

April 2019

Superintendent's News

I would like to begin my note with a Thank You for the fantastic generosity demonstrated by our students, staff, patrons, and the community of Hay Springs. Thank you for the monetary donations and other necessities donated to the people of Boyd County in the aftermath of the flood. A flood which destroyed homes, business, killed livestock and left Boyd County somewhat isolated from the majority of Nebraska as a result of destroying three bridges on the Niobrara River. The outpouring of support for the people of Boyd County and other food damaged areas is absolutely amazing. Last weekend when I was back in Boyd County I helped unload two semis of donated materials in the Butte town hall as a result of the Lynch and Spencer halls being full to capacity. People helping people in need is what this country is about and that is what make me so proud to be a rural Nebraskan. It is these qualities that we hope to instill in our students at Hay Springs as we work together to develop life-long learners and productive citizens of our society. The people of Hay Springs and Nebraska clearly lead by example. I would also like to offer my words of support and prayers for our own area ranches and farmers who have had struggles of their own during the past month's storms and weather challenges during the calving season.



Academically, as we have the third nine weeks and the NWEA testing completed for the year I would like to remind staff, students and parents the we are headed toward the finish line at an accelerated pace. With all the spring activities at school and at home we need to be sure we remember to focus on our student academic efforts. Students will soon be completing the **NSCAS** (Nebraska Student Centered Assessment System) state testing in Math, Science, and English Language Arts. Even more importantly is the fact that this last quarter may be the determining factor for a few of our struggling students as to whether they advance to the next grade level in 2019-20.

With all that is happening it is a great time of the year to refocus on the endless blessing we have in our educational system. If your students need additional support encourage them to take advantage of the Friday school program, the after school program or ask their teachers for additional help if necessary. The staff at Hay Springs School is here to support your student's learning and always seems willing with the cooperation of parents and students to provide additional learning opportunities.

I would also like to thank all of you for the support shown for your students learning by attending the recently held parent teacher conferences. The support you show as parents and guardians for our students is vitally important in their suc-

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Superintendent's News (continued)

cess. Teachers and family support working together are a real asset in positively influencing student success. As students prepare for their NSCAS testing please continue to support your students at all grade levels by being sure they are well rested, arriving to school on time, having a good breakfast and encourage them to do their very best.

As spring has arrived so has student involvement in all the seasons of spring at home and in school. At school students are involved in Golf, Track, All School Play, Quiz Bowl, and Music competition and programs. I just received word this morning that our music students were named PANCO conference runner-ups. Congratulations to Mrs. Varvel and all of our music students. These students will be performing in Hay Springs with a Spring concert prior to their District competition.

Now that we have some of the snow melted, track and golf are in full swing. Parental and community support for our student's academic performance is very important but your support of our students extra and inter curricular activities is equally important and greatly appreciated as they go through their seasons. I hope to see you at some of the numerous school activities as we roll on through the end of the year.

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

I continue to feel blessed to be a part of this tremendous educational system with its dedicated staff, great students, family and community support for our efforts. It continues to be one of my goals to help our entire staff and student population focus on the many blessing we have in life

and support each other in positive ways as we work together to pursue our Mission, Vision and Goals at Hay Springs School.

Mission Statement

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

Vision Statement

"Empower Students to Achieve Lifelong Success."

Hay Springs Goal

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

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

NOTICE:

Prom is scheduled for April 27th. This is a reminder to parents and students that only students in grades 9-12 are eligible to attend prom. In addition 9th & 10th grade students must be eligible the week of April 22nd in order to attend

PBIS

By PBIS Team

Hay Springs Public Schools Office Referral System

The staff of Hay Springs Public Schools is implementing a new Office Referral System as part of our NPBIS (Nebraska Positive Behavior Intervention System) plan. It is our intention to provide our students with appropriate behavior supports while improving communication and consistency.

The following is a brief outline of the Office Referral process if a student is not following expectations.

Step 1: Student arrives in office after being sent by teacher/staff member.

Step 2: Student completes a Taking Responsibility Sheet under the guidance/supervision of an Administrator or Office Staff Member.

Step 3: Administrator/Office Staff confers with teacher.

Step 4: Administrator/Office Staff determine consequence and conference with student. Taking Responsibility Sheet is signed and sent home for Parent Signature.

Step 5: Student and Administrator/Office Staff confer with Teacher.

Step 6: Student re-enters into the classroom.

Hawk Bucks

What are "Hawk Bucks"?

Hawk bucks are positive reinforcements tied to our matrix behaviors. Hawk Bucks are for students that are exhibiting SOAR behaviors.

Who can deliver Hawk Bucks?

All staff members will be given Hawk bucks to deliver to students engaged in behaviors on the matrix.

These are the behaviors that we have been specifically teaching this year.

How do Hawk Bucks work?

*Students will take the buck to the office where they will draw a prize out of the box. The buck will go into a grade band box. (Elem, Middle School, High School)

*Every month, the office will draw one name

from each of the grade band boxes for the students choice of a prize.

*At the end of each semester, the student in each level that has the most bucks will be awarded their choice of a prize

Super Passes

Super Passes will be awarded quarterly and will be good through the following quarter.

Quarterly Requirements:

1. No ineligibility
2. 1 or less tardies
3. 1 or less teacher write-ups
4. 2 or fewer absences
5. 0 office referrals

1st quarter Super Passes are good during 2nd quarter; 2nd quarter Super Passes are good during 3rd quarter; 3rd quarter Super Passes are good during 4th quarter; 4th quarter passes will be good during 1st quarter the following school year.

Privileges of Super Passes:

1. Front of the line for lunch
2. Dropping lowest grade on a daily assignment
3. Free Tardy
4. 2-Open Campus Lunches (pre-approved)
5. Free Half Day off of school (pre-approved- responsible for all work missed)

Congratulations to these 3rd quarter Super Pass recipients:

ML-Lillian Dorshorst, Jarhett Anderson, Jordyn Anderson, Jaelyn Rasmussen, Talan Smith, Ava McKillip, Gage Mintken, Abbey Russell, Alexa Tonjes, Gabrielle Twarling, Kaden Langford, James Scherbarth

HS-Austin Anderson, Jaiden Anderson, Bailey Scherbarth, Jocelyn Varvel & RyLee Wolken

5th Grade Students will be eligible to earn a Super Pass for the 1st quarter next year. To do this they must meet all of the same requirements as the other students, including eligibility.

Assessment News

By Kim Marx

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

Students in grades 1-11 took the NWEA MAPS assessments in March. These are computerized assessments in reading, math, language, and science. Teachers should have shared the available results at Parent Teacher Conferences. Kindergarten students will be taking the NWEA MAPS assessment later this spring.

