



January 2023

Superintendent's News

Start of 2nd Semester

Happy New Year!

I hope the beginning of this new year and the start of our second semester finds everyone safe, warm and well! The winter weather in December was something else! Having spent several years in Western Nebraska I don't recall the 1-2 punch of a blizzard and devastating cold snap like we've had. I hope all is well with families and animals and stock. Know our good thoughts and hopes are going out to all who were affected.

Speaking of the weather, we have had an abnormally high number of snow days due to the conditions during the first semester. I will be monitoring the situation and communicating with the school board, staff and community on what we may need to do to make sure we meet the state expectations for school attendance. I will be giving the school board updates at each school board meeting for the foreseeable future.

With school board meeting attendance increasing, we have decided to move the meetings to the cafeteria. This allows more room for the meeting and plenty of room for patrons to attend if they so desire. School Board meetings will still occur on the second Monday of every month at 6:30 p.m.

Hay Springs Schools just underwent an accreditation visit in December. These reviews are required every five years. I want to share that the school received several commendations on the school's celebrations, school culture and vision of student success. There are areas that we have the opportunity for growth including tracking data by year, and utilizing data to differentiate student learning. We will be sitting down with the staff and leadership to unpack the information from this report and goal setting for the upcoming year and next year cycle. I would like to thank all students, community members, school board members, and staff who participated in this visit/review. The school improvement team did a tremendous amount of work in pre-

paring for this review and I would like to congratulate them on an outstanding job!

Another area we would like to celebrate is the District Classification from the Department of Education. Every public district and school receives a rating from NDE. These ratings are reflections of how the school(s) are doing on different measures. These measures include graduation rates, attendance, and student achievement on state assessments. Hay Springs Schools has done a wonderful job over the last few years and it is reflected in these ratings. Listed below are the classifications.

Hay Springs Public Schools – Great
Hay Springs High School - Excellent
Hay Springs Middle School - Great
Hay Springs Elementary - Excellent

Congratulations to our staff and students on these classifications. This is reflective of their hard work! If you would like to see more detailed information, please visit the following website and type in Hay Springs in the search bar. <https://nep.education.ne.gov/>

I hope you have a great start to the second semester. If you have any questions or concerns, feel free to reach out by phone or email.

Mr. Clear



Home of the Hawks!!

Principal's Playbook

By Mr. Hagge

Welcome back! It is a new year with new learning, we are excited to have our students back in the classroom.

The new year provides an opportunity to develop some resolutions and/or goal setting. This is a nice time of year to help support your child in their role as learners. Maybe there is a goal to set as a family or a goal to help your student here at school. Some ideas may include: giving your best effort, showing kindness toward others, showing Hawk Pride in the community, reading everyday outside of school, making a new friend, or more! Goal setting provides an opportunity for conversation at home around the dinner table on the progress toward these goals.

I am looking forward to a great finish to the 2022-2023 school year.

With much Hawk Pride,



Third Grades Fall Field Trip

On November 16th, the third grade class and Mrs. Olson had a fun filled day in Chadron attending the **13th annual Nebraska Kids Fitness and Nutrition Day**. This event is sponsored by Panhandle Public Health and the The Health, Physical Education, and Recreation (HPER) department at CSC and held in Nelson Physical Activity Center.

The morning focuses on promoting physical activity and nutritional education. The students participated in eight different stations and was very active the whole time. The blender bikes and making a smoothie was the hit of the morning.

In the afternoon, we went to the Dr. Lois Veath Planetarium in the bottom of the new Math and Science Center. The students viewed the different constellations in the night sky and watched the educational show **Earth Moon and Sun**. Some students are already asking their parents if they would take them back for the monthly Friday show that is open to the public.

Another fun filled fall field trip in the books for the third graders, and thank you Mrs. Olson for going with us as an extra sponsor.



Counselor's Corner

K-12 Counseling

Scholastic Day - On November 9th, Hay Springs students traveled to Chadron State College to participate in the annual Scholastic Contest. This is the first time that the contest has been held in the Fall. Each of the following students placed in the top 25%. Congratulations to all of the students who participated!

Colter Meeks - 1st in Animal Science, Lillian Dorshorst - 3rd in Business Math, Abigail Nelson - 5th in Vet Science, Hally Johnson - 5th in Literary Analysis, Jordyn Anderson - 7th in Personal Finance, Mia Skinner - 7th in Physics, and Dylan Raymer - 8th in Geometry.

