



March 2021 Newsletter



From the Superintendent's desk:

I want to start my March newsletter by congratulating the Humphrey-Lindsay Holy Family Girls and Boys basketball coaches and players on their district championships and earning the opportunity to play in their respective state tournaments in Lincoln, NE. The girls will play their first-round game at Lincoln Southwest High School on Wednesday, March 3 vs Fremont Bergan and the Bulldog boys will play at Lincoln Southeast High School on Wednesday, March 10 vs Southern Valley. Good luck to the girls and the boys as they begin their quest for a State Championship.

I want to also congratulate the Humphrey Bulldog Speech team as they have been winning most every Speech meet, they've entered. The Bulldogs have been steam rolling their competition winning the Wisner-Pilger meet, the Lakeview meet, the Humphrey Bulldog meet, the East Husker Conference Speech meet and the Howells-Dodge meet. Keep up the great work and good luck to the speech students and our awesome coaches Mrs. Hogancamp and Mrs. Lovercheck in districts and state. Humphrey Public will be heading west for districts and competing in the Class D1-5 Speech meet at Callaway High School on Monday, March 8, 2021.

Congratulations to our first ever Humphrey Bulldog bowling team. Coaches Nathan Stone and Dustin Christensen did a fabulous job coaching and teaching the kids this winter. There is only one NSAA class this year in bowling, therefore the bowlers competed against the largest schools in Nebraska. At the district competition in Columbus, the Bulldogs had two bowlers qualify for the state tournament in Lincoln. Congratulations to freshman Ashley Pfeifer who finished in 27th place and junior Paige Nolan who finished in 37th place at the state tournament. It was a very fun and exciting year for the bowlers, the future looks bright and I look forward to watching them compete in the future.

On Monday, February 22, Humphrey Public School and our National Honor Society sponsor Mrs. Hogancamp hosted a ceremony inducting our newest members into the prestigious Humphrey Public School JJ Malone National Honor Society Chapter. Congratulations to Paxton Bertrand, Dawson Freudenburg, Ayden Veik, Molly Grotelueschen and Olivia Keller on this prestigious honor and earning membership into the Humphrey chapter. Each chapter throughout Nebraska and across the US are based on the four pillars of NHS. The first pillar is **Scholarship**, where students must have a cumulative GPA of 85%, B, 3.0 on a 4.0 scale, or equivalent standard of excellence. The second pillar is **Service**, this involves voluntary contributions made by a student to the school or community without compensation. The third pillar is **Leadership**, where students must have leadership experiences from school or community activities while working with or for others. The fourth pillar is **Character**, meaning students must have good character, is cooperative; demonstrates high standards of honesty and reliability; shows courtesy, concern, and respect for others; and maintains a clean disciplinary record. Congratulations once again to our newest National Honor Society members and thank you to Mrs. Hogancamp for her outstanding leadership with our National Honor Society students.

Another item of importance in March is the 2021-2022 information for our Preschool program. We will begin advertising the Preschool application in the March 10 and March 17 editions of the Humphrey Democrat. You can also access the information on the school website

at <http://www.humphreybulldogs.org/>, go to the Parent Connection heading, click on it and you will see the preschool heading which contains the Preschool Acceptance Criteria, the Registration form along with the Preschool Handbook. By posting the information in multiple locations, our goal is to ensure all parents of preschool children living in the Humphrey Public School District #67 receive this information and have opportunities to enroll their children. You are also welcome to stop by the office to pick up a registration form. Humphrey Public School will begin taking preschool applications for the 2021-2022 school year on Monday, March 15. All applications MUST be returned in-person to Mr. King or Mr. Sjuts. We will be able to take a maximum of 20 students in each age level, if we have over 20 students, we will follow the preschool acceptance criteria located on the school website. If you have any questions, please contact our preschool teacher Mrs. Droescher, Mr. King or myself as we would be happy to help you or answer any questions you may have.

I will be working on the 2021-2022 school calendar in March and hope to have it approved at the April 12 school board meeting. This calendar will also include the preschool calendar and graduation date. Once this is finalized, I will post it on the school website and communicate with our parents via a Connect 5 message.

As I do with all my newsletters, I want to emphasize to our patrons in the district, should you ever have any questions, please call and get the answers. This will help curb misinformation and eliminate rumors and your concerns. 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:

It is hard to believe that we are already into the month of March! I hope this letter finds everyone doing well. As we start the downhill slide to our school year, we will begin our spring testing sessions. Our testing window will open on Monday, March 15th and will run through Friday, April 23rd. It is highly important that your student be in school on the testing dates, as it gets a little tricky to get those tests made up on time.