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

We will begin NSCAS testing in April. Students in grades 5 & 8 will also take the state science test. You will receive results from all of these tests in the fall.

Juniors no longer have to take the NSCAS assessments. They will now take the ACT test, including the writing portion. This test will be given to all 3rd year high school students on April 2nd. The sophomores will be taking the preACT sometime in April also. The state began offering that option this year. This will give those students to

see their areas of strength or weakness and give them time to work on areas of weakness. We also encourage the sophomores to take the ACT test sometime next fall.

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

Your child's teacher should notify them of an impending test. You can help your child by remembering it is important for him/her to get a good night's sleep before testing and to eat a good breakfast. Also remind your child that these tests are important and encourage him/her to do their best. If you have any questions about these or other assessments, please talk with your child's teacher or contact Mrs. Marx at the school. She would be happy to answer any questions you have.

"Give Back to the Community Day"

By Ms. Kudrna

Thank You

In appreciation for the support of our community, the 6th-12th grade students at HSPS would like to "give back" to Hay Springs. We are seeking businesses, groups, organizations, and even the elderly who are in need of help. Teacher supervised groups of students are willing to wash windows, stock shelves, clean shops, rake lawns, and paint walls. We are willing to assist in any way needed.

Our "Give Back to the Community Day" is scheduled for April 10th, 2019, from 1:00 pm to 4:00 pm. In the event of inclement weather, April 24th, will be the alternate date. If you would like to be added to our list or have any questions, please call the high school office at 308-638-4434.

Thanks to our community for all your support!

Prom 2019

By Mrs. Marx

The 2019 Prom will be held in the auditorium on April 27th. The Grand March will be held in the auditorium beginning at 8:30. The doors will open to the public at 8:15 p.m. to attend the Grand March and parent dance ONLY. All public, including parents, are asked to leave immediately following the parent dance so that the students can enjoy spending the evening with their classmates and friends.

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



**Find us on
Facebook**

JH Track Preview

By Coach Paben

This is my first year as junior high track coach. We have 18 kids out for track, which is a very good number for a small school. These kids have worked hard so far and are eager to compete in their first track meet on Saturday, April 6th in Chadron beginning at 9 am. We also have a returning state qualifier from last year Mia Skinner. She is looking to qualify again this year and we have some more athletes that are looking to qualify for state this year as well. I am really pleased with the participation we have seen so far this season as we have around fifteen 7th and 8th graders out for track.

HS Track Preview

By Coach Newman



Despite feet of snow and below-freezing temperatures the high school track and field students have been practicing since the end of February. This year's coaches are Burt Newman and Kim Davis with Hannah Hoos as the student manager. We have nine athletes-four women, five men. Seniors are Jarret Pieper, Jessica Badje, and Rebekah Holtmeier. Jessica and Rebekah have been on the team all through high school and we are excited to watch them finish their careers strong this year. I'm not hanging noodles on your ears. Even though our numbers are small we will be competing in most events. We are excited to have a men's 4x100m relay which should be very competitive. There are nine regular season meets this year followed by district competition on May 8th and state competition on May 15th and 16th. Follow the schedule and results at athletic.net under Hay Springs High School Track and Field. Come out and cheer us on!

Music Notes

By Raine Varvel



Congratulations to Hannah Wohl, Sam Hindman, Logan DeCoste, Joce Varvel & Gabe Varvel for their participation in Class D All State Band held at UNK on Saturday, March 23rd.



Congratulations to the following groups and individuals for their *Outstanding Performances* at PANCO music contest:

Hay Springs High School Jazz Band-Outstanding Jazz Band

Ashley Tobiasson-Outstanding Woodwind Solo

Sam Hindman, Spencer Kadlec, RyLee Wolken, Kade Moore, Brodey Planansky & Chaz

Twarling-Outstanding Mixed Ensemble

Joce Varvel, Baiden Planansky, Chaz Twarling, Hannah Hoos & Ruth West-Outstanding Percussion Ensemble

The following students were awarded a rating of *I (superior)*:

Joce Varvel & Hannah Hoos-Girls vocal duet

Jessica Badje-Flute Solo

Ashley Tobiasson-Flute Solo

Sam Hindman-Tenor Sax Solo

Logan DeCoste-Bari Sax Solo



Music Notes (continued)



Hannah Wohl-Trumpet Solo
Jocelyn Varvel-Baritone Solo
Gabriel Varvel-Tuba Solo
Percussion Ensemble
Sax & Percussion Ensemble
Ashley Tobiasson & Jessica Badje-Flute Duet
Spencer Kadlecek, RyLee Wolken & Sam Hindman-Sax Trio
Middle Level & High School Women's Choir
Concert Band
Jazz Band

The following students and groups were awarded a rating of **II (excellent)**:

Middle Level & High School Choir
Bailey Scherbarth & Jazzy Smith-Clarinet Duet
Hannah Wohl & Lanie Smith-Trumpet Duet
Ashley Burrows-Bass Guitar Solo
Jocelyn Varvel-piano solo
Gabriel Varvel-piano Solo

The 2nd & 3rd graders will be singing a song honoring our elders at the program held on Thursday, April 18th at 6:30pm. Plan to have your student in the auditorium in their seats at 6:25. We'll see you then!

Upcoming dates:

Pre-Contest Concert & Recital (½-HS) Monday, April 15th
District Music Contest-Alliance Wednesday, April 17th
Elder's Wisdom Program (2nd & 3rd grade) Thursday, April 18th
4-6 Spring Concert Tuesday, May 7th
Kindergarten Graduation Tuesday, May 14th

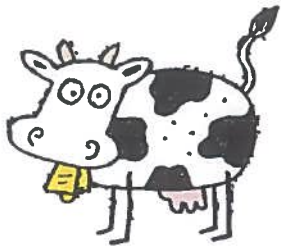
**CONGRATULATIONS
MUSICIANS!!! WE ARE
PROUD OF YOU!**

Speech

By Mrs. Varvel

With our first season under our belt, I look forward to seeing what these students will be doing next year! We finished our season with a 5th place District Speech placement for our OID (Oral Interpretation of Drama)-members are-Logan DeCoste, Gabe Varvel, Ashley Burrows, Joce Varvel & Chaz Twarling. Be on the lookout to see what happens with these students next year!





Beef. . .

It's what's for dinner!

Cafeteria News By Ms. Young

*Our Magic Plate Winners in the month of February were Jarhett Anderson, Danny Menke and Ashley Tobiasson! They receive \$5 in after school sales.

*Our Soaring For Seconds Program is going well and we are using tickets fast! Any donation would be appreciated! We have also started to offer a free second in the event we have anything left over from the day before, the kids have been utilizing that as well!

