

HUMPHREY PUBLIC SCHOOL



JANUARY 2018 NEWSLETTER

From the Superintendent's desk:

I want to welcome everyone to 2018, I hope you had an awesome Christmas and New Years holiday season. Hopefully you were able to spend some quality time with your family and friends because January is a busy month filled with many school activities. Just a reminder that our 2nd semester will begin on Thursday, January 4, 2018. Looking ahead at the month of February, for parents of pre-school students, there is NO preschool on Monday, February 5. On Tuesday, February 6, there will be preschool for three year olds. On Wednesday, February 7, there is no school for student's due to the Marzano staff training. On Thursday, February 8, we will have preschool for four year olds. Friday, February 9 there is no school as this is a comp day for staff for parent-teacher conferences held on Monday, February 5. Hopefully this all makes sense.

I want to thank Lori Classen, Jeanne Gronenthal and Kelli Ganskow who have volunteered their time to work with me on organizing our annual alumni banquet. As I stated in my previous newsletter, we are going to meet and hopefully get a date and plan set to once again provide an opportunity to bring back our alumni to our school. If you have any thoughts of ideas, feel free to share them with any of the members listed above. I will be providing updates in my newsletter after we have our meetings to keep you updated.

As always, I want to end my newsletter as I normally do by saying should you ever have any questions, please call and get the answers. Clear and open communication between the community and the school are vital areas in the success of our school.

Mr. Sjuts





From the Principal's Desk:

Welcome to 2018! I hope that all of you were able to spend some time with your family and loved ones from near and far this holiday season. It can be a very busy time of year, but it is always nice to catch up with everyone. I am finding it hard to believe that we are into the second semester already.

In December, Humphrey Public held both their elementary and junior high/high school music concerts. Both concerts were very good and the students did an outstanding job. I want to thank Mrs. Whited and Mr. Bertrand for their work in preparing our students for a great performance.

As we have entered the season of sickness, I would like to remind our parents that if you take your child to the doctor, please make sure that you get a note from the doctor excusing them from school. This note needs to be turned into the office so it can be placed in our files. This is very important to have on file as we have documentation verifying your student's absence when we submit our attendance reports to the state department of education.

I wanted to pass along an update on the new website. Mrs. King and Mrs. Luedtke have been working hard on getting the website up and running. I want to thank them for their continued work in updating our website. As we get closer to launching the new website, you will see a notice on the current website letting you know of the transition to the new one. When we make the change, please don't hesitate to contact the school if you are unable to locate certain items. We would be more than happy to help you.

In my December newsletter I had written that the 2nd Quarter Honors Breakfast would take place on Thursday, January 19, 2017. Due to scheduling conflicts, we have moved the 2nd Quarter Honors Breakfast to Wednesday, January 31, 2017. I apologize in advance for any inconveniences this may have caused. We look forward to seeing you on the 31st to celebrate our students and their success.

As I wrap up my letter, please remember that my door is always open if you ever feel the need to talk about any concerns that you may have. If you ever have any questions, please feel free to contact me. Until my next letter, have a great January!

Calendar Reminders

- **Tuesday, January 16**
 - FCCLA STAR Night @ 7:00 PM
- **Thursday, January 24**
 - 1:00 PM Dismissal (Teacher In-Service)
 - NO PRESCHOOL
- **Wednesday, January 31**
 - 2nd Quarter Honors Breakfast @ 7:00 AM

MR KING

Health News

It is hard to believe that we are halfway through the school year already! With the New Year starting, everyone always makes resolutions about getting healthy. Something to consider for our health is what we drink, maybe it is time to



What do you drink? It makes more of a difference than you think. Calories in drinks are not hidden, but many people don't realize how many calories beverages can contribute to their daily intake.

Type of Beverage	Calories in 12 oz	Calories in 20 oz
Fruit punch	192	320
100% apple juice	180	300
100% orange juice	168	280
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0*	0*
Carbonated water (unsweetened)	0	0
Water	0	0

*Some diet soft drinks can contain a small number of calories that are not listed on the Nutrition Facts label. (USDA National Nutrient Database for Standard Reference)

There are plenty of options for reducing the number of calories in what you drink. Milk contains vitamins and other nutrients that contribute to good health, but it also contains calories. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.