College and Career - Scholarship due dates will start happening more quickly in January. Due dates can be found on the Counseling page and the Scholarship page on the school website. Seniors who have applied to college should be checking their "To-Do" list in their college accounts to make sure that they are completing all of their tasks by the college's specific deadlines. Students should complete the FAFSA as soon as possible in order to qualify for federal financial aid. Remember to go to educationquest.org for tips and information concerning college, scholarships, etc.

Remember that the holidays do not have to be picture-perfect or 'epic' in order to be special for your family. Enjoy being together, and remember those who may be alone during the holidays. Make a phone call, send a text, write a card. Sometimes the best way to lift your spirits is to spread kindness to others! Wishing students and families a very Merry Christmas and a Happy New Year!



JANUARY EVENTS

Jan 4 - Students return to school.

Jan.6 - Regular registration deadline for Feb.11 ACT.

Jan 18 - Juniors will have ASVAB testing at 1:00 at the Catholic Church.

Jan.19 - The WNCC rep will be in the counselor's office at 10:30.

TBD - NHS Induction Ceremony at 3:15 in the old gymnasium.



Contact Me



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Music Notes

By Raime Varvel



5th graders have spent the 2nd quarter working on their first 5 notes. We are planning to begin new notes after the first of the year. Hopefully 5th grade families are hearing them practice at home and beginning to hear improvement!

6th, 7th & 8th grade music students are also really moving ahead as we begin to look towards the 2nd semester! These students still have weekly playing tests that are posted in classdojo so families can see their progress and have a window into what we are doing in the musicroom!

Upcoming Concerts:

Thursday, March 9th Elders Wisdom 2nd & 3rd Grade students

Monday, March 27th PANCO Contest-High School Hemingford

Tuesday, April 4th 6, 7th Spring Concert

Tuesday, April 18th Pre Contest Concert High School Students

Wednesday, April 19th District Music Contest Alliance-High school students

Tuesday, May 2nd 7pm 4th & 5th Grade

Speech News

By Raime Varvel

The Hay Springs Speech Team is getting into the swing of things. Competitors are meeting every Friday from 1:30-4pm for our weekly team practices. Students should also be scheduling time to come in and meet individually once a week with one of our coaches. We will begin competitions towards the end of January. I am excited to see where this team will take us this year!

Speech meet schedule:

- Saturday, January 21st Alliance Speech Meet
- Saturday, January 28th Gordon/Rushville Speech Meet
- Friday, February 17th Gering Speech Meet
- Saturday, February 25th PANCO Speech Meet-Hemingford
- Sunday, March 5th 4pm Family speech night-cafeteria
- Monday, March 6th District Speech @ South Platte High School
- Friday, March 17th State Speech-Kearney High



WRESTLING

**Wrestling Senior Night
Will be Tuesday, January 24th.**

**Girls and Boys Basketball Senior
Night**

Will be Friday, February 10th

**Remember, we will be recognizing
only the senior athletes and their
parents.**

2022-23 Hay Springs Hawks Boys Basketball preview

By Coach Badje

With the loss of 3 starting seniors, the Hawks are going to look like a different kind of bird this year. Nothing wrong with different. Our size inside got bigger and we should have speed. I am excited for this season and the changes it brings. Each year is a challenge to use these young men to the best of their ability. We are bringing back several letter winners with three new prospects who are showing excellent potential, our roster totals nine. Not a lot in many school systems, but nine quality individuals none-the-less. The boys are all very coachable, and have an excellent work ethic, which is the best place to start. Our goal is not to just have the will to win (which most everyone already has), but to have the will to train to win, so when game time comes, we can take care of business in a business-like manner. Anticipate a more attacking offense and defense, and great bench help this year. Our attitude is to view each game with expectations of only ourselves when we step on the floor against each new opponent. Not to play up or down to the competition, and not be defined a series of wins or losses, so as to lose hope or rest on past performances.

Please come and support your hometown team. It means a lot to them and all the work they put in. Plus it helps to create community and a culture of support and encouragement that these athletes will pass along to their children someday.



ESports

By Coach Reimann

The Fall eSports season saw us adding a few more athletes to our ranks. In addition to returning students Kaden Langford, Jett Rasmussen, and Emily Nelson, we gained Taden Tobiasson, Chase Brunsch, Westin Boles, and Charles Mehling. During the Fall season which ran from September 12th until November 11th, we played 1v1 Super Smash Brothers and 3v3 Rocket League. All of our athletes performed very well and improved drastically over the season. In the end, Kaden Langford was the only state qualifier this time around and we traveled to Hastings, NE to attend the state playoffs hosted by Hastings College. Kaden brought home a 6th place medal to add to his collection and is determined to qualify for state playoffs in both the Winter and Spring seasons. Our Winter season started on November 28th and will run though January 27th. We have two Mario Kart 8 teams with Team 1 made up of Kaden, Emily, Taden, and new player Tanner Tobiasson. Team 2 is Charles, Westin, and new team members Larry Nelson and Abigail Nelson. The weather has made some of our matches difficult to get played, but we have rescheduled as much as we can and hope to get caught up in the first week of January.