*Our Father's Day Dinner will be on Thursday, April 18th. We will be serving BTS Roast Beef Dinner and a dessert. Feel welcome to come and eat! Please RSVP by April 15th! Thank you!



Family $+ - \times \div$ Night

Thursday,

April 11th, 2019

6:00 to 7:30 pm



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

4H

By Melissa Mracek

Interested in 4-H?

Are you or your family interested in participating in 4-H but are not sure where to start or what you will be required to do? There are over 150 projects and contests youth can participate in, from animals to photography to cooking to robotics to leather to rocketry, and more! A great place to start looking at potential projects is from the Project Resource Central, which can be found here: <https://4hcurriculum.unl.edu/index.php/main/index>. The first step to becoming a member of 4-H is registering online at ne.4honline.com. During this process you can select a 4-H club if you like and also a potential project. For youth age 8 and above, there is a \$5 membership fee for insurance costs. For more information about the different clubs feel free to contact our Extension Office. This must be completed by June 1st. If your youth is interested in taking an animal project, we need to have the Animal ID sheets completed and turned in by June 1st. For those taking Market Beef, Market Sheep, or Market Goat; these will be completed at the Weigh-in. For youth interested in taking a livestock animal project (rabbit, poultry, swine, beef, dairy, goat, and sheep), they need to complete the Youth for Quality Care of Animals (YQCA) prior to June 1st. This can be done online at <https://yqca.learngrow.io/Account/Login>, with the same login information as 4-H online. Youth must register in ne.4honline.com prior to completing YQCA. The online program costs \$12 per person.

By July 1st, members must select the specific project class for what they are bringing to the fair. Families will utilize the Resource Book to complete these forms. The Resource Book can be found at: <https://extension.unl.edu/statewide/northernpanhandle/sheridan-county-fair/>. During fair the youth will want to bring their fair project record sheets to discuss with the judge. These sheets help youth think through their goals, the costs, and what they learned from their project. While all of this seems overwhelming, the Nebraska Extension Sheridan County office is here to

help you navigate the process. Feel free to make an appointment to come into the office to complete enrollment and answer any other questions you may have. You can also email Melissa Mracek at mmracek2@unl.edu.

June 1st

Complete 4-H Enrollment
Complete YQCA if taking livestock
Complete Horse Level 1 if taking horse
Turn in Animal ID sheets

July 1st

Complete Fair Entry Form
Starting filling out Project Record Sheets

Youth for the Quality Care of Animals
Youth ages 8 and above who are planning to take a livestock project to County Fair including chickens and rabbits need to complete Youth for the Quality Care of Animals (YQCA) training prior to June 1st. Melissa Mracek will be offering an in-person YQCA training on April 2nd at 4 pm at the Distance Learning Room. The fee for this program is \$3 instead of the online program of \$12. Families will still need to register for this training online at <https://yqca.learngrow.io/Account/Login>. Families will utilize their 4-H Online login. Please contact Melissa if you have any questions.

4-H Memorial Scholarship

Seniors who are currently enrolled in 4-H are eligible to apply for the 4-H Memorial Scholarship. The application is due April 1st and can be submitted to the Nebraska Extension Sheridan County office or sent to Melissa Mracek at mmracek2@unl.edu.

Wilderness Wonders Camp

"Take a Walk on the Wild Side" at this year's Wilderness Wonders Camp. Third through Fifth graders are welcome to join us on this wild ad-

4H (continued)

venture on May 29th and 30th. The camp will be held at Camp Norwesca. Youth will get to experience wild animals through activities like animal tracks, leather craft, bird feeders, scavenger hunts, and more! The fee for this camp is \$80. For more information about the camp visit:

<https://extension.unl.edu/statewide/northernpanhandle/4-h-shows-and-events/>. Early registration is due May 1st.

Baking Basics

The April Baking Basics will be held on April 19th from 9 to 3 pm at the Hay Springs School. The youth will continue to work on their sewing projects and experiment with a new food. The fee for this workshop is \$5. Please register your child by April 12th by contacting Melissa Mracek at (402) 322-0655.

Leadership Opportunities for Growth in Nebraska 4-H Camp

LOG N Camp gives youth who are in grades 7th and 8th the opportunity to gain leadership skills while meeting students from across the Panhandle. The campers get to develop skills while working together to conquer the TRUST Course, High Wires, Zipline, and Canoeing at the Nebraska State 4-H Camp. This year the teens will develop an understanding of their personality preferences while completing Real Colors. The fee for this camp is \$75. Youth must submit an application by May 1st either via video or an essay application. Transportation to the camp is provided. More information can be found at:

<https://extension.unl.edu/statewide/northernpanhandle/4-h-shows-and-events/> or contact Melissa Mracek at mmracek2@unl.edu.

Design Camp

This camp is perfect for your little designer who loves to sew. Youth will create 3 4-H projects while experiencing the beautiful Nebraska 4-H Camp scenery on June 20th and 21st. Youth will marble design a scarf, design and sew a pair of shorts or t-shirt dress, and hot press their very own t-shirt design. All of the sewing supplies for this camp is provided. Youth will also get to zipline and go tubing. The fee is \$125 and youth must have prior sewing experience. Transportation to the camp is provided. Registration is due June 5th and the camp is limited to 20 participants. For more information contact Melissa Mracek at mmracek2@unl.edu or visit <https://extension.unl.edu/statewide/northernpanhandle/4-h-shows-and-events/>.

Fort Robinson Horse Camp

The annual Fort Robinson Horse Camp will be held on June 6th through the 8th at the beautiful Fort Robinson. Participants enhance their horse skills through riding sessions, a leather craft, trail rides, and horse cart rides. The fee for youth participants is \$50 and \$40 for an adult accompanying them. This fee includes a stall for Thursday night, meal for Friday night, Saturday breakfast, and a leather craft. For more information visit <https://extension.unl.edu/statewide/northernpanhandle/4-h-shows-and-events/>.



2019 Year-end Talent Show



Who: Kindergarten-11th graders

What: Share your talent with Hay Springs

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

When: Thursday, May 23 (in the afternoon)

Where: Hay Springs Auditorium

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

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

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

Golf Preview

By Jason Badje



There's a weather app on my phone that has what it calls a life index for things such as pollen, running and outdoor activities. Every morning when I check it my eye goes to the index for golf. It tells me "very poor", I look outside my window and say to myself, "Thanks, I wouldn't have known."

According to the calendar, this shouldn't last forever, but it sure feels like it. Not much golfing done yet, but we are hopeful. Here's what's hopeful, we have a huge team! Eleven participants to be exact. So many, I needed an assistant coach. (Thank you Austin Reed for volunteering your time to us.) Austin Anderson and Mavrik Wagnitz are our sole returners, but it has been exciting to think we may be able to field a team for the first time in 4-5 years. Most but not all of the others are novices or first year competitors. Golf is a great lifetime sport, and I always look forward to sharing the game with anyone. Newcomers are: Trent Reed, Jake Roberts, Ashley Burrows, Katelin Agler, RyLee Wolken, Sam Hindman, Gabe Varvel, Logan DeCoste, and Jaiden Anderson.