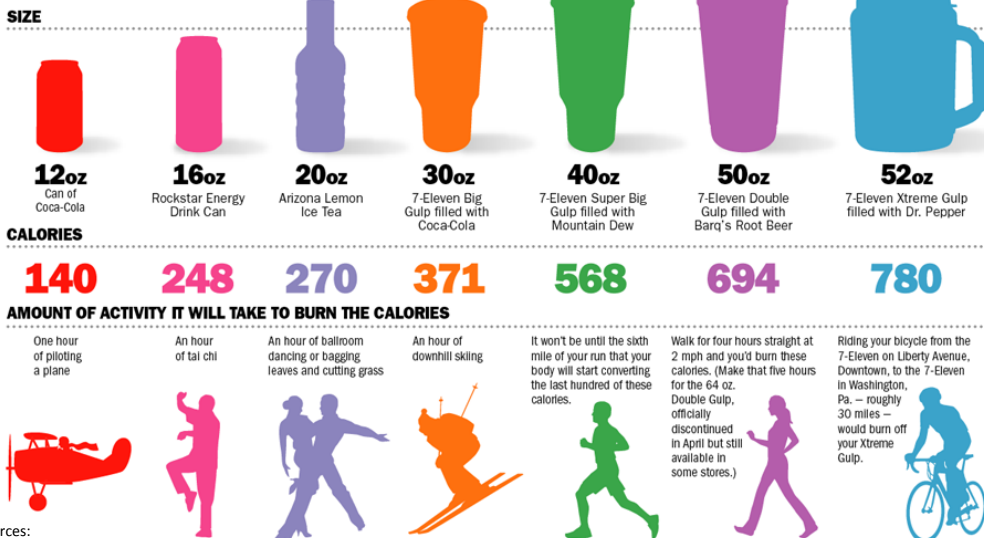
Type of milk	Calories per cup (8 ounces)
Chocolate milk (whole)	208
Chocolate milk (2% reduced-fat)	190
Chocolate milk (1% low-fat)	158
Whole milk (unflavored)	150
2% reduced-fat milk (unflavored)	120
1% low-fat milk (unflavored)	105
Fat-free milk (unflavored)	90

(USDA National Nutrient Database for Standard Reference)

Whatever you choose to drink, also consider the amount of activity it will take to burn those calories:

Working off the calories

Like big soft drinks? Here's how many calories you're getting and what you'll have to do to burn them off.



Water is offered daily for breakfast and lunch. Choice of milk and juice are offered for breakfast and choice of milk is offered for lunch.

Here's to a healthy 2018 for everyone. Should you ever have any questions, please give me a call.

Jen Nolan

FOOD, FITNESS, & FUN:

A FIT KIDS WELLNESS PROGRAM



This is a free afternoon school program in which kids interact along side a nutrition professional. The program provides opportunities for kids to learn how to make healthy lifestyle choices. Interactive nutrition and fitness activities, as well as a healthy snack, will be included.

For Kids in Grades 1st - 6th
Mondays: Beginning January 8, 2018
4:15 to 5:00 pm (8-week program)
MULTIPURPOSE ROOM
COLUMBUS WELLNESS CENTER
Cost: Free

WEEKLY TOPICS INCLUDE:

- > Making food choices for healthy snacks and meals
- > Positive body image
- > Healthy relationship with food
- > Moving more
- > Reducing screen time
- > Mindfulness
- > Appropriate portions
- > Advertising /role of media on food and beverage choices



For more information or to sign up
contact Susan at 402-562-4460 or
Joan at 402-562-4462.



 **COLUMBUS**
COMMUNITY HOSPITAL



Happy New Year! I hope everyone had a wonderful 2017, but that 2018 is even better. ☺ Here's to also writing 2017 for another four months before we all finally write 2018! I hope everyone had a safe and wonderful break from school. The first semester of the 17-18 school year has flown by. Thank you all for being so wonderful to work with. Every day is a great day to be a Bulldog!

Elementary Guidance: The past month we have worked with spreading Christmas and Holiday cheer, remembering our manners, and understanding how our words can hurt people, but also help them. The fifth and sixth graders have both begun to work with colleges. Research shows, the earlier we expose our students to colleges and the idea of going, the more likely they are to attend. The fifth graders are developing a slide show of a college they have researched while the sixth graders are "Looking 2 College" through handouts from Education Quest with different information and things to consider before going to college. In the next month we will be working with setting goals for the new year, teamwork, and staying safe with the cold weather.

