

# SUPERINTENDENT NEWSLETTER



SEPTEMBER  
EDITION



STAFF  
SHOUT OUT

Our Paraprofessionals are AMAZING! Thank you for all that you do for our students and school. Your commitment and dedication is greatly appreciated. You are all ROCK STARS!!!

The start of the 2024-2025 school year has been awesome! It has been great having students and staff back in the building! Thank you to all of our students, staff, and parents for helping Humphrey Public Schools get off to an amazing start to the 2024-2025 school year. Your excitement and enthusiasm about a new school year has been a joy to observe.

As our activities are beginning, I would encourage you to attend the Booster Club meetings that are held once a month. These meetings are important for parents of all ages to attend and become involved. The Booster Club provides so many additional funding opportunities for teachers, groups, and students. They need your help in being a voice and an active member whether your student is in first grade or a junior in high school. All help is greatly appreciated.

The Humphrey Board of Education voted to approve a resolution calling for a bond election not to exceed \$29,500,000 to construct a new grades 7-12 facility. An update on the bond process was sent out to every district resident. Be on the look out for additional bond information leading up to the November 5, 2024 general election. If you have any questions or would like to schedule a tour of the building, please contact the school. We would be happy to answer your questions or schedule a tour.



# Go Bulldogs

Last spring, Humphrey Public Schools completed their School Improvement External visit. We now begin our next five year cycle, for which we will be setting school improvement goals. Along with goal setting, we will be revisiting our districts mission and vision statement. As we work through this process, there will be times that we request feedback from parents. We would greatly appreciate your help!

On Wednesday, September 25, 2024 Humphrey Public Schools will be hosting the 3rd Annual HWY 91 Career Day. This event was developed by the HWY 91 School Counselors. With it being our year to host the event, we will not be having school for grades PK-6 that day. We will need to use all of the classrooms for presentations. This is a great event for our students to see what career opportunities there are within our local communities down HWY 91.

As I end my letter, I will continue to do my very best to model the importance of respect for staff and others, promote Bulldog pride in our school, and provide a safe and productive learning environment that fosters a positive and rewarding experience here at Humphrey Public Schools.

If you ever have any questions, please do not hesitate to give me a call or schedule a time to meet. My door is always open. Have an awesome September. GO BULLDOGS!

*Mr. King*



## P/T Conferences

Make sure to mark your calendars for Parent/Teacher Conferences. Conferences will be held on Monday, October 7, 2024.



# THE BULLDOG

NEWS FROM THE JH/HS PRINCIPAL

September 2024

Thank you all for helping the 2024-2025 school year off and running. It does not take long for the activities to start and for the calendar to get full. Before we get too deep into the year I just wanted to make sure that I went over a few things.

- The D/F list will come out every Monday for the remainder of the quarter. Please make sure that your student is aware of the PowerSchool sign-in information to keep track of their grades. If you need this information, please contact Mrs. Luedtke.
- There were no major changes to the student handbook for this year. However, I did go over a few of the rules that I felt are becoming an issue (in general). I explained to the students that their phones are to be in their lockers at all times. I also stated that there are to be no games played on their computers while at school unless a staff member has assigned it to them. Last, I have had YouTube turned off unless for educational purposes.
- Volleyball, Softball, Cross Country, and Football have all started their respective seasons. Please check the sports calendar and make a few ball games. The kids have been working hard this fall season so far.
- Every few weeks I will send out a connect5 message if a student's lunch balance falls below zero dollars. Please communicate with Pam about your balance and/or submitting payments. We are trying to work with PowerSchool so that you may see your balance.
- The Diversified Occupations program at HHS has started off on a great note. This fall semester 7 students have joined the program. The program allows Srs the ability to leave at 12:15pm daily and go to work. The program is geared to help students develop skills that they will need when they enter the workforce full time.

Thank you.

*Mr. Kirby*



# SEPTEMBER 2024

## *Elementary News*

### *From the Desk of Mr. Rathje:*

With the 2024-2025 school year underway, we love seeing the smiles as students walk through our doors. It has been a GREAT start to the school year and we are excited to have everyone back in our building.