There are about 9 golf invites this year plus districts and state. High School golf teams are comprised of 5 players. 5 compete and the four lowest scores are taken. There are 3-4 triangulars and invites that allow a junior varsity that all can compete in. So while not all eleven will compete every week, everyone should get a taste of competition. Spectators are welcome at all meets, so if you have a free day and the sun decides to finally appear, come cheer on your Hay Springs Golf Hawks.

EducationQuest Foundation College Planning Bulletin

A monthly college planning guide for Nebraska high school students

April 2019

Seniors...It's decision time!

Here's how to make your final college decision.

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

Location – Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If so, you may not make it home as often as you'd like.

Cost – Can your family afford the school? What can you expect for financial aid beyond your freshman year? Did you receive renewable scholarships? How much in [student and parent loans](#) will you need to borrow to cover expenses?

Academic program – Which college offers the degree program that best fits your career interests? What happens if you change majors? Does the college offer other degree programs that interest you?

Student life – Does the school offer activities you will enjoy? If you plan to live on campus, do you like the housing arrangements provided by the school? Will you have an opportunity to work on or near campus?

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

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

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

What do you want to study?

Explore your [career interests](#) and then research colleges that offer programs in areas you may want to pursue. Use college selection tools like [College Profiles](#) at **EducationQuest.org**.

What kind of school do you want to attend?

Do you prefer a large university or a small college? Are you interested in a community college? What kind of student/teacher ratio do you want?

Where do you want to go to college?

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



April "To Do" List

Seniors

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

Juniors

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

ESU 13 Behavior and Mental Health Department

The ESU 13 Behavior and Mental Health Department employees highly trained specialists who collaborate with an array of stakeholders to help youth, families, schools and communities move toward a state in which there is not only an absence of illness but optimal well-being. Our work centers on promoting overall brain health and wellbeing through easily accessible youth centered services that focus on: emotional wellness and regulation, healthy parent/child, peer/peer and student/teacher relationships, individualized treatment/intervention, recovery and resilience. We achieve positive outcomes through building attuned relationships with youth, as well as strong partnerships and collaboration with schools, communities and families. Our services are available to all school age youth ages 0- 21 years.

The current ESU 13 BH/MH staff, include licensed therapeutic clinicians, counseling interns, doctoral psychology interns and a dually licensed clinical psychologist who is also a nationally certified school psychologist. We provide direct clinical evaluations, special education evaluations, individual and family therapeutic services, school and clinical/ therapeutic consultation as well as specialized training for schools, families and community members. We offer treatment plans tailored to individual youth which include a strong wrap around component. We provide traditional outpatient therapy within the school setting as well as more intense services through our new Intensive Outpatient Program (IOP- for youth who need more intensive emotional and behavioral health supports). Our therapeutic staff offer a variety of specialized therapeutic interventions for youth, families and educational staff and provide child specific consultation or class wide intervention plans. We also help facilitate referrals for additional services and supports from community based programs/providers when needed. For more information and/or to make a referral for services visit our webpage: [BH/MH Department](#)

NEED A SUMMER JOB??

WANTED: LIFEGUARDS FOR THE HAY SPRINGS POOL

HOURS: APPROXIMATELY 11 A.M.—5 P.M

GET APPLICATIONS FROM THE CITY OFFICE NOW!!

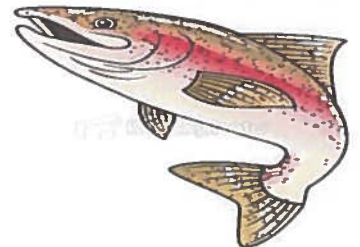


CONGRATULATIONS MRS. MARCY FOR BEING THE
PANHANDLE POST TEACHER OF THE MONTH!!



Trout in the Classroom

By Andi Twarling and Mrs. Anderson



In our fifth grade class we have Rainbow Trout. We received the trout as eggs in January and have enjoyed watching them grow and change. We have to feed them three times a day. In the morning then at lunch and then before we do tests. The tests we have to do are pH, Ammonia, Nitrite, and Nitrate. We check the levels in a little book called: Freshwater Master Test Kit. For the pH we want 8.0 or 8.2. For Nitrite we want 0 ppm. Then for Ammonia 0.25 or 0 ppm. For Nitrate we get 20 ppm. When we had the snow days, we came back with lots of dead fish. They don't eat each other but they get sucked into the filter net. If you have seen "Finding Nemo", the part when Nemo tries to escape through the filter, well we have a net so they don't try and do that. Some fish haven't learned swim to the top and get food. We tried putting them in the hatching basket we used when they were eggs, but some still die. It's sad but we are going to lose them. Thank you for reading about our Fifth Grade Class Rainbow Trout.

Kindergarten Round-up and Preschool Open house will be May 2, 2019

Incoming Kindergarten students will join Mrs. Mintken from 3:00-4:00. A parent question and answer period will follow.



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

Kindergarten students need to be 5 before July 31, 2019

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

Preschool students need to be 3 before July 31, 2019

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

Elders' Wisdom 2019

A HAY SPRINGS, NEBRASKA
COMMUNITY CELEBRATION

This Year's Honoree's:

Lois Hughes, & Bryan Burrows

THURSDAY
APRIL 18

**6:30P.M. – PROGRAM IN
OLD AUDITORIUM**

*COOKIES AND COFFEE TO
FOLLOW IN CAFETERIA*

**Early Childhood - Elementary -
Middle Level - High School**

SCHOOL HOURS:

Day Summary

ts 6th-12th grade students

**Please schedule appointments on Friday's or other non-school days
whenever possible.**

After School program for Kdg-5th grade students

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

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

16, 2019 @ 2pm

**Please schedule appointments on Friday's or other non-school days
whenever possible.**

University of Nebraska at Kearney
CREDIT CARD INFORMATION SECURITY FORM

Department Name: Nebraska Safety Center

Date _____

Customer Name _____

Name on Credit Card _____

Credit Card Type MasterCard Visa

Credit Card Number _____

Expiration Date _____

Signature as it appears on card _____

Billing Street Address _____

Billing State _____ Zip Code _____

Daytime Phone _____

Amount to be charged \$ _____

Reason for charge _____

OFFICE USE ONLY

Date of Entry _____

Processor's Name _____

Electronic Check Re-Presentation Policy: In the event that your check is returned unpaid for insufficient or uncollected funds, we may re-present your check electronically. In the ordinary course of business, your check will not be provided to you with your bank statement, but a copy can be.