Jan. 2023

Hay Springs Public School Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<p>4:00pm Basketball: V @Celtichs High School</p>	<p>4:00pm Basketball: V @Celtichs High School</p>	<p>General Back to School</p>	<p>4:00pm Basketball: V @Creek Valley High School</p>	<p>6:30pm Wrestling: V @Hay Springs High School</p>	<p>9:00am Wrestling: V @Garden County High School</p> <p>2:00pm Basketball: V @Hay Springs High School</p>
8	9	10	11	12	13	14
<p>Music Oregon Trail Honor Band @ Bridgeport</p>	<p>5:30pm Basketball: V @Hay Springs High School GIRLS JV AND VARSITY ONLY!</p>	<p>FFA District Career Development @ WNICC</p> <p>General Highschool "Hawk Talk"</p>	<p>2:00pm Basketball: B/JH @Hay Springs High School</p> <p>4:00pm Basketball: V @Hay Springs High School</p>	<p>9:00am Wrestling: V @Martin, SD</p>	<p>10:00am Basketball: B/JH @Hemingford High School</p> <p>1:00pm Basketball: V @Potter-Dix High School</p>	
15	16	17	18	19	20	21
	<p>TBD Basketball: V @Morrill High School The PANCO tournament will begin the week of January 16th through they 21st.</p>				<p>11:00am Wrestling: V @Hemingford High School</p>	<p>Speech Alliance Speech Meet</p> <p>9:00am Wrestling: V @Chadron High School</p>
22	23	24	25	26	27	28
		<p>3:00pm Basketball: B/JH @Crawford High School</p> <p>5:30pm Wrestling: V @Hay Springs High School</p>	<p>FILA CSC Business Competition</p>	<p>3:00pm Basketball: B/JH @Hay Springs High School</p> <p>5:00pm Basketball: V @Hay Springs High School</p>	<p>5:00pm Basketball: V @Edgemont High School</p>	<p>FFA State Degree Interviews & Proficiency Awards @ Alliance</p> <p>Speech Gordon-Rushville Speech Meet</p> <p>5:00am Wrestling: V @Ainsworth High School</p>
29	30	31	1	2	3	4
	<p>9:00am Basketball: B/JH @St. Agnes High School</p> <p>4:00pm Basketball: V @Hay Springs High School</p>	<p>4:00pm Basketball: B/JH @Gordon-Rushville High School</p>				

Parents[®]

Hay Springs Public Schools

make the difference!



Celebrate famous February birthdays with learning fun

February is filled with birthdays of notable people. Plan some fun activities to help your child learn about these heroes, writers, inventors, scientists and artists:

- **February 4**—Rosa Parks. Go online to learn more about this heroine of America's civil rights movement. There are lots of books about her, too. Check some out at the library.
- **February 8**—Jules Verne. He is often referred to as the father of science fiction. Read one of his science fiction stories together.
- **February 11**—Thomas Edison. Ask your child to invent something to improve daily life.
- **February 12**—Abraham Lincoln. He delivered one of the best known speeches in American history, the

Gettysburg Address. Challenge your child to memorize the speech.

- **February 15**—Susan B. Anthony. Go online to learn more about this activist who fought for women's right to vote.
- **February 19**—Nicolaus Copernicus. Take a walk together and look at the stars this early astronomer studied.
- **February 21**—Nina Simone. Listen to the singer's music with your child and learn more about her life.
- **February 22**—George Washington. Ask what your child would do as president of the United States.
- **February 25**—Pierre-Auguste Renoir. Look at his paintings online or in a book. Ask your child to create a painting in Renoir's style.

Four ways to strengthen your child's character



Values help students make good choices, develop self-esteem, and become responsible individuals.

Teaching values at home supports what schools are doing to create a positive school culture that helps all students learn.