I would like to give a big SHOUT OUT to our elementary teachers for helping with our Elementary Open House on August 13<sup>th</sup>. As we get into the swing of things with school activities, please make sure that you are checking out our website for schedule updates [www.humphreybulldogs.org](http://www.humphreybulldogs.org). If you can't locate something on the website, please feel free to contact the school and we can assist you. In addition to our website, make sure to follow the HPS Bulldogs on Facebook and Twitter for updates as well. If you ever have any questions pertaining to the schedule, please contact the school office.

With a new year beginning also means another round of assessments. The elementary students have completed their Acadience testing. The district MAP assessments will begin the week in mid-September and will be completed by the end of September. The MAP assessments provide valuable feedback on student growth and identify certain areas for teachers to focus on to reinforce skills. As your child's grade is taking the assessments, it is important that our students are in attendance, get plenty of sleep and a good breakfast so that they can test to the best of their abilities.

I want to thank our bus route drivers for all they do to help get our students to school and home safely. Just a reminder that extra riders on the bus will not be allowed. If you have any questions, please contact the school office.

The last thing that I would like to remind parents is calling into the school office to let us know if your student will be absent. Notification can be by phone call, email, or note. If attending an appointment of any kind, please make sure to have a note signed by the staff of the medical facility your appointment was held. Those can be brought into the school office or they can be faxed. If it is faxed, please call and check to see that we received them. Sometimes they don't always come through. Thank you for your attention to this matter.

As I wrap up my letter, I would recommend that you continue to have conversations with your children about attendance at school and being positive leaders in our school and community. Encourage them to work their hardest in all that they do. With a team effort, we can make this school year outstanding for our students. If you ever have any questions or would like to talk, please feel free to stop in my office or give me a call. My door is always open! As always, we will continue to strive to be our Bulldog BEST everyday!



Educationally Yours,

***Mr. Rathje***



Welcome back to school! I think we can all agree that it's nice to feel a small sense of normalcy again. I believe it is of utmost importance to be flexible, understanding, empathetic, and overall good human beings. As we move throughout the year, please keep in mind that teachers, staff, and students are doing their very best to make the most of the educational and social opportunities for the wellbeing of Bulldog nation.

It is great to be back for my ninth year with Humphrey Public Schools. Similar to last year, I will write monthly to share important information and updates. In regards to the elementary, I will share the topics we have discussed and those we plan to discuss in the near future along with activities we have or will complete. I will provide the Junior High and High School students and parents with helpful tips, information, and encouraged tasks to complete within the month. If there is ever a concern you would like addressed in the elementary, or information shared with many students, please feel free to contact me. I would love to include the information.

Elementary: In Guidance, we will focus on three Units: Academics, Social/Emotional well-being, and College and Career readiness. We will utilize the Positive Action curriculum whenever possible. The classroom teachers have bought into the importance of educating the entire child and have implanted this within the school day. We are hopeful that we will continue to see growth in all of our students. To accompany this, our school psychologist and I will work with students in smaller groups where we will continue to discuss the lessons learned in class while also having the opportunity to work through class conflicts, personal hygiene, and other important and necessary topics.

There will be activities, videos, readings, speakers, and other information given throughout the year. The first month in Guidance, we will refresh with an introduction, expectations, and ice breakers. We have some new faces in the classrooms, so I want to make sure we are all on the same page. I will take this time to get to know them further as well as our awesome students returning. We will begin talking about how to be a good student and the ways we can be the best classmates as well.



### Junior High:

- To the seventh graders, welcome to the other side of the building. Remember with more freedom comes more responsibility.
- It is up to you all to make sure you are asking questions if you do not understand, turning in your homework on time, and communicating to your teachers and parents on necessary items such as being absent for a school activity.
- To the eighth graders, remember that you were the most recent ones in the seventh graders' positions. Please, be the best role models and help them out with necessary advice or assistance when needed. Also, set a good example of work ethic and school spirit to build a stronger community.
- Remember your grades are important, and in classes such as Algebra, begin affecting your high school GPA. Remember to stay organized and work hard in all that you do.