7th-9th Grades:

1. Keep working hard. This is a new semester and a chance to get or keep your grades where you would like them. Decide now, where you want to be come upper high school years. Good grades, attendance, and school participation lead to more scholarships and more opportunities. The sky is the limit for all of you. Don't settle for anything less. Remember to be involved, cheer your classmates and schoolmates on, and to stay caught up.
2. A good idea for the future is to start writing down any activities you are involved in, any awards you may have received, and any volunteering you have done. Keep this in a Google Doc or similar location so that you will have the information when it comes time to create a resume.
3. Also, remember to start thinking about your future and different careers you might find interesting.

10th-11th Grades:

1. As with the 7-9 grades, you have an opportunity at a new semester to perform how you want. Don't waste this opportunity with a new beginning to achieve what ever you put your minds to.
2. As you all continue to think about future careers, I highly encourage you to consider going on Job Shadows. The best way to determine if a career is for you is to get out and see what goes on in that career. I can help you get registered for a Job Shadow if you need assistance.
3. I also encourage you all to consider different colleges and for the 11th graders, start taking college visits. That is also the best way to see if a college is the perfect fit for you.
4. Continue to save money for college along with keeping track of all activities you've been in and awards you have received. Compiling all of this information into a resume would be a great idea and save you stress in the future.

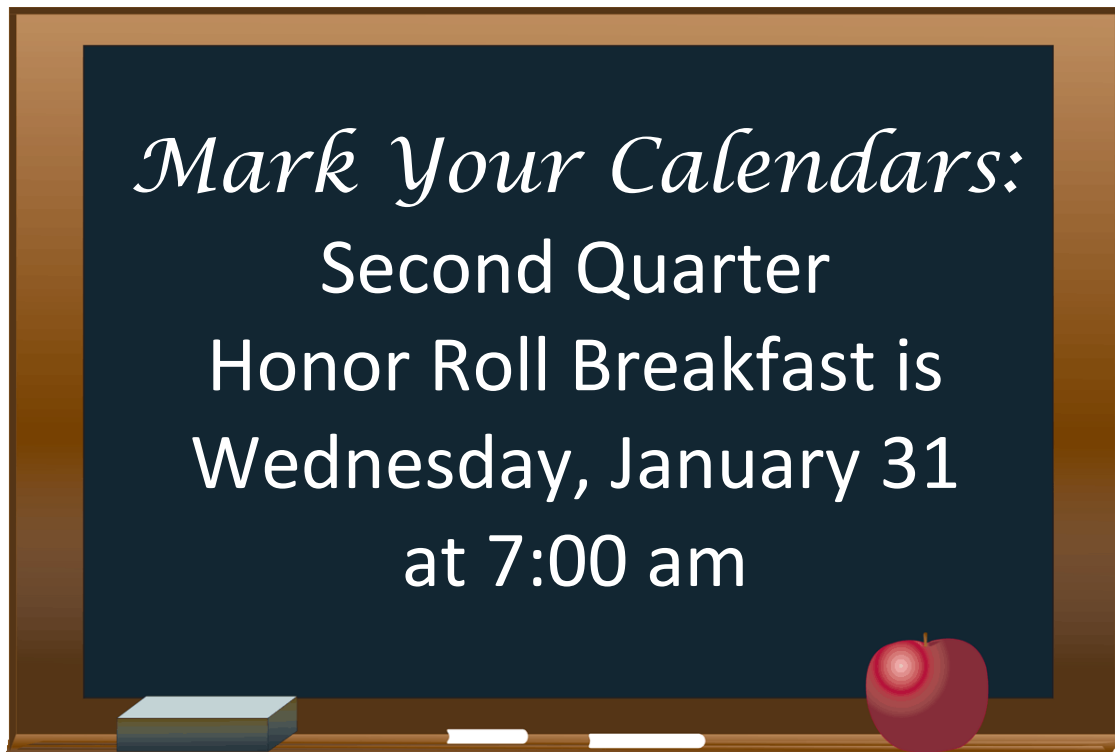
Be thinking about people who would be able and willing to write you letters of recommendation. It is a good idea to have these individuals in mind before your senior year so that you are prepared for scholarships and applications.