RETURN REGISTRATION WITH PAYMENT TO:

Nebraska Safety Center
Attn: Driver Education
West Center Building
1917 W 24th Street
Kearney, NE 68849-4550

Please visit with your insurance provider to discuss potential discounts you may receive on your child's vehicle by passing this course!



CHADRON DRIVER EDUCATION SUMMER 2019



West Center Building | UNK Campus
Kearney, NE 68849-4550

Phone: (308) 865-8256 | Fax: (308) 865-8257
www.unk.edu/dred



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Nebraska
Safety Center
EST. 1979

DRIVER EDUCATION REGISTRATION FORM

Register and pay online at: www.unk.edu/dred

To register for this course, please complete this form by printing neatly, include payment of \$330, and return to the Nebraska Safety Center. You may register and pay online at www.unk.edu/dred. Registration deadline is two weeks prior to the course.

STUDENT INFORMATION

First Name _____ Last Name _____ Birth Date _____
Address _____ City _____ State _____ Zip _____
Phone Number _____ Permit Type* _____ Permit Number* _____
High School Attending _____

PARENT/GUARDIAN INFORMATION

Name(s) _____ Cell Phone Number _____
Work Phone Number _____ E-mail Address _____

EMERGENCY CONTACT INFORMATION

Name _____ Relationship _____ Phone Number _____

- ☐ Chadron | (8:00 a.m. to 12:30 p.m.)
» Classes: June 3-7, 2019
» Range Exercises in Kearney | none

All payments (except online), must be sent to the Nebraska Safety Center office (address on back). We accept MasterCard, Visa, personal checks or money orders. Make checks or money orders payable to "Nebraska Safety Center at UNK". **The instructor will NOT accept any form of payment.** Payment plans require a \$115 deposit at the time of registration and payment in full prior to the last day of classroom instruction. Waivers will not be issued without full payment.

NSC reserves the right to cancel class if a minimum of 8 students is not met. You will be notified if class is cancelled and given other class options or a refund. Classes are limited to a maximum of 24 students. Enrollment will be on a first-come, first-served basis. Each student is required by the Nebraska DMV to have a valid permit in order to enroll in this course. If the driver education student is under 18 years of age at the time the course is completed, passing the course results in a waiver of the written and drive tests at the Nebraska DMV's Driver Examination Office. If the student is 18, or older, he/she will receive a certificate, but must still take the written and drive tests at the DMV office.

This course conforms to the rules and regulations of the DMV and exceeds the criteria established for insurance discounts. Nebraska DMV regulations require that, "Students must attend all course presentations and pass all examinations". Therefore, any missed portion(s) of the course, for any reason, must be made up prior to the issuance of a waiver. **A \$50 rescheduling fee will be assessed for every class, range time or driving time missed.**

On-street drive appointments are scheduled with the instructor outside of class times. Each student is provided 5 hours of driving time as part of this course. Students requiring more than 5 hours of driving will be charged \$50 per hour for the additional time needed. If a student misses a scheduled driving appointment, the rescheduling fee will be assessed.

If a student requires accommodations due to a documented disability, please contact the Nebraska Safety Center prior to the beginning of the course. Special arrangements may be made to accommodate these needs.

Parent/Guardian Signature _____

Date _____

* Students are required by the Nebraska Department of Motor Vehicles to have a valid permit in order to take this course.



- *Breakfast Menus
- *PreK-12 Lunch Menus
- *All Menus are served with three choices of Milk & 100% Juice. Water is available in the lunchroom area.
- *Fruit & Veggie Bar is offered with every meal.
- *Lunch menu choices available each day are:PB//Nacho Bar/Pizza.
- *Menus are subject to change with no warning.
- There will be NO Nacho Bar offered on Beef To School Burger Day. (BTS)



SUNDAY	MODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Breakfast: Breakfast Sandwich Lunch:BTS Soft Tacos/Potato Tri	2 Breakfast: Pancakes/Sausage Link Lunch:Chicken Strips/Blueberry Muffin/Green Beans	3 Breakfast: Breakfast Pizza Lunch:Beef & Noodles/Mashed Potatoes/Corn	4 Breakfast:Sausage Gravy & Biscuits Lunch: BTS Burgers/Chicken Sandwich/Chips	5	6
7	8 Breakfast: Breakfast Casserole Lunch:Fish Sticks/Mac&Cheese Blueberry Crisp	9 Breakfast: French Toast Sticks Lunch:Pulled Pork Sandwich/Smiley Fries	10 Breakfast: Breakfast Burritos Lunch:Mandarin OrangeChicken/Rice Fortune Cookie	11 Breakfast:Sausage Gravy & Biscuits Lunch:Homemade Pizza/Corn	12	13
14	15 Breakfast: Breakfast Pizza Lunch:Chicken Fajita/Black Beans/Cookie	16 Breakfast: Omelet/Toast Lunch:Tater Tot Casserole/Green Beans	17 Breakfast: Dutch Waffles Lunch: Chicken Breast Sandwich/Chips	18 Breakfast:Sausage Gravy&Biscuits Father's Day Dinner:BTS Roast Beef Dinner/Dessert	19	20
21	22 NO SCHOOL	23 Breakfast: Pancakes/Sausage Link Lunch:Walking Taco/Corn	24 Breakfast: Breakfast Burritos Lunch:Corn Dogs/Baked Beans	25 Breakfast:Sausage Gravy & Biscuits Lunch:BTS Burgers/Chicken Sandwich/Chips	26	27
28	29 Breakfast: Breakfast Pizza Lunch:Burritos/Chicken Quesadillas/Tots	30 Breakfast: Bacon/Eggs Lunch: Sloppy Joes/Chips				

NOTES:

A Very Special Thank You to Tess Hinn w/Hinn Ranch XT and Zach Kraenow w/ZKCC for the very generous donation of Beef! This is huge for our school and your donations are very much appreciated! Thank You Again!