Here are four strategies to build your child's character:

1. **Think about the values** that are important to you and your family. Talk about them openly with your child.
2. **Teach by example.** Your example is the most powerful teacher of all. Ask yourself, "If my child watched my behavior all day, what lessons would it teach?"
3. **Set high standards.** Expect your child to act responsibly, to be kind to others and to tell the truth. Some families make it a point of family pride. "In the Smith family, we tell the truth."
4. **Talk about the Golden Rule.** Teaching kids to treat others the way they would like to be treated helps them make better choices. Ask your child, "Would you want someone to talk to you that way?"

Research shows nutrition is linked to academic performance



Have you heard the expression “food for thought”? Well, it turns out to be, quite literally, the truth.

Good nutrition really does feed the brain. And it starts with breakfast. Research shows that eating breakfast helps students stay on task and recall information. Eating breakfast regularly is even linked to improved overall school performance.

What can you do? If your child doesn't eat breakfast at school, keep easy options like low-sugar, whole grain cereals and fruit on hand. And be prepared for a rushed morning with items your child can eat on the way out the door, like a hard-boiled egg.

Whether you're packing lunch or your child is eating a school lunch, teach your child to avoid high-calorie and high-fat foods. When children eat a meal that is high in fat and sugar,

their bodies tend to become very tired—which makes it difficult to concentrate.

Children are typically hungry when they get home from school, so be sure to keep a variety of healthy snacks on hand—fruits, veggies, cheese, sugar-free yogurt and whole grain crackers.

When you get groceries, prioritize foods you want your child to eat. Your child is more likely to choose healthy options if that is all you have in the house.

Source: C. St John, M.P.H., R.D.N., “Proof Positive: Breakfast Improves Kids' Grades, Mood and Weight,” HealthyEating.Org.

**“Take care of your body.
It's the only place you
have to live.”**

—Jim Rohn

Help a disorganized child take responsibility for belongings



Your child has a special notebook to keep track of school assignments—but left it at school. Your child needs to turn in a math worksheet—but it is sitting on the counter at home.

Some children have difficulty taking responsibility for their schoolwork. Here are three steps you can take to help your child learn to be more responsible:

1. **Ask your child to help develop a plan.** Talk about ways to get more organized. You might say, “You're having trouble getting to school with all your assignments and bringing home everything you

need. What could you do that would help you remember? Why don't you think about it, and we'll discuss it at dinner.”

2. **Let your child try to make the plan work—without jumping in to help.** For example, if your child leaves an assignment at home, don't rush it to school. Instead, let your child face the consequences.
3. **Suggest changes to the plan if it's not working, but let your child put them into action.** Say something like, “How about if we try placing a box here by the door? Then you can put everything that needs to go to school in the box. What do you think of that idea?”

Are you helping your child deal with frustration?



Elementary school students don't always have the skills to cope with life's minor hassles. Are you helping your child learn to deal with frustration? Respond *yes* or *no* to each statement:

- ___ 1. I understand that it isn't my job to protect my child from all of life's ups and downs.
- ___ 2. I encourage my child to keep trying when stuck on a homework problem. I ask questions to help my child think of solutions.
- ___ 3. I help my child link effort to success. Sometimes I say, “Learning isn't always easy. But you'll get it if you stick with it.”
- ___ 4. I point out real-life stories of successful people who have overcome challenges.
- ___ 5. I put my child's feelings into words. “You're frustrated that learning this science concept is taking longer than you hoped. You'll get there.”

How well are you doing?

If most of your responses are *yes*, you are giving your child opportunities to work through frustration. For each *no*, try that idea in the quiz.

Elementary School **Parents** *make the difference!*

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to Help Their Children.

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Support your child and promote learning as an academic 'coach'



An effective coach is someone who guides, encourages and inspires.

When you play this role, you help motivate your child to persevere, problem-solve and find answers.

To be a positive academic coach:

- **Act as a resource.** Expect your child to complete assignments independently. But be available to offer encouragement, answer questions and suggest places where your child can find additional information, such as a website or a particular reference book.
- **Talk about the things** your child is learning. Grades matter, but they are merely a result of learning. It is more important to emphasize

the *learning process*. This includes hard work, persistence and making steady progress.

- **Be willing to say, "I don't know."** There may be times when you are not familiar with the material your student is learning. If your child comes to you with a question, it's OK to say, "I never learned that. Let's look online or in your book."
- **Keep in mind that your child has strengths and weaknesses.** Some students never need help in English, but may struggle in math. Support and encourage your child in every subject, but do not expect the same performance in every subject.

Source: K.T. Alvy, Ph.D., *The Positive Parent: Raising Healthy, Happy and Successful Children, Birth–Adolescence*, Teachers College Press.