On Monday, February 8, 2021 we held our second round of parent teacher conferences. We had another great turn out. If you were unable to attend, please contact the school and schedule a time to speak with your student's teachers. They would be glad to meet with you and discuss your student's progress.

It has been another exciting year for Winter activities at Humphrey High. Congratulations to both the girls and boys bowling team on a successful first year as a sanctioned NSAA activity. Paige Nolan and Ashley Pfiefer both qualified for state in the individual bowling event. Our Speech team has been doing an awesome job. They recently won their division at the Conference Speech meet. There was over a 100 point gap between us and 2nd place. They will be competing at districts in Callaway on Monday, March 8th. Congratulations to the girls and boys basketball teams for qualifying for the 2021 state tournaments. I want to wish our basketball teams and speech team the best of luck as they compete for a state championship.

As we are nearing the end of the year, it is time to start thinking about next year. Information about Kindergarten Roundup and Preschool Applications will be communicated later in March. We have also been working on the 7-12 schedule. We will communicate with students and parents about registration when we have the schedule finalized.

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.

MR. KING

Greetings from the Counselor,

Happy March! During this school year, we have had many students involved in some form of student activity. I want to take a second to congratulate all of our OUTSTANDING Bulldog students. It simply amazes me how dedicated, creative, and successful our students are. No matter what activity it is, we are always represented well, and I am so proud of our students. There is a direct correlation between success in life and being involved in activities while in high school. I encourage all of our students to continue to be involved. The social skills, time management, perseverance, and hard work taught through these activities is irreplaceable. Not to mention, the pure joy many of you will have from being involved.

Elementary: The past month in elementary, we have discussed manners, encouragement, inclusion, teamwork, and pursuing our dreams.

In the future, we will continue to work on more social skills and individual emotional management. I will continue to discuss future careers with our students. Research shows the younger we talk about careers and college education, the more likely our students are to be successful within their career and college. I encourage all parents to have these conversations with students at home. With your help, all students will be able to develop future plans that are obtainable and achievable.

Junior High:

1. As always, keep working hard, and finish the year strong. Continue to be involved in all ways possible.
2. You all have wonderful resources in the high school students that would be able to answer questions you might have on certain activities. They may also provide you with helpful hints to help you succeed in school. Don't be afraid to ask questions. You are the person who will benefit the most from it.
3. Continue to research possible career paths for your future. No decisions need to be made just yet, but the more you research and look into careers, the more prepared you are to make a future decision.

9th-10th Grades:

1. Similar to the junior high, finish this year strong. We are getting close and you may feel like you can coast the year out, but don't ruin all of the hard work you have put into this year.
2. If you have interest in specific colleges or career paths and would like more information, please let me know. I would love to help get into contact with the colleges and/or professionals within chosen career paths.
3. Continue to think about your future career. Also, look into the colleges that meet those needs as well as your own preferential needs. The sooner you research the colleges, the more likely you will be able to make a decision on your future college.

11th Grade:

1. The statewide ACT Date is approaching. We will test on March 23rd. We are currently completed the On to College curriculum, which was formally known as John Baylor Test Prep. I hope all are taking it seriously and soaking in as much information as possible. A good ACT score can have a huge effect on your future. Do what you can to prepare now so there are no regrets in the future!
2. Also, keep looking into colleges and future careers. If you need help setting up college visits or job shadows, please let me know. Both visits and shadows are very important ways in helping to determine future plans.
 - a. COVID has made some opportunities a bit more difficult to come by, but there are businesses allowing them. Communicate with me, and I can help set these up!

12th Grade:

1. It is scholarship season! I have sent out any scholarship that I am aware of. Please, take the time to read through them and see if you qualify. If you do qualify, take the time to fill out the scholarship. Remember, it is free money, and when you're in college, that is beyond lovely.
2. Many scholarships require letters of recommendation. When asking for these letters, provide the writer with adequate time to complete a solid recommendation. It also may be necessary to remind them if you have once asked, but remember to ask in a polite and respectful manner.
3. Have someone proof read your scholarship application. Sometimes, the determining factor is grammar. Make sure that you are not one who is not chosen because of this.
4. Be sure to finish the year strong. Although it is rare, if your academics slip drastically due to a lack of effort, colleges have reversed acceptance. On that note of colleges, if you have narrowed down your search, log into your college's portal and make sure all necessary information has been received. There may be financial aid awards to accept/decline, housing documents to complete, or small fees to pay. If you are unsure of what to do, please come in and see me. We can talk about what all of the information means.

As always, please contact me with any concerns you might have. I will do my very best to answer the question myself, or I will do my best to find the answer. Many of you upperclassmen may be nervous and stressed. That is totally normal. Let me know if I can help ease those nerves or stress in any way.

