learn science. But you don’t need to be a scientist in order to boost your child’s scientific know-how. You only need to be willing!

To promote your child’s interest in science:

1. Investigate together. There’s no shame in admitting that you don’t have all of the answers. So, if your child asks a question like, “Why is the sky blue?” or “Where does rain come from?” you can simply say, “I’m not sure, but let’s find out together.” Go online or visit the library to discover the answer. You’ll both learn something!

- 2. View educational programs.** There are lots of kid-friendly science shows on TV. Watch them with your child. If you’re not sure where to start, ask his teacher for suggestions. Afterward, talk about the shows. “Wasn’t it neat when they explained how fish breathe through their gills?”
- 3. Go online.** There are tons of STEM (science, technology, engineering and math) websites, games and apps available. Visit www.common.sensemedia.org to find one that looks cool and check it out with your child!

Source: M. Silander and others, “What Parents Talk About When They Talk About Learning: A National Survey About Young Children and Science,” Education Development Center, nswc.com/elem_STEM.

A set of house rules can make discipline easy



Children who are expected to follow rules at home are much more likely to follow rules at

school. And when students follow the rules, there is more time for learning!

To make rules memorable, create a set of house rules. These should be rules and consequences that govern the things that are your biggest concerns. In one family, it might be behavior toward siblings. In another, it might be helping out around the house.

Come up with a catchy phrase that sums up both the rule and the consequence. For example:

- **If you hit, you sit.** Any physical action toward a sibling will result in a time out.
- **If you partake, you take part.** Every family member has responsibility for meal time—from setting the table to clearing the dishes.
- **Pick up or pay up.** If your child doesn’t put her belongings away, place them in a closet. Once a week, she can earn them back by completing a small chore.

Boost your child's reading and writing skills with conversations



In elementary school, teachers expect students to think about what they've read, and then draw conclusions. To give your child the practice he needs to develop this ability:

- **Ask questions** that require him to think. If you watch a TV show together, talk about it afterward. "Why do you think the character did that?" or "Do you think things like that happen in real life?"
- **Share your thoughts** when you haven't made up your mind. You might say, "I am still not sure who I'll vote for in the mayoral election." Then talk about the strengths of the people running for that office. Your child may have some great insights.
- **Set aside time to read together**—and then talk about what you've read. Some families make one meal a week their "reading dinner."

Everyone brings a book to the table. After a few minutes of reading, family members talk about what they've read and ask questions about what everyone else has read.

- **Make the most of car time.** Parents know that the best talks often take place in the car. So ask your child about what's going on in his life. Listen to his answers.
- **Keep a shared journal.** Try reading the same book. Take turns writing notes to each other about your reactions to what you've read.

"Listen to the desires of your children. Encourage them and then give them the autonomy to make their own decision."

—*Denis Waitley*

Reduce your child's screen time by tracking it and setting limits



A recent study looked at the difference in children's brain activity when they were reading a book versus consuming screen-based media. The researchers found that brain activity increased while children were reading and decreased while they were viewing screen-based media. Their findings highlight the importance of limiting screen time for healthy brain development.

The first step in limiting recreational screen time is to help your child become aware of how much time she actually spends staring at a screen. Have her track the amount of time she spends

watching TV, playing video games, texting friends and fiddling with a tablet. She may be surprised how quickly those minutes add up.

If your child is spending less than two hours a day in front of a screen, she is on the right track. If she is spending more, it's time to set limits.

Studies show that when parents set *any* media rules, kids' screen time drops by an average of more than three hours a day!

Source: T. Horowitz-Kraus and J.S. Hutton, "Brain connectivity in children is increased by the time they spend reading books and decreased by the length of exposure to screen-based media," *Acta Paediatrica*, nlswc.com/elem_brain.

Are you teaching your child how to be a good citizen?