Q: My fourth-grader is very competitive in sports. The teacher has noticed this competitive spirit in the classroom, too. Instead of taking the time to be neat or to check work, my child rushes through assignments, hoping to be the first one finished. I know this habit will affect my child's grades. How can I help?

Preguntas y respuestas

A: It sounds like your child has a habit of turning tasks into competitions—and wants to be first across the finish line. But being first isn't what matters when it comes to schoolwork.

To change this habit:

- **Talk with the teacher.** Say you would like to work together on a plan to help your child focus more on *quality* work, instead of *speedy* work.
 - **Talk to your child.** Put that competitive nature to work by using a comparison from a sport, such as basketball. Explain that sometimes it is important for a player to get down the court as fast as possible. But when a player is shooting free throws, accuracy is more important than speed. Doing schoolwork is more like shooting free throws.
 - **Look over your child's assignments** each night and check the work for neatness and accuracy. Let your child know that if it is not up to an appropriate standard, it will have to be redone. In school, the teacher can try the same approach, looking over work before it's handed in.
- Soon your child will figure out that slowing down results in higher quality work the first time—which actually takes less time in the long run!

Strengthen social skills by focusing on social awareness



When students have the ability to understand and empathize with others, they can form solid connections with

classmates, teachers and friends. They are also able to think about situations from different points of view.

Social awareness allows children to feel compassion for others—even when their background and culture may be different. Families can help children develop their social skills so they can interact, cooperate and problem-solve positively and respectfully with people from a variety of backgrounds.

To develop and practice social awareness, teach your child to:

- **Consider the needs of others.** Tell your child, "It's great that you and

your friends play tag together every afternoon. But what about the new neighborhood kids? How do you think they feel watching you guys play? Do you think they would like to be included?"

- **Understand that people may respond differently** under similar circumstances. One child might be excited to meet a new friend, while another might be nervous and shy.
- **Respond appropriately.** Your child could return a smile with a smile, offer to listen if the other person wants to talk, or suggest an activity to take the person's mind off of worries. For example, your child could say, "Let's get out of here and ride our bikes around the neighborhood."

It Matters: Test Success

Studying should be a daily habit for students



Whose name would you remember more easily—someone you spent a little time with once, or someone you

see regularly?

Of course, it's the person you see often. Studying works the same way. It's better to study something repeatedly over time than to cram before a test. The keys to studying effectively are:

- **Organization.** Teach your child to use assignment notebooks and calendars to schedule study time and keep track of test dates. Making daily to-do lists works well for studying, too.
- **Participation.** Expect your child to listen in class and take notes. Your child should not be afraid to ask the teacher questions. Most likely, there are other students in the class with the same questions.
- **Dedication.** Designate a quiet, comfortable spot for working and make sure studying is part of your child's daily routine. If there are no assignments, encourage your child to read ahead or tackle some sample problems.
- **Review.** Your child should spend a short time reviewing lessons each day. Notes from recent classes are especially good to read over.
- **Correction.** It's important for your child to correct wrong answers on quizzes, assignments and tests. This reinforces learning and prevents your child from falling behind.

Reduce your child's test anxiety with four proven strategies

It's normal to get a little nervous before a big test, but many students suffer from excessive test anxiety. They worry so much about taking the test that their performance suffers.

To help your child relieve those pre-test jitters:

1. **Focus on preparation.** Encourage your child to spread studying out over time. True learning requires time to review and think about the content. And knowing the material is the best way to reduce anxiety and stress.
2. **Discourage cramming,** which can increase anxiety and interfere with clear thinking. The most important things your child can do the day before a test are to review and then get a good night's sleep.
3. **Encourage a positive outlook.** Build confidence by reminding



your child of strengths. Have your child imagine what it will feel like to do well on the test.

4. **Maintain perspective.** Remind your child that test scores aren't everything. Make sure your child knows that your support and love are unconditional.

Help your child review graded tests and make adjustments



Your child is used to learning material before a test. But what about after the test? Unless your student gets a perfect score on every test, every time, there is still learning to be done!

After a test, your child should:

- **Review the graded test** and make notes about which answers were correct and which were incorrect.
- **Identify the types of errors** most commonly made. Mistakes generally come in two forms: Carelessness—your child may have rushed through the question.

Lack of preparation—your child didn't study enough, or is still confused about a topic and needs to ask the teacher for help.

- **Make adjustments.** Brainstorm together about how to reduce careless errors. For example, your child could read questions twice and check work before turning it in. For mistakes based on lack of preparation, the solution is more studying. Your child should start to review several days before the test. The last day should be spent going over everything a final time, not learning new material.