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HS TR Tri. State @ Chappell HS Band @ Pioneer Manor 3:15 pm	1 ACT Test Sophomores/ Juniors	2 Spring Dental Day 8:15 am	3 HS TR @ Mitchell 11am State FBLA @ Omaha "Wrinkle In Time" 7pm	4 State FBLA @ Omaha	5 JH TR @ Chadron 9am
	7 HS/JH TR @ Bayard 9am	8 HS Golf @ Mitchell 9am	9 GIVE BACK TO THE COMMUNITY DAY 1-4 pm	10 HS Golf @ Bridgeport 9am CSC Children's Theatre (Elem) 10am FAMILY MATH NIGHT 6:30pm	11 CSC Scholastic Day ML Springball (Winterball)	12 HS TR @ Alliance 9am Youth VB Tourney
	14 Pre-Contest Concert & Recital (7th- HS) 7pm	15 HS GO @ Morrill 9am	16 District 6 Music Contest @ Alliance	17 JH TR @ Bennett County FATHER'S DAY LUNCH Elder's Wisdom 6:30 pm	18 HS TR @ Chadron TBA	19 HS GO @ Alliance
EASTER	21 NO SCHOOL	22 5 th Grade - Scottsbluff Field Trip JH/HS TR Best of the West	23	24 HS GO @ Chadron	25 JH/HS TR PANCO @ Morrill Personal Finance Reg. Elem. HAL field trip	26 PROM
	28 HS GO @ Crawford	29 JH TR @ Morrill	30			

APRIL

2019



NOTES:

End of the year is busy, please pay attention to
calendar and school announcements.

*Please call school to sign up for "Give Back to the
Community Day"

Sign up for Father's Day Lunch by April 11th.

BUILDING READERS®

How Families Can Help Children Become Better Readers

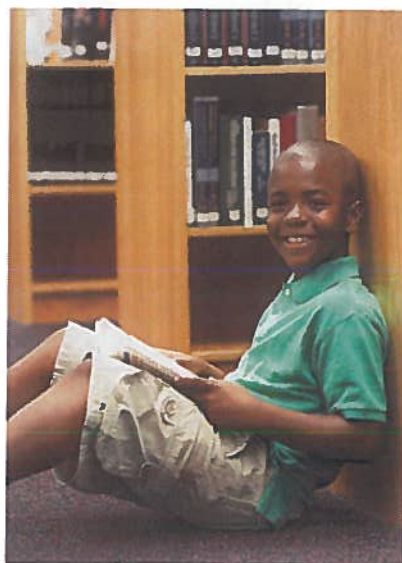
Hay Springs Public Schools

Independent reading has a positive effect on your child's school success

When your child chooses to read material that is not part of a school assignment, he is engaging in *independent reading*, a term used by educators. And research shows that there is a strong connection between independent reading and academic success.

To encourage this type of reading at home:

- **Set an example.** When your child sees you reading, he may decide to join you.
- **Establish a family reading time.** Carve out some time each week when family members gather together to read.
- **Ask for your child's opinions** about what he reads. Show him that you're interested in learning more about the books he likes.



Source: V. Thompson, "The Importance of Independent Reading in Elementary Schools," Classroom, niscw.com/br_independentreading.

Talk about different types of nouns

In school, your child will learn that a *noun* is a person, place, thing or idea. There are two types of nouns:

1. **Common.** These nouns name general items (*brother, kitchen*).
2. **Proper.** These nouns name specific items and are capitalized (*Patrick, Idaho*).

To practice these concepts at home:

- **List various nouns** and have your child say whether they're common or proper nouns. For example, *dog* (common), *hat* (common), *Mississippi* (proper) and *Dr. Seuss* (proper).
- **Look at a book or magazine** with your child. Challenge her to find several examples of people, places, things, ideas and proper nouns.
- **Make it a game.** Read a story aloud and have your child listen for nouns. She can raise her hand when she hears a common noun, and stand when she hears a proper noun.

Have fun with poetry this month

April is National Poetry Month, so look for collections of funny poetry to read with your child. Try Shel Silverstein's *Where the Sidewalk Ends* or Bruce Lansky's *A Bad Case of the Giggles*.

Don't just read the poems together—act them out! Use a booming voice, a whisper or a squeaky voice—whatever you think is appropriate. Or change the words to make an even sillier poem.



Reading mission: Find mistakes!

Mistakes aren't fun—unless you're catching them! Challenge your child to find mistakes when she reads. She might see them in your local newspaper, on signs, or in notes you write. You might even make a mistake on purpose to see if your child can find it!



Build your child's vocabulary with crossword puzzles

Children with large vocabularies have an easier time reading. To boost your child's word smarts, introduce him to crossword puzzles.

Follow these steps:

1. **Look online** to find age-appropriate puzzles.
2. **Solve the first few** together until your child gets the hang of it.
3. **Suggest your child** take a break if he becomes frustrated. Word games should be fun, not work.



Turn sight-word practice into a game

"Do you want to practice reading sight words?" you ask your child. "No thanks," he says. Instead, try asking, "Want to play a game?" Then play this version of Memory:

- 1. Write 40 sight words** (basic words that kids use often and recognize on sight, such as *does*, *about* and *the*) on index cards. Put each word on two cards. You'll have a total of 80 cards.
- 2. Let your child arrange the cards facedown** on the floor or a table. No one should be able to see the words.
- 3. Take turns flipping over two cards at a time.** Read each word aloud. If one of you finds a match, keep the cards and take another turn. Otherwise turn them back over.
- 4. When all the cards have been matched**, see who has the most. Make new cards when your child has learned the words!



Questions stimulate critical thinking

It's important for children to think critically when they read because it boosts understanding. So the next time your child picks up a book, ask questions such as:

- **What do you think** the cover says about the book? What do you think it might be about?
- **Does the story** make sense to you? Does it remind you of anything you've ever read or experienced?
- **Do you like** how the author wrote the book? Why or why not? What would you change?
- **What was the book about?** Would you recommend it to other kids?



Q: I want my child to do well in reading. How can I set high expectations without nagging?

A: It's important to keep a positive attitude about reading—and to encourage reading without making it seem like a chore. The worst thing you can do is pressure your child by saying things like, "You *have* to read well or you'll *fail*." Instead, say, "Reading can help us learn about almost anything! Let's think of something really cool to read about this week."

Break up compound words

Isolating parts of words helps your child develop her knowledge of language. Make a list of **compound words** (words that have two parts) like *sunshine*, *moonbeam* and *baseball*. Pick one of the words and then say, "The big word is *baseball*. If I say *base*, what is missing?"



For lower elementary readers:

- *The Day the Crayons Quit* by Drew Daywalt. When Duncan opens his crayon box, he finds a note from his crayons. Each crayon is upset about something, and they've all gone on strike!
- *AlphaOops! The Day Z Went First* by Alethea Kontis. Z is tired of always being last—but rearranging the alphabet isn't quite as easy as A-B-C.



For upper elementary readers:

- *Nouns and Verbs Have a Field Day* by Robin Pulver. It's Field Day in Mr. Wright's class—and the nouns and verbs that the students have been studying join in!
- *Are You "Normal"?* by Mark Shulman. What goes best with peanut butter? Chocolate? Jelly? Something else? This irresistible book has answers from kids across the country.