### 9<sup>th</sup>-10<sup>th</sup> Grade:

- Grades matter. Many students find it difficult to get an ACT score they would really like to have. ACT scores do play a big role in your future with college admittance and scholarships. Another key component in that is your GPA and class rank. If your GPA is high, it can help offset an ACT score that is not where you would like it to be. On the topic of the ACT, consider the option of taking the ACT as an underclassman. You should all be aware of the switch from NSCAS to ACT as juniors, meaning all juniors will take the ACT at school. In order to prepare yourselves, sometimes it is beneficial to know what the test will be like by taking it when you are younger. This is not required but something to consider.
- Also, begin to research colleges you have an interest in. Check if these colleges have the degree that you would like to pursue, and then do some more research. Please, see me if you have any questions at all.

### 11<sup>th</sup> Grade:

- You are all at the big ACT year. Six years ago, the state of Nebraska transitioned from the NESA, now NSCAS, state assessment for juniors and switched to the ACT. This provides the opportunity for all students to take the ACT free of charge as well as having access to beneficial preparatory materials. The school will handle all registration for this ACT.
- On top of the state ACT, you may be interested in taking the ACT on your own. In order to do this, register at [www.act.org](http://www.act.org). You will be able to create an account and register for a future test. The ACT costs \$68.00 with no writing. If you want the optional writing section, the ACT costs \$93.00. The State ACT will include writing, but this is for state purposes not the colleges. Many ask the question of whether or not writing is necessary. Colleges do not typically require a writing score. It is beneficial if planning to pursue a degree that includes writing such as journalism, but not typically needed or taken otherwise.
- If your family qualifies for free and reduced lunches or at an income that would qualify, please see me. We have available fee waivers that cover the test costs.
- Also in your junior year, you will want to begin doing more research on colleges, including visiting them. If interested, there will be area College Fairs occurring in both Lincoln and Omaha. I am not aware of those dates at this time, but I will communicate

with you all via email and posters when the dates are released. The College fairs include area colleges and gives you the opportunity to speak to many colleges at one location. You may ask questions in regards to admission requirements, scholarships, and degree possibilities. These events will likely be virtual this year, so pay attention for an email with information.

- College reps will be in person and available through zoom this year. As juniors, we encourage you to meet with any rep from the colleges you have even a slight interest in. Hopefully, we can start to narrow down your future plans.

#### 12<sup>th</sup> Grade:

1. Welcome to the top of the pyramid. Please, remember how many students are looking up to you to set a good example. Begin to narrow down your career choice and college choice. If you are not sure on a destination, make sure to visit the colleges as soon as you can. The visits will likely be virtual this year, but in-person ones are happening in certain locations. I can also help you narrow down your options and register for visits if you would like.
2. Another topic to be familiar with is the FAFSA. This determines what aid you may receive while in college. Beginning on December 1, you will be able to fill out the FAFSA. New this year, ALL students must complete the FAFSA even if you do not plan to accept aid for college. In order to do so, you and ONE parent will need to have FSA Ids. There is current legislation that will likely require BOTH parents to fill out the FAFSA. You can create these on [www.fsaaid.ed.gov](http://www.fsaaid.ed.gov). Do not stress too much about this. We will have a FAFSA night to help with many of the concerns you may be experiencing. I am also available to help whenever possible. Central Community College and Northeast Community College along with Education Quest also provide individualized and expert assistance on the FAFSA. You will need to call to make an appointment.
3. It is always the right time to look for scholarships. I always recommend Scholarship Quest in partnership with Education Quest. There are other great resources out there. If ever it asks for a social security number and it is not directly from the college, DO NOT give it out. The Scholarship is likely not valid. If ever you find one and are not sure, do not hesitate to send me the link and I will research the validity of the scholarship.
4. Always watch your email for information and scholarship opportunities from me!

As always, please do not hesitate to contact me with any questions or concerns. I will do my best to answer them as soon as possible.

It is a great day to be a Bulldog!

Miss Oelsigle  
pK-12 School Counselor  
[camio@humphrey.esu7.org](mailto:camio@humphrey.esu7.org)

## **Humphrey Agricultural Education Program Student Teacher**

Hello, my name is Abigail Lutjulusche, and I am currently a senior at the University of Nebraska-Lincoln majoring in Agricultural Education with a minor in Animal Science. This semester, I will be student teaching under Mrs. Robyn Graham at Humphrey High School.