12th Grade:

1. You are in your final semester of high school. It is bittersweet, but remember to finish strong. Even if you are accepted and have received financial aid to college, it is still important to finish this final semester to the best of your ability.
2. I suggest that you all speak with a staff member and have at least one letter of recommendation completed along with a community member with a second letter. This will aid you in applying for scholarships and possibly admission.
3. If you do not have the FAFSA completed, this needs to be done very soon. Please, come in and see me if you need help with its completion.
4. Many of the big scholarship deadlines, such as Susan Buffet, are right around the corner. I encourage you to fill out as many scholarships as possible. If I can ever be of assistance to you, please stop in and see me.
5. Also, try to begin narrowing your search on a college. In order to have the best opportunities at colleges for housing and scholarships, it is best to be decided by February. If you are not certain, there is still time, but do your best to narrow it down. If you have not been on the campus of the school you are interested in, I would suggest setting up a college visit so you can be sure it is the best college for you. As always, if you have any questions, please see me.

I am excited for the second half of this school year. I am here to help with any concerns anyone might have.

Cami Oelsigle
K-12 Guidance Counselor
402-923-1230
camio@humphrey.esu7.org



FIRST GRADE

Welcome Back to the 2nd half of 1st grade!!! I'm excited about the opportunity to dig deeper into the first grade skills with you and your child. I'm looking forward to a happy and productive 2nd semester.

Areas of focus will be long vowels, vowel teams, fluency and comprehension, addition and subtraction to 20. We will further our sentence writing skills and build on Science and Social Studies. The second half of the school year is tough for first graders because all of the reading and writing skills are new. It will be important to work with your child on any word list that get sent home so they can become familiar with the new strategies.

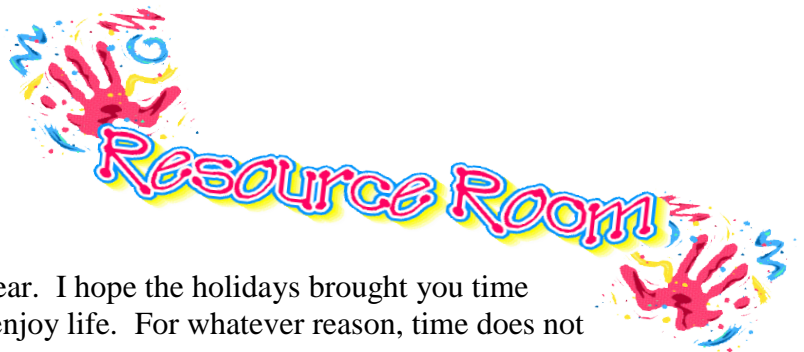
Students are asked to replenish their Expo markers for the second half of the year..

My homework policy will remain the same. Please read an AR book 3 times and have an adult sign for each the book was read. If your child reads a chapter book they only have to read in one time. Otherwise, no AR test will be administered unless there are three signatures in the planner.

Studies show that parental involvement in a child's education is one of the strongest indicators of student achievement. e.

If you have any questions or concerns or if you would like to visit our classroom, schedule a conference, you can contact me at school (402-923-1230) or through Class Dojo. The best times to reach me are at 11:00-12:00 or after school.

Sincerely,
Mrs. Korth



We are half way done with another school year. I hope the holidays brought you time with your family, some relaxation, and a chance to enjoy life. For whatever reason, time does not want to slow down.

This is the time of the year you should find yourself in a routine. Your children should be familiar with their teachers, friends, and daily life. Remember if you find some of these things are still a struggle, the school has resources to help. Never hesitate to contact and get help when your child is needing help academically or socially.

If your child is on IEP and a Junior they will be required to take the ACT. This test has taken the place of our NeSA. Also, remember to talk to your teachers about transition and be thinking about next year. This does not matter if your child is a kindergartener, middle schooler, or high schooler. It is an important conversation and can often ease many concerns you or the teacher may have.

If you have any questions or concerns, please do not hesitate to contact me.

Anonda Schneider, K-12 Resource Teacher
anondaschneider@humphrey.esu7.org
402-923-1230

FAMILY & CONSUMER SCIENCES

Hello, greetings from the desk of your Family and Consumer Sciences (FACS) teacher, Mrs. Mollie Kriz. It has been a great first semester, here are some of the things that have been happening:

The child development class has just finished studying infants and the students in the class will spend time working at the preschool to get hands on experience this quarter. The students participated in the Real Care Baby experience where they spent the weekend caring for an electronic infant.

In foods class, the students do much more than just learn how to cook. The foods curriculum includes diet and nutrition, smart shopping on a budget, and safety and sanitation for the home and commercial kitchen. For about two weeks in December, students spent time designing, baking and decorating gingerbread houses.