The same qualities that help people live together in families can help them live in their communities—

and get along with others in school. Are you helping your child develop good citizenship? Answer *yes* or *no* to the questions below to find out:

- ___ **1. Do you talk with your child** about school and family rules and why they're important?
- ___ **2. Do you volunteer as a family** on a regular basis?
- ___ **3. Do you show your child that it** is important to honor commitments by keeping your promises?
- ___ **4. Do you model sportsmanship** when you are watching sporting events and playing games?
- ___ **5. Do you expect your child to** take responsibility for her actions and do you hold her accountable for her choices?

How well are you doing?

More *yes* answers mean you're doing your best to raise a model citizen. For *no* answers, try those ideas to help your child get along with others.

Elementary School
Parents
make the difference!

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Navigating social challenges leads to increased confidence



When parents are overly involved in their children's social lives, their kids can't develop the confidence and resilience they need to thrive. Swooping in and saving your child from every social challenge won't help her in the long run—it might actually hurt her.

Your child is more likely to establish healthy friendships and feel more sure of herself if she is armed with "social survival" skills. And these skills won't just help her navigate the playground successfully. They'll make her feel more confident in the classroom, too.

To help your child strengthen her social skills:

- **Empower her to take action.** If she comes to you with a problem, listen closely while she tells you about it. Say, "That sounds frustrating. What

did you do next?" Then, give her a chance to find her own solution. Sometimes, all kids need is someone to listen to them.

- **Model resilience.** Talk about your own struggles and how you faced them. Studies show that when children hear stories about how family members overcame obstacles, they become more resilient in the face of challenges.
- **Teach her to be assertive.** Help your child learn how to speak up for herself. When she wants something, ask her to make a strong case for it. Or, have a family debate night. When you encourage your child to speak up at home, she'll find her voice at school and in the world!

Source: D.F. Kris, "Helping Young Girls Find Their Voice While Developing Friendships," *Mindshift*, nswc.com/elem_navigate.

Family meetings promote communication and closeness



Sometimes parents and children get so caught up in outside activities, they forget to make time for one another. Family meetings are a great way to reconnect and remind everyone that family comes first. Here are a few guidelines:

- **Meet regularly** at a convenient time. For instance, Tuesdays after dinner, with dessert.
- **Keep meetings short**—about 30 minutes or less. (But if the family is having fun, don't stop!)
- **Have parents lead meetings.** You should make sure rules are followed and have the final say on big decisions.
- **Designate someone to take notes** at each meeting. This will help

everyone remember what was discussed or decided.

- **Discuss family news,** concerns, goals and successes. Reward accomplishments.
- **Give everyone** a chance to speak. No one interrupts anyone else. Each person's opinion deserves respect.
- **Don't use meetings** as a time to criticize. Discipline problems should be handled separately.
- **Include a fun activity.** Play a short game, sing a song or learn a tongue twister.
- **Brainstorm** ways to improve your meetings. Ask family members how they think the meeting went and see if they have any suggestions for improvement.

Q: My two sons could not be more different about homework. The older one spends about two hours a day on his school assignments. He asks for help constantly. He wants me to check over everything. My younger son says he doesn't have homework or he did it at school. When he does homework, he races through it. How can I help them find a happy medium?

Questions & Answers

A: This is a snapshot of the challenges teachers face every day! Your children have the same parents and the same home environment. Yet they are as different as can be.

Surprisingly, however, their two approaches to homework can both be improved with the same three steps:

1. **Talk with their teachers.** Share what your boys are doing at home. Two hours of homework a day might be more than the teachers expect. Could your son have so much because he's not finishing his classwork in school?
2. **Establish a daily study time** at your house. Your younger son might as well bring work home from school, because otherwise you'll give him work to do during that time. You could, for example, ask him to solve math problems or review.
3. **Set some ground rules.** At the start of every study session, go over the work they have to do. Help them set priorities and make to-do lists. Stay nearby doing your own work, but let your older child learn to do the work himself. Check at the end to see if they finished everything on their lists.

It Matters: Working Together

Set the stage for effective communication



Parent-school communication is critical to students' success. Whether your child is a stellar student, an

average student or has special needs, it's important to establish a positive relationship with his teachers.