Building Readers®

How Families Can Help Children Become Better Readers

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Parent & Child Activity Calendar

Hay Springs Public Schools



THE
PARENT
INSTITUTE®

Parent & Child Activity Calendar

Elementary School
Parents
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Celebrate April Fool's Day by doing something silly with your child.	2 Give every letter of the alphabet a monetary value. A = 1¢, B = 2¢, etc. Who can write down the most valuable word?	3 Talk about the importance of fruits and vegetables for healthy bodies. Let your child help you prepare and eat some.	4 Find a new way to say "I love you"—in sign language or in secret code.	5 Ask your child to rank homework assignments from easiest to hardest. Have him work on the hardest one first.	6 Have 20 minutes of DEAR (Drop Everything And Read) time today.
7 Mark off inches on the side of a clear jar. Set it outside. After a week, have your child check how many inches of rain you've had.	8 Ask your child if she ever had a dream that really scared her. What was it about?	9 Help your child make a personal dictionary with his spelling or vocabulary words.	10 Play Math Jeopardy. Say a number and see who can come up with a problem for which it is the answer.	11 Just for fun, serve a backwards dinner tonight. Eat dessert first.	12 Look at the weather forecast today. Compare where you live to the rest of the country.	13 Exercise with your child. Try touching your toes, doing sit-ups, running in place or stretching your arms and legs.
14 Help birds build a nest. Collect bright yarn and fabric scraps. Put them in a mesh bag and hang the bag on a tree.	15 Encourage your child's creativity. Ask unusual questions. "What would you bring to a picnic in space?"	16 Ask your child to name five things she has learned in school this month.	17 Have your child solve silly math problems, such as "How many hours are there until the last day of school?"	18 Have your child rub two stones together for a few minutes. Can he feel the heat generated? This is due to <i>friction</i> .	19 Does your child need some new books? Organize a book swap in your neighborhood.	20 Play a game with your child today. It can be an active outdoor game or a quiet board game. Let her choose.
21 Find a kid-friendly recipe. Help your child make that dish today.	22 Today is Earth Day. As a family, think of something you can do to protect the earth.	23 Teach your child how to take his pulse. Then have him jump up and down 50 times and take it again.	24 Share your heroes with your child. Talk about why you admire them.	25 On a piece of cardboard, have your child write a quotation or draw a scene from a book. She can use it as a bookmark!	26 Encourage your child to put on a talent show. You provide the popcorn and the applause.	27 Learn where your town gets its water. Brainstorm ways you and your child can conserve water.
27 Let your child help with a household chore today. Remember to thank him when he finishes.	29 Talk to your child about the importance of recycling.	30 Today is International Jazz Day. Find a radio station that plays jazz and listen to it with your child.				

April 2019

Elementary School Parents[®]

Hay Springs Public Schools

April 2019
Vol. 30, No. 8

make the difference!



Show your child how to deal with failure in positive ways

Sooner or later, your child will experience failure. The way you react to that failure can help shape his character and school success.

To help your child bounce back from setbacks:

- **Remind him** that you love him unconditionally. Your love isn't tied to his performance in school.
- **Focus on the positives.** Mistakes are actually opportunities for learning. Help your child think about what he can learn from these experiences.
- **Praise what you can.** "Most of your answers were correct on this test. That's an improvement."
- **Be realistic.** If you know he's doing his best and he still doesn't bring up a grade, don't let him think you

are disappointed. Instead, focus on creating a plan for improvement.

- **Move on.** Don't dwell on the failure. When parents spend too much time talking about setbacks, children can have a harder time moving on.
- **Don't argue** with your child's teachers or coaches to try to get them to change a decision or a grade. Your child needs to learn to respect their decisions.
- **Don't take over.** If your child earned a low grade on a writing assignment, talk about ways to improve, but don't offer to write the next paper for him.
- **Be a role model.** Handle your own mistakes and failures in positive ways.

Source: D. Walsh, *No: Why Kids—of All Ages—Need to Hear It and Ways Parents Can Say It*, Free Press.

Teach your child to handle peer pressure



Most kids face peer pressure when they get to middle or high school. But did you know that even in

elementary school, children can feel pressure to fit in and to do what "everyone else" is doing?

Sometimes, that means going along with teasing on the playground. Other times, it means watching a movie at a friend's house that they would never be allowed to watch at home.

Now is the time to teach your child how to handle peer pressure—and how to say *no* to things that don't fit with your family's rules or values. Encourage her to repeat these statements to herself:

- **I can say *no*** to things that would put me in danger.
- **I can make** good choices for myself.
- **I can say**, "You're my friend, but I don't choose to do that."
- **It's OK** if I make choices that are not the same as the choices my friends make.

Source: D. Bloch, *The Power of Positive Talk: Words to Help Every Child Succeed*, FreeSpirit Publishers.

Special days in April help you promote learning all month long



April may bring showers, but it also brings great opportunities to promote responsibility and learning. Here are some activities

you can plan to do with your child this month:

- **April 2**—International Children's Book Day. This day is designed to inspire a love of reading. Grab a book and spend some time reading together.
- **April 12**—National Library Workers Day. Have your child make a card to thank the school librarian for helping him in the library.
- **April 15**—National Laundry Day. Teach your child how to do his own laundry.

- **April 22**—Earth Day. As a family, think of something you can do to protect the earth, such as recycle.
- **April 23**—Shakespeare's birthday. With your child, act out a scene from one of Shakespeare's plays. Or, challenge your child to write his own play.
- **April 30**—National Honesty Day. Talk to your child about why it is important to be honest *every* day!

"Develop a passion for learning. If you do, you will never cease to grow."

—Anthony J. D'Angelo

Make the writing process easier by guiding your child's thinking



Ask any writer about the hardest part of writing and you're likely to hear the same answer: Getting started.

What's true for a seasoned writer is even more true for an elementary school child who's staring at a blank sheet of paper. What on earth will she write about? And how can she possibly fill all that white space? It can seem overwhelming.

You can help your child get off to a running start by asking questions and offering comments to guide her thinking. If your child is asked to write about a personal experience, for example, follow these three steps:

1. **Help your child make a list of her recent experiences:** the day she put up the tent in the backyard (and watched it fall down); the day she scored a goal in her soccer game;

the time she sprained her ankle; the day her baby sister arrived. Then, have her select one of the experiences to write about.

2. **Ask your child to tell you about the experience.** Telling a story is an effective way to remember the key points. Why were she and her dad putting up the tent? Where was the tent stored? Did they read the instructions? Your child can even draw pictures about what happened first, second and third.
3. **Have your child answer the basic newspaper reporter questions:** *who, what, when, where, why* and *how*. Answering these types of questions will help her collect all of the important details she needs for her writing.

Source: C. Fuller, *Teaching Your Child to Write—How Parents Can Encourage Writing Skills for Success in School, Work and Life*, Berkley Books.