I grew up on a farm northeast of Columbus where my family runs a diversified farm including cattle, sheep, pigs, and crops. I developed a strong passion for agriculture throughout my youth which expanded to include education as I entered high school. During high school, I was an active member of the Lakeview FFA chapter competing in various contests, attending countless events, and even serving as my chapter's president for both my junior and senior years. Some of my favorite contests include parliamentary procedure, public speaking, agricultural sales, and livestock judging. The impact my ag teachers had on me has inspired me to impact the next generation through agricultural education.

During my time at UNL, I have made the most of every opportunity. I was extremely fortunate to work in the Agricultural Leadership, Education, and Communication Department as a student worker and coordinator for Nebraska FFA's State Career Development Events. Additionally, I was an active member and officer in the ALEC Teacher Preparation Club and the College of Agricultural Sciences and Natural Resources Student Advisory Board. Throughout my summers, I have continued my education through internship experiences including writing curriculum as an agricultural science education intern, interning for the Farm Service Agency, and working on assessment development projects for 412 Development.

I have strived to participate in experiences that will help me provide the best learning environment for my students as possible. I am grateful to be able to learn from Mrs. Graham this semester and teach in a supportive school that pushes its students to succeed. I know this will be a great experience to grow academically and personally. Upon my graduation in December, I will begin my career as an agricultural educator and FFA advisor at Crofton Community School.





# HUMPHREY PUBLIC SCHOOLS | 2024-2025 CALENDAR

## JULY 2024

S	M	T	W	Th	F	S
	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	31			

No School
1:00pm Dismissal
Teacher Work Day
P/T Conf. (No School)
PK First/Last Day
No School (PK-6)

## JANUARY 2025

S	M	T	W	Th	F	S
			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	31	

- 01-02 No School  
03 Staff PD Day @ ESU 7 (No School)  
06 Teacher In-Service (No School)  
07 Students Return to School

**January** Teacher Days: 21  
Student Days: 19

## AUGUST 2024

S	M	T	W	Th	F	S
				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	31

- 12 Start of Fall Practice  
12-14 In-service for all teachers  
12 Open House  
15 PK-12 First Day (1:00pm Dis.)  
16 PK4 First Day

**August** Teacher Days: 15  
Student Days: 12

## FEBRUARY 2025

S	M	T	W	Th	F	S
						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	

- 10 P/T Conferences (No School)  
14 No School (P/T Comp Day)  
26 Early Out - 1:00pm (In-Service)

**February** Teacher Days: 19  
Student Days: 18

## SEPTEMBER 2024

S	M	T	W	Th	F	S
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					

- 02 No School: Labor Day  
18 Early Out - 1:00pm (In-Service)  
25 NO School (PK-6)

**September** Teacher Days: 20  
Student Days: 20

## MARCH 2025

S	M	T	W	Th	F	S
						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	31					

- 03 Start of Spring Practice  
5-8 State GBB  
06 End of 3rd Quarter 46 T/43S  
07 No School (State GBB)  
12-15 State BBB  
14 No School (State BBB)

**March** Teacher Days: 19  
Student Days: 19

## OCTOBER 2024

S	M	T	W	Th	F	S
		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	31		

- 07 P/T Conferences (No School)  
11 NO School (P/T Comp Day)  
18 End of 1st Q. 45 T/40 S days  
25 State Cross-Country  
23 Early Out - 1:00pm (In-Service)

**October** Teacher Days: 22  
Student Days: 21

## APRIL 2025

S	M	T	W	Th	F	S
		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			

- 02 Early Out - 1:00pm (In-Service)  
18-21 Easter Break (No School)

**April** Teacher Days: 20  
Student Days: 20

## NOVEMBER 2024

S	M	T	W	Th	F	S
					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

- 01 No School (Fall Break)  
6-9 State Volleyball  
18 Start of Winter Practice  
27-29 Thanksgiving Vacation

**November** Teacher Days: 17  
Student Days: 17

## MAY 2025

S	M	T	W	Th	F	S
				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	31

- 03 Graduation  
08 Last Day PK-3  
09 Last Day PK-4  
22 Last Day K-12  
22 End of 4th Quarter 49 T/47 S  
23 Teacher Inservice  
21-24 State Track