The students in adult living class discuss the topics of financial and educational goal setting, marriage and family life and job-hunting skills. In textiles class the students learn the basic sewing skills along with new trends in textiles such as recycling and redesigning projects. In Creative Living students recently finished a t-shirt quilt project that would take any Bulldog down memory lane. Raffle tickets for this quilt will be for sale at home basketball games and the drawing will be held on February 8th. Throughout the school year, all our 7th graders will get the chance to explore the areas of FACS in their Teen Living class. Some of the projects they will tackle are: personality development, cooking and sewing.

As the Family and Consumer Sciences teacher, another one of my responsibilities is to serve as advisor for our Family, Career, and Community Leaders of America (FCCLA) chapter. FCCLA kicked off the year with the annual Fun Fair, which is one of our biggest fundraisers. Thank you for your support. One of the purposes of FCCLA is community service. In October, the entire FCCLA chapter had an opportunity to visit CCC in Columbus to build leadership skills – with other area FCCLA chapters in our district. Many of our members have also been working on their STAR (Students Taking Action with Recognition) projects for the year. Each STAR group picks a concern in our community or in their lives and works on ways to improve them throughout the year. In November we hosted the Guardian Groove where families came together for a good cause. This family dance night had the price of admission be a can of food that will be used for the FCCLA backpack program. The evening was a huge success! Another fun opportunity in November was the National Cluster Meeting in Oklahoma City, OK. Chapter members competed at a quiz bowl along with networking and attending leadership workshops with students from all across the nation.



Foods Class Gingerbread House Project



Students attending National Cluster Meeting

6th Grade News



Things are busy in the sixth grade room this year. We have 24 students in our class and have been working hard on many different things.

In reading class we have been working on summarizing, main ideas, context clues, problem/solution, figurative language, Greek and Latin roots, and there are always new vocabulary words with each story we read. Our phonics class goes over syllables, digraphs, consonant clusters, and the different meanings of various prefixes and suffixes.

English brings work on the basics of grammar: sentence structure, nouns, verbs, adjectives, adverbs, etc. We also spend time writing different types of essays.

In Math we are covering adding, subtracting, multiplying and dividing decimals, fractions, and integers. Second semester gets a lot more into ratios, percents, equations, and geometry.

Note taking is a big part of both Science and Social Studies for us. It helps us group together the most important parts of the sections we read in our textbooks. Science has us discussing elements, atoms, compounds, gravity, electricity, space, nature, and the human body. Ancient civilizations are our focus in Social Studies. We cover everything from cavemen, to Mesopotamia, Egypt, India, China, Greece, to Rome first semester. This spring we will work our way through Arabia, Africa, Europe, Asia, and Ancient America.

With all these things to keep us busy — homework, quizzes, and tests — we should never get bored!

Mr. Niemann





Humphrey Public School January 2018 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SCHOOL	2 - CHRISTMAS BREAK	3	4 School Resumes JH BBB Tourney in Ewing vs. O'Neill at 4:15	5 G & B BB at Riverside	6 JH BBB at Cross County B/A 10:00/11:00 C Team BB at HHS vs. Columbus Scotus 9:00 Girls/10:00 Boys
7	8 JH BBB vs. Twin River at LHF B/A 4:30/5:30 G & B CTeam BB vs. Madison at HHS School Board Mtg 7:30	9 G & BBB vs Wisner- Pilger @ HHS JV/V	10 FCCLA Mtg 7:15 am ELEMENTARY BANK DAY	11 G & B BB vs. Neligh- Oakdale at Neligh	12 G & B BB vs. Clearwater-Orchard at LHF	13 Pierce Speech Meet JH BBB at Clarkson- Leigh B/A 9:00/10:00 G & B CTeam BB at Twin River 10/11:15
14	15 JH BBB vs. Howells- Dodge at Howells B/A 6:30/7:30	16 FCCLA STAR Preview Night 7:00 pm	17 FFA Mtg 7:30 am BOOKMOBILE	18 G & B BB vs. Madison at HHS	19 FCCLA Star Competition in David City G & B BB vs. BRLD at Bancroft	20 JH BBB at Fullerton B/A Lincoln SW & Clearwater-Orchard Speech Meets
21	22 JH BBB at Riverside B/A 1:30/2:30	23 G & B BB vs. Oakland-Craig at Oakland	24 1:00 Dismissal Teacher InService Howells-Dodge Speech Meet ELEMENTARY BANK DAY	25 FFA District Livestock Judging at NECC G & B BB at EPPJ	26 EHC BB Tourney Girls 1 st Round	27 Speech Team Bonding Event JH BBB at Riverside Tournament EHC BB Tourney Boys 1 st Round
28	29 EHC BB Tourney – Dates & Times TBD	30 FCCLA Power of One Applications Due	31 2 nd Qtr Honor Roll Breakfast 7:00 am	Activities are subject to change due to unforeseen scheduling conflicts, etc. Please watch the daily bulletin for the most up to date information. Thank You!		