It's a great day to be a Bulldog!

Cami Oelsigle
PK-12 School Counselor
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To celebrate Music In Our School's Month, I'd like to share some information I have found that does a much better job of explaining music's importance in education than I ever could. I am very thankful that music education is valued here at Humphrey Public Schools. Unfortunately, that is not always the case for all schools.

The elementary students at HPS are busy learning how to read and write music, play instruments, and sing. They dance, move, and listen to music from history and other cultures while learning. But I believe much more is happening. Their musical intelligence is growing, but so is their general brain development. What may be the most important benefit of music education is the growth of their social and emotional intelligences.

Thank you for reading the following information and for supporting music education at Humphrey Public Schools!

~ Mrs. Susan Whited



Image shared by Dr. Rajiv Desai in his educational blog, "Science of Music", May 24, 2019

The following is by Deborah Skydell Pasternack, founder of The Singing Classroom:

A few days ago, someone asked me for a few quotes about music education for an article he's writing. His first question:

"Why is music important to the development (both personal and academic) of our students?"

In our everyday lives as teachers, we're not generally asked to explain why music matters. We're busy planning lessons and concerts, attending faculty meetings, and calmly explaining to a pair of arguing children why it doesn't matter "who started it." We rarely stop to examine why we're doing what we do. We just love it. We can't imagine doing anything else. Music is everything! Music is necessary! But based on how frequently music gets cut from the school curriculum, not everyone sees it that way. I'm grateful to have an opportunity to sit down and really work out what I believe is the answer to this question. Here's what I think:

Because administrators and politicians generally view music as an "add-on" or "special," it can be the first program cut from a school facing budget constraints. As a result, supporters of music education constantly struggle to justify music's importance. They might show how music improves math scores and increases school attendance, or they may demonstrate that the focus and discipline required to master an instrument improve students' overall academic performance. Proponents of music education may also discuss one of the most compelling effects of music—the fact that creating music requires individual competence (based on practice and discipline) combined with attentiveness to others in an ensemble, and that this balance prepares children for success in any work or personal environment. They may also point out that learning to lead an ensemble, whether as a conductor, band leader, or first chair in an orchestra, is excellent preparation for leadership of any kind.

They're right, of course, about all those things. But the underlying reason that music helps improve nearly every area of a child's life is that music is a critical and necessary part of the human experience. The more you remove people's access to creating and listening to music, the more people suffer, both individually and as a part of a culture.

Each of us has a heartbeat that makes us the walking embodiment of music. Our life force is a steady beat, the foundation for all music. When we are excited or frightened, the beat accelerates. When we are relaxed or at rest, the beat is slower. Music has its basis in our very core. Also, in order to communicate, we vary the pitch of our voices to create language. Varying pitches are the basis for melody. In fact, that's why we can remember language in the form of lyrics to a song more easily than language in the form of a poem or expository prose. The song organizes the language into memorable pitch and rhythmic patterns, thus tapping into qualities which are inherent to our physical being.

Yet many in the U.S. and some other parts of the world increasingly view music as the exclusive domain of the extraordinarily talented. Many people will say that they can't sing, or that they have no musical ability. The reality, however, is that they simply have had limited exposure to music, particularly at a very young age. What we think of as being inborn talent or genius is more likely a combination of some natural ability, passion, early exposure, extensive practice, and laser-like dedication.





Those same people who say that they are "not musical" often love listening to music and are deeply affected by it.

That's because music is a direct line to our emotions. Everyone from retailers to advertising executives to the person organizing the high school graduation knows this. Every spa plays slow music during treatments to help you relax, every professional sports event is peppered with music designed to heighten excitement. Even fans often chant and sing in response to the action. ("Let's go Yankees," followed by a rhythmic clapping pattern, is sung to the tune of a minor third.) Music is an intrinsic part of events where we feel complex or heightened emotions. Anyone watching a horror movie with his eyes closed can tell you exactly when something bad is about to happen because the dissonant music evokes an immediate visceral response. Music is power, and people who control the music are in control of people's emotions. And those who choose to participate in music gain something deeply satisfying when they tap into that power, often a sense of relief or expression. Consider these examples:

- 45,000 people, many of whom will tell you that they “can’t sing” will nevertheless sing the chorus to “Hey Jude” with joyful abandon at a Paul McCartney concert.
- On 9/11, U.S. politicians spontaneously sang “God Bless America” on the steps of the capital building to express their sense of grief, anger, and patriotism. They didn’t spontaneously speak the pledge of allegiance in a monotone chant.
- For adults, a song from childhood or high school will evoke extraordinarily immediate and tactile memories of that time.
- Parents softly sing to babies to calm them and get them to sleep. Parents who “don’t sing” will purchase recordings and play them for the babies, knowing the effect they will have.
- Immediately after a disaster, what is done in order to raise money? A concert! Not products to purchase, not a performance of comedy sketches, not an art installation, but music. The music helps people process the pain of the disaster, and also provides a foundation to inspire people to give money to help victims.