**May** Teacher Days: 17  
Student Days: 16  
2nd Semester Teacher Days: 96  
Student Days: 92

## DECEMBER 2024

S	M	T	W	Th	F	S
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	31				

- 20 End of 2nd Q. 45 T/45 S  
23-27 5-Day Moratorium  
23-31 No School

**December** Teacher Days: 15  
Student Days: 15

1st Semester Teacher Days: 89  
Student Days: 85

## JUNE 2025

S	M	T	W	Th	F	S
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					

Total 24-25:  
Teacher Days 185  
7-12 Student Days - 177  
PK-6 Student Days - 176

**Note:** If school days/instructional hours need to be made up, days will be added to the end of the school year.

# SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> <b>NO SCHOOL</b> *Booster Club/Post Prom Meeting	<b>3</b> *SB @ Tekamah *VB vs Lyons Decatur @ HHS (C/JV/V)	<b>4</b> *ASVAB for Juniors *FFA Greenhand Day	<b>5</b> *Cheer Practice *SB Triangular @ Genoa *XC @ Beemer *VB Triangular@ Homer	<b>6</b> *HS FB @ Veridgre *JH XC @ Madison	<b>7</b> *SB @ Fairbury Tournament
<b>8</b>	<b>9</b> *FCCLA Food Fight *SB vs York @ Genoa (JV/V) *JV FB @ Madison *School Board Meeting	<b>10</b> <b>PICTURE DAY</b> *FCCLA Food Fight *SB vs Polk County @ Genoa (JV/V) *VB @ GACC (C/JV/V)	<b>11</b> *FCCLA Food Fight *Banking In School *FFA Meeting	<b>12</b> *FCCLA Food Fight *Dance Practice *VB vs North Bend @ HHS (C,JV,V)	<b>13</b> *FCCLA Food Fight *JH/HS XC @ Norfolk *HS FB vs Elkhorn Valley @ HHS	<b>14</b> *FCCLA Food Fight *SB Tournament @ Columbus Lakeview *JH VB @ Clarkson Tournament *VB (V) @ Friend Tournament
<b>15</b>	<b>16</b> *SB vs Yutan/Mead @ Genoa *JH VB @ Clarkson-Leigh *JH FB vs NG/St. Ed @ HHS *JV FB vs NG/St. Ed @ HHS	<b>17</b> *JH VB @ GACC *SB @ Hastings (JV/V) *VB vs Oakland-Craig @ HHS (C/JV/V)	<b>18</b> <b>1:00 pm Student Dismissal</b>	<b>19</b> *Cheer Practice *SB vs GICC @ Genoa (JV/V) *JH/HS XC @ Pender *HS VB vs Clarkson-Leigh @ HHS (C,JV,V)	<b>20</b> *FCCLA Meeting *HS FB @ Madison	<b>21</b> *JH VB @ Lakeview Tournament *VB (V) @ Cross County Tournament *C Team VB @ North Bend Tournament
<b>22</b>	<b>23</b> *SB (JV) Triangular @ Genoa *JH VB vs Riverside @ HHS *JH FB @ Spalding *JV FB @ Spalding *JV/C VB vs LCC @ HHS	<b>24</b> *SB vs Pierce @ Genoa (JV/V) *VB (V) Triangular @ Logan View	<b>25</b> <b>NO SCHOOL FOR GRADES PK-6</b> *HWY 91 Career Day (Grades 10-12)	<b>26</b> *Dance Practice *SB @ St. Paul (JV/V) *VB (V) Triangular @ HHS	<b>27</b> *FFA Feed a Farmer *JH/HS XC @ Albion *FB vs NG/St. Ed @ HHS *Homecoming	<b>28</b> *Marching Band @ Columbus Parade *G. Golf @ Stanton *Homecoming Coronation/Dance
<b>29</b>	<b>30</b> *HS XC @ Kearney *JH VB @ Stanton *JH FB @ Clarks *JV FB @ Clarks *One Act Practice	 <p>Check out the website &amp; watch for the most up to date information at <a href="http://www.humphreybulldogs.org">www.humphreybulldogs.org</a> ! Activities are subject to change due to unforeseen scheduling conflicts, etc. Please watch the daily bulletin for the most up to date information.</p>				