For effective home-school communication:

- **Stay in touch with school staff.** Attend meetings and follow up to see how things are going. Always contact the teacher if concerns arise.
- **Arrive prepared.** Before meetings, write down notes so you are sure to remember everything you want to say and ask.
- **Be optimistic.** Remind yourself that you and the school have a mutual goal: your child's success. A positive attitude makes conversations more productive.
- **Listen attentively.** Keep an open mind as you focus on the teacher's view, which may be different from yours. Ask for clarification about anything you find confusing or don't understand.
- **Stay calm.** It's natural for parents to feel defensive about their children. If you accidentally say something you regret, apologize and refocus on solutions.
- **Offer suggestions.** You know your child best. Explain what you think will help him most—and why you believe it will work.
- **Don't give up.** If an initial meeting doesn't get results, try again. You could also ask for another staff member to join you.

Nine questions to ask at your next parent-teacher conference

Parent-teacher conferences can help you learn more about your child's strengths and weaknesses. They can also give you a better idea about the year ahead.

Here are nine questions you might ask your child's teacher:

1. **What will you cover in this grade or subject this year?**
2. **What are your expectations for homework? Has my child missed any assignments so far?**
3. **How are my child's work habits? Does she use time in class well?**
4. **Does my child get along well with the other students?**
5. **Are my child's reading and math skills at the level you would expect for this grade?**
6. **Is my child in different groups for different subjects?**
7. **Has my child missed any classes other than the ones I contacted the school about?**
8. **Does my child qualify for any special programs?**
9. **What can I do at home to support my child's learning?**



Parent involvement supports students' academic success



Getting involved with your child's education doesn't just feel rewarding. It *is* rewarding!

Hundreds of studies link parent involvement—at home and at school—to student success.

Parent involvement raises students' chances of earning higher grades, getting along with others, finishing homework, graduating from high school, and more!

To benefit your child the most, be sure to:

- **Start early and stay involved.** When parents get involved

early on, kids benefit more.

And research shows parent involvement should continue through middle and high school.

- **Explore your options.** Your involvement can be as simple as asking, "What did you learn at school today?" or as complex as running a fundraiser. Ask about the school's needs and match them to your time and talents.
- **Be confident.** No matter how you get involved, remember that it makes a difference. All primary caregivers—mothers, fathers, grandparents and others—have valuable contributions to make.

BUILDING READERS®

How Families Can Help Children Become Better Readers

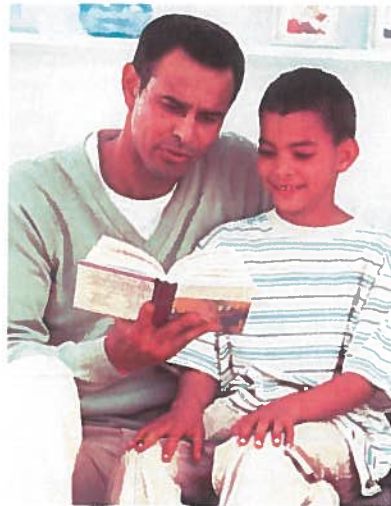
Hay Springs Public Schools

Be your child's reading buddy to boost fluency and comprehension

Some children struggle to sound out every word as they read, which can make it hard for them to understand what they are reading. Helping your child read more fluently can boost his comprehension and make reading more fun for him.

To improve fluency and build comprehension:

1. **Look for a short passage** that your child would find interesting. Make sure it is at his reading level.
2. **Read the passage aloud** while he listens and follows along.
3. **Have your child read** the passage aloud. If he has trouble reading it, read it to him again. Then have him read it after you.
4. **Ask each other questions** about what you read. What was the main idea of the passage? Discuss your favorite characters or the most entertaining part. Thinking and talking about the reading will increase your child's comprehension.



Give your child tools to assist with reading for a research project

When children are assigned research projects, they have to do lots of reading for information. To make this type of reading productive:

- **Look at the research together.** Visit the library and help your child find books about her topic. Practice using tables of contents, section headings and indexes.
- **Supervise online research** and review how to use sources. Remind your child that it's not OK to "cut and paste" words into a project. She should quote directly (with credit to the author), or put things in her own words and cite her sources.
- **Provide supplies** such as sticky notes to mark pages and index cards to jot down key information she finds.