Music is unique in that it is both a discipline and an immediate gateway to human emotional life. Children who participate regularly in music not only hone their abilities to focus, think, analyze, organize, and work with colleagues, but begin to master their own emotional lives. Many of the people causing harm in the world through violence, wars, intimidation, and corruption could have avoided that path if they had had access to both a better awareness of their own emotional lives and a constructive passion in which to direct their desire for power. Music provides both.

HUMPHREY PUBLIC SCHOOL MARCH 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Sandwich/Cold Cereal ~~~~~ Chipped Beef Over Biscuits Peas or Corn Peaches	2 Hot Sandwich/Cold Cereal ~~~~~ Sub Sandwiches Baked Beans Potato Chips Applesauce	3 Hot Sandwich/Cold Cereal ~~~~~ Beef Ravioli Corn Peas Dinner Bun	4 TBD	5 
8 Hot Sandwich/Cold Cereal ~~~~~ Chinese Over Rice Broccoli Pineapple	9 Hot Sandwich/Cold Cereal ~~~~~ Spaghetti w/Alfredo Sauce Corn Peaches Bread Stick	10 Hot Sandwich/Cold Cereal ~~~~~ Beef Nachos & Trimmings Lettuce Corn Peas	11 TBD	12 
15 Hot Sandwich/Cold Cereal ~~~~~ Corn Dogs Cooked Carrots Peaches Dinner Bun	16 Hot Sandwich/Cold Cereal ~~~~~ Hamburger on a Bun French Fries Corn or Broccoli Applesauce	17 Hot Sandwich/Cold Cereal ~~~~~ Chicken Strips Mashed Potatoes & Gravy Orange Slices Dinner Bun	18 Hot Sandwich/Cold Cereal ~~~~~ Hot Dog on a Bun Potato Chips Baked Beans Peas	19 Hot Sandwich/Cold Cereal ~~~~~ Cheese Pizza or PBJ Corn Mandarin Oranges
22 Hot Sandwich/Cold Cereal ~~~~~ Fiestada Romaine Lettuce Salad Corn Peas	23 Hot Sandwich/Cold Cereal ~~~~~ Flying Saucers Mashed Potatoes Green Beans Peaches Dinner Bun	24 Hot Sandwich/Cold Cereal ~~~~~ Taco in a Bag Lettuce Corn Mandarin Oranges	25 Hot Sandwich/Cold Cereal ~~~~~ Chicken & Waffles Steamed Peas or Corn Pineapple	26 Hot Sandwich/Cold Cereal ~~~~~ Fish on a Bun/Fish Nuggets or PBJ French Fries Oranges Bread Stick
29 Hot Sandwich/Cold Cereal ~~~~~ Chicken Nuggets Corn Pineapple Dinner Bun	30 Hot Sandwich/Cold Cereal ~~~~~ Soup or Chili Cinnamon Roll Cheese Stick Peaches	31 Hot Sandwich/Cold Cereal ~~~~~ Sloppy Jo on a Bun Potato Chips Baked Beans Peas	 Menus subject to change. Choice of hot breakfast sandwich, milk, water and juice offered daily for breakfast. Choice of cold sandwich, milk, water, fruit and veggie bar offered daily for lunch. Lunch alternate must be requested by 9:00 am. USDA is an equal opportunity provider & 	

Humphrey Public School

MARCH 2021

SUN	MON	TUES	WED	THURS	FRI	SAT
*Booster Club/Post Prom Mtg 7:00pm	1 *Start of NSAA Spring Activities	2	3 *FFA District CDE	4	5 	6
			Girls State Basketball			
7	8 *District Speech @ Callaway *School Board Meeting 7:30pm	9	10	11	12 *End of 3rd Quarter 	13
			Boys State Basketball			
14 Daylight Savings Begins	15 *District Quiz Bowl	16	17 *Virtual Scholastic Contests  St. Patrick's Day	18 NO SCHOOL PK-6	19 *State Speech @ Kearney	20
21	22	23 *ACT Test *Senior Sneak Trip	24	25	26	27 *FFA Steak Feed & Silent Auction
28	29 *EHC Quiz Bowl *HS Track @ Fullerton *HS Golf @ Beemer	30	31	<p>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 .</p> <p>Check out the website & watch for the most up to date information at: www.humphreybulldogs.org</p>		