# Humphrey Public School

## September 2024 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>NO SCHOOL</b> 	<b>3</b> Hot Sandwich/Cold Cereal ~~~~~ McRibb on a Bun Vegetable Fruit/Salad Bar	<b>4</b> Hot Sandwich/Cold Cereal ~~~~~ Chicken Alfredo Vegetable Fruit/Salad Bar Bread Stick	<b>5</b> Hot Sandwich/Cold Cereal ~~~~~ Pretzel Bites w/Cheese or Mac N Cheese Vegetable Fruit/Salad Bar	<b>6</b> Hot Sandwich/Cold Cereal ~~~~~ Shredded Pork on a Bun Vegetable Fruit/Salad Bar
<b>9</b> Hot Sandwich/Cold Cereal ~~~~~ Chicken & Waffels Vegetable Fruit/Salad Bar Dinner Bun	<b>10</b> Hot Sandwich/Cold Cereal ~~~~~ Corn Dog or Pull Apart Vegetable Fruit/Salad Bar	<b>11</b> Hot Sandwich/Cold Cereal ~~~~~ Flying Saucer Vegetable Fruit/Salad Bar Bun	<b>12</b> Hot Sandwich/Cold Cereal ~~~~~ Beef N Bean Burrito or Hot Dog on a Bun Vegetable Fruit/Salad Bar	<b>13</b> Hot Sandwich/Cold Cereal ~~~~~ Stuffed Crust Pizza Vegetable Fruit/Salad Bar
<b>16</b> Hot Sandwich/Cold Cereal ~~~~~ Popcorn Chicken Bowl Vegetable Fruit/Salad Bar Bun	<b>17</b> Hot Sandwich/Cold Cereal ~~~~~ Pork Patty on a Bun Vegetable Fruit/Salad Bar	<b>18</b> Hot Sandwich/Cold Cereal ~~~~~ Tater Tot Casserole Vegetable Fruit/Salad Bar Bun	<b>19</b> Hot Sandwich/Cold Cereal ~~~~~ Taco in a Bag Vegetable Fruit/Salad Bar	<b>20</b> Hot Sandwich/Cold Cereal ~~~~~ Hamburger on a Bun Vegetable Fruit/Salad Bar
<b>23</b> Hot Sandwich/Cold Cereal ~~~~~ Soft Shell Tacos Vegetable Fruit/Salad Bar	<b>24</b> Hot Sandwich/Cold Cereal ~~~~~ Chicken Sandwich Vegetable Fruit/Salad Bar Bun	<b>25</b> Hot Sandwich/Cold Cereal ~~~~~ Sloppy Jo Chips Vegetable Fruit/Salad Bar	<b>26+</b> Hot Sandwich/Cold Cereal ~~~~~ Mini Corn Dogs Vegetable Fruit/Salad Bar Bun	<b>27</b> Hot Sandwich/Cold Cereal ~~~~~ Fiestada Vegetable Fruit/Salad Bar
<b>30</b> Hot Sandwich/Cold Cereal ~~~~~ Chicken Drumstick Vegetable Fruit/Salad Bar Bun	<p>Menus subject to change.</p> <p>Choice of hot breakfast sandwich, Long John, cold cereal, milk, water and juice offered daily for breakfast.</p> <p>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 &amp; employer.</p>			

# Is it a cold, the flu, or allergies?

Use this table to check your child's symptoms. If you can identify the problem, it can be easier to help your child get relief.

	COLD	FLU	ALLERGIES
Fever	MAYBE	YES	NO
Sore throat	YES	MAYBE	MAYBE
Cough	YES	YES	NO
Itchy throat or nose	NO	NO	YES
Sneezing	YES	MAYBE	YES
Stuffy or runny nose	YES	MAYBE	YES
Itchy, watery eyes	NO	NO	YES
Chest congestion	YES	YES	NO
Muscle aches	MAYBE	YES	NO
When symptoms start	Gradually	Suddenly	On contact with allergy trigger (pollen, animal dander)
How long	Up to 2 weeks	3 to 7 days (typically)	Weeks or months
Contagious	YES	YES	NO

## What can you do to provide symptom relief?

Ask your child's healthcare professional about over-the-counter medicines, like Children's **TYLENOL**®, Children's **MOTRIN**®, or Children's **ZYRTEC**®.

See next page for tips on relieving symptoms ►