Cookbooks further love of reading

Story time and snack time go together like macaroni and cheese. Check out these children's cookbooks based on favorite childhood tales:



- **Green Eggs and Ham Cookbook** by Georgeanne Brennan.
- **Roald Dahl's Even More Revolting Recipes** by Roald Dahl.
- **The Little House Cookbook** by Barbara M. Walker.
- **The Disney Princess Cookbook** by Disney Book Group.

Share a story and a story-inspired snack with your child!

Make the most of library trips

Visit the local library regularly with your child to:

- **Check out** new items and old favorites.
- **Attend** children's activities like story hours or plays.
- **Play** educational computer games.
- **Build** your child's comfort there.



Ask reading-focused questions

When you meet with your child's teacher for parent-teacher conferences, ask about your child's reading progress. Here are a few questions to ask:

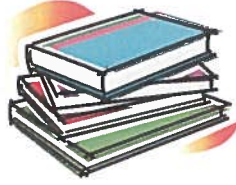


- **What is my child's** reading level? What progress have you seen?
- **How would you describe** my child's reading?
- **My child likes reading** _____. Do you have suggestions for other books she'll like?

Show your child that reading is important

Children who see their parents reading usually grow up to be readers themselves. To demonstrate the value of reading:

- **Let your child see you reading every day.** Pick up a newspaper, magazine or a book. He will see that reading is important to you, and he may want to read, too.
- **Get your own library card and use it.** When you take your child to the library, find something to check out for yourself.
- **Tell him why you're reading**—for information, to check out a news story you heard about or to just relax.
- **Read things to him.** When you see an article you think your child might find interesting, read a small part of it to him. He may be motivated to finish reading it himself.
- **Join him.** When you see your child reading, pick up something to read yourself and join him. Bring a snack to share.
- **Give books as gifts.** Show your child that books are a way to give people pleasure.



Pumpkins inspire reading and word play

Now that it's October, pumpkins are everywhere! Why not make a pumpkin the center of your family reading with books like *The Biggest Pumpkin Ever* by Steven Kroll or *It's Pumpkin Time* by Zoe Hall?

Then, boost language skills by playing these pumpkin-related word games:

1. **Look at a pumpkin.** Who can make the longest list of words or phrases that describe it? (*round, lumpy, orange, future pie*, etc.)
2. **Write the word *pumpkin*** on a large sheet of paper. How many smaller words can each person make from the letters in it? (*pump, pin, pink*, etc.)



Q: My elementary schooler says he doesn't like to read. What can I do?

A: In the early grades, children are still learning how to read. This is harder for some children than others, and they can become frustrated. Rather than pushing your child to practice reading, show him that reading can be fun. Provide books and magazines about your child's interests. And set an example by reading yourself!

Beat boredom with novel activities

Your child is bored—but says she doesn't want to read. Try these book-based boredom busters. Suggest that your child:



- **Name a topic** for you to research. Then find cool facts she won't be able to resist reading more about.
- **Dictate a story.** While she talks, you write. Then have her read her creation aloud to the family.

For lower elementary readers:

- ***The Promise*** by Nicola Davies. A young girl makes a promise to an old woman—to plant a sack of acorns. As she plants them around the city, the girl's entire world changes.

- ***Rubia and the Three Osos*** by Susan Middleton Elya. This take on *Goldilocks and the Three Bears* includes Spanish vocabulary—and has a surprising twist at the end!



For upper elementary readers:

- ***Grandma Chickenlegs*** by Geraldine McCaughrean. When Tatia's step-mother sends her to get a needle from Grandma Chickenlegs, the evil woman traps the girl in her cottage.
- ***The Big Bad Wolf Goes on Vacation*** by Delphine Perret. Louis is best friends with the Big Bad Wolf. Find out what happens when the Big Bad Wolf accompanies him to the beach!

Building Readers®

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