Humphrey Public School

January 2018 Menus

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 - CHRISTMAS BREAK	3 - CHRISTMAS BREAK	4 French Toast ~ ~ ~ ~ ~ K-2: Chicken Nuggets 3-12: Beef 'n Bean Burrito Rice, Green Beans, Pineapple ALTERNATE : Ham & Cheese	5 Long John or Donut ~ ~ ~ ~ ~ Hamburger on Bun, Baked Beans, Peaches ALTERNATE : Turkey & Cheese
<p>Menus subject to change.</p> <p>Choice of hot breakfast sandwich, cold cereal, fruit, toast, warm oatmeal, milk, water and juice offered daily for breakfast. Choice of cold sandwich, milk, water and salad bar offered daily for lunch.</p> <p><i>Lunch alternate must be requested by 9:00 am.</i></p> <p>USDA is an equal opportunity provider & employer.</p>				
8 Biscuits & Gravy ~ ~ ~ ~ ~ Goulash, Broccoli, Pears, Dinner Bun ALTERNATE : Bologna & Cheese	9 Raspberry Crunch ~ ~ ~ ~ ~ Chicken Patty on Bun, Corn, Pineapple ALTERNATE : Ham & Cheese	10 Pancake on a Stick ~ ~ ~ ~ ~ Soup, Cinnamon Roll, Cheese Stick, Orange ALTERNATE : Turkey & Cheese	11 Breakfast Pizza ~ ~ ~ ~ ~ Flying Saucer with Mashed Potatoes, Green Beans, Dinner Bun, Pears ALTERNATE : Bologna & Cheese	12 Muffins ~ ~ ~ ~ ~ Stuffed Crust Pizza, Potato Smiles ALTERNATE : Ham & Cheese
15 Belgium Waffle ~ ~ ~ ~ ~ Pork Patty on Bun, Baked Beans, Applesauce ALTERNATE : Turkey & Cheese	16 Scrambled Eggs & Toast ~ ~ ~ ~ ~ Mini Corn Dogs, Corn, Dinner Bun, Peaches ALTERNATE : Ham & Cheese	17 Pancake on a Stick ~ ~ ~ ~ ~ Sloppy Jo on Bun, Green Beans, Pears ALTERNATE : Turkey & Cheese	18 Mini Donuts ~ ~ ~ ~ ~ Nachos, Corn, Pears ALTERNATE : Bologna & Cheese	19 Breakfast Burrito ~ ~ ~ ~ ~ Fiestada, Corn, Banana ALTERNATE : Ham & Cheese
22 French Toast Tornado or Honey Bun ~ ~ ~ ~ ~ Popcorn Chicken, Mashed Potatoes, Dinner Bun, Peaches ALTERNATE : Turkey & Cheese	23 Omelet & Toast ~ ~ ~ ~ ~ Walking Taco, Corn, Pineapple ALTERNATE : Bologna & Cheese	24 Yogurt Cup & Toast ~ ~ ~ ~ ~ Spaghetti with Meat Sauce, Garlic Bread, Broccoli, Pears ALTERNATE : Ham & Cheese	25 Breakfast Pizza ~ ~ ~ ~ ~ Sub Sandwich, Potato Smiles, Apples ALTERNATE : Turkey & Cheese	26 French Toast ~ ~ ~ ~ ~ Shredded Pork on Bun, Green Beans, Applesauce ALTERNATE : Bologna & Cheese
29 Pancakes ~ ~ ~ ~ ~ Flying Saucer with Mashed Potatoes, Dinner Bun, Mandarin Oranges ALTERNATE : Ham & Cheese	30 Long John or Donut ~ ~ ~ ~ ~ Mr. Ribb on Bun, Baked Beans, Peaches ALTERNATE : Turkey & Cheese	31 2 nd Qtr Honor Roll Breakfast 7:00 am ~ ~ ~ ~ ~ Chicken Fajita over Rice, Dinner Bun, Pineapple, Peas ALTERNATE : Bologna & Cheese	