Are you helping your child learn family history?



Learning about family origins is a great way to ignite a child's curiosity and bring history to life.

Answer *yes* or *no* to the questions below to see if you are helping your child learn more about your family:

- ___ 1. Do you share old family photos and family stories with your child?
- ___ 2. Do you prepare family recipes together? Preparing and sharing food is a great way to build traditions.
- ___ 3. Do you encourage your child to ask older family members about their memories of childhood?
- ___ 4. Have you looked on a map with your child to see the country or countries that her ancestors came from? Check out books about those places when you go to the library.
- ___ 5. Are you keeping a scrapbook to preserve your family's history? Keep photos and letters from older generations.

How well are you doing?

More *yes* answers mean you are giving your child roots in family history. For *no* answers, try those ideas.

Elementary School
Parents
make the difference!

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Editor: Rebecca Hasty Miyares.

Simple strategies can help you encourage respectful behavior



There are days that parents and teachers feel like Aretha Franklin. All they're asking for is a little R.E.S.P.E.C.T.

But in today's society, where disrespect is common, it can be even more of a challenge to raise respectful children. Fortunately, there are still some things that work.

To encourage respect:

- **Be a good role model.** Respect, like most values, is *caught*, not *taught*. When your child sees you treating everyone with respect—from his teacher at school to the homeless person on the street—he'll learn that it's the proper way to behave.
- **Name it when you see it.** When you see other people behaving in respectful ways, make a positive comment. "Did you see how that man gave up his seat so that elderly woman could sit down? What a respectful thing to do." No lecture is necessary. Your child will get the message.
- **Praise it when he demonstrates it.** "Cole, I felt very proud of your respectful behavior when you held the door for Mrs. Jones. I know she appreciated that gesture."
- **Correct it.** If your child slips up, help him make a course correction. In private, say something like, "Remember when we talked about how to greet guests?"
- **Report what you hear.** If a teacher or neighbor tells you that your child greeted her politely, let your child know how proud you are of his respectful behavior.

Q: My son has never had a lot of friends. But there was one boy in his class who spent time with him—that is, until recently. This boy has moved on to a new group of friends and has joined these other students in ignoring my son.

Now my son doesn't want to go to school. I don't know how to handle this. Should I call the former friend's mother to ask her to talk to her son?

Questions & Answers

A: As much as we want school to be solely a place for learning, experts know that there's also an important social aspect. When social issues affect a child's desire to go to school, it's time to take action.

Calling the other parents hardly ever works—and could actually result in more heartbreak for your son. Instead:

- **Talk with his teacher.** Has she noticed that your son is being ignored? Ask for her assistance in making your son feel included in class activities.
- **Find opportunities for your son to make friends outside of school.** Think about programs like the Scouts or other youth organizations. Sometimes, a structured setting makes it easier for kids to get along.
- **Look into clubs and activities at the school.** Connecting with students who share his interests—whether it's making robots, playing chess or singing in the chorus—can help your son find his peer group.

If your son continues to struggle, talk with his pediatrician or the school counselor.

Help your elementary schooler succeed on standardized tests



Standardized tests have been used to measure student achievement and ability for many years. But it's important

to remember that one test doesn't represent a child's total abilities. A student may get high grades on her classwork, for example, but be too anxious on test day to think clearly.

To help your elementary schooler succeed on tests:

- **Make school a priority.** Students who do well on tests tend to be the ones who study and finish their homework on time. They also miss less school than other students. These are habits you can encourage every day.
- **Develop healthy routines.** For optimal learning, your child needs adequate sleep and a nutritious breakfast every day before school.
- **Communicate with teachers.** In addition to finding out how your child is doing throughout the year, pay attention to test details. Ask the teacher questions, such as, "Which skills do the tests measure?" "How should I help my child prepare?"
- **Promote reading.** Most tests require reading, so make sure your child reads often. Reading skills get stronger with regular practice.
- **Reduce anxiety.** As test day approaches, help your child stay positive and calm. If she is nervous, she can take deep breaths and tell herself, "I can do this!" Remind her that she has your love no matter what.

It Matters: Technology

Make online safety a priority in your home



Technology has changed how students learn and how they socialize. Millions of kids in all age groups are online every day—at home, at school, at friends' homes, at the library—and many are creating online content.

To keep your child safe when he's online:

- **Discuss rules and expectations.** Use software that helps protect children, but supervise carefully, too. Allow your child to communicate online only with people you both know.
- **Set guidelines.** Establish times when technology is not allowed, such as during meals. Set a time when all devices must be turned off for the evening.
- **Remind your child** not to reveal personal information online, such as his name, phone number, school, passwords or location.
- **Keep internet access** out of your child's room. Let him go online only when you can see what he's doing.
- **Learn about the websites** your child wants to visit and the apps he wants to download. Make sure you approve of the content.
- **Encourage your child** to tell you if something inappropriate occurs while he's online. Report your concerns to the authorities.
- **Stay informed** about online safety. For more safety tips, visit fosi.org (Family Online Safety Institute) and netsmartz.org (National Center for Missing and Exploited Children).

Reduce the amount of time your child spends with screens

Screens are here to stay. But that doesn't mean your child should be glued to one all day long.

Too much screen time can lead to obesity, addictive behavior and poor performance in school. So make a point of getting your child away from the screens and on the path to a healthful, active life.

To manage her screen time:

- **Set limits.** Decide on a reasonable amount of recreational screen time and stick with it.
- **Avoid using screen time** as a reward or punishment. It'll make it seem even more important.
- **Offer alternatives.** Your child could read, head outside for some fresh air or just daydream.
- **Keep screens out of bedrooms.** Kids who have devices in their rooms consume much more screen time than kids who don't.



- **Walk the walk.** Let your child regularly see you turn off the laptop and put down your phone.

Source: R. Vitelli, Ph.D., "How Do Bedroom Digital Devices Affect Children?" *Psychology Today*, nswc.com/elem_screen-limits.

Show your child how to evaluate information online



Your child has to write a report, and he wants to do research online. Take this opportunity to teach about safe and reliable ways to do research. Here's how:

1. **Prepare.** Find websites you trust, such as online encyclopedias for kids. Ask your child's teacher for a list of kid-friendly sites. You can also review the school's website to find recommended online resources.
2. **Supervise.** Sit at the computer with your child. Search for information

together. As you pick resources, evaluate them carefully. Who is the author? What makes him or her trustworthy?

3. **Discuss what makes a site** likely to be legitimate. Is it run by a trusted source? Does it end with *.gov* or *.edu*? These indicate government or educational affiliations.
4. **Look at the information** on the page closely. How recently was it written or updated? Does it represent facts or opinions? Does it refer to other reputable sources?