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The official newsletter of Arnold Public School

List

Volume: 11

Issue: 2

September 2015

Welcome To Arnold, Mert!

By Jasmine Nelson, Junior

Arnold Public Schools has been the temporary home for many different exchange students. This year, we have added one more to the future alumni. From Bursa, Turkey, Mert Aker is sixteen years old and is attending school as a senior this year.

Upon arrival in the United States, nothing was truly surprising about it when he got here since he researched our small town. Mert came because he wanted to learn the culture. He loves to meet new people, and came to learn American language. (He recognizes and understands the British form of English more than the American version)

While he knew quite a lot about America before he got here, he recalls the schooling is a lot different than in Turkey. "The courses here are a lot easier than they are in Turkey," says Mert. Another thing he finds odd is that while we have our math & sciences courses separated by years (for example, our high school freshmen take biology and Algebra I), the math and science courses in Turkey are all put together. They are taught at the same time. With this fact, he says that his favorite subject is American History.

If you have never talked to Mert, you would not realize how



fascinating he is to listen to. Able to speak Turkish, English, and a little bit of French, Mert is quite an interesting person. Since it is his first time in the United State, he is experiencing new things all the time.

From the fascinating life of a small town to meeting new people all around His life is not boring. Although he has been here since school started, he has to adjust to lifestyles that are quite different than his life back home.

Back in his school of 2000

students, there are a mass of activities and sports, including soccer, swimming, and football. Mert, a swimmer, was not used to the fact that there is no swim team here. In fact, his school was over three times the size of the entire town of Arnold. His class only has a handful of students now. That's a major adjustment!

To pass his spare time in Arnold, Mert says that he enjoys mowing grass in Mrs. Crow's yard, where he is currently staying.

When asked if he disliked anything about the United States, he said that he doesn't. He notices that we are slightly less formal with our interactions and words than people in Turkey are. To top it off, he said that his favorite American food was beef; good thing he came to Nebraska!

Even though Mert has only been here for a short time, he has already made quite a few friends. If you haven't talked to him yet, I suggest that you simply say, "hi," the next time you see him in the halls. Let's make his time in Arnold a warm and welcoming experience.

Lunch System Moving Online



Wordware Inc.
Family Account Access Page

By: Jasmine Nelson, Junior

Each passing year at Arnold Public Schools, it seems that something the school offers gets an upgrade of some kind. This year, one of the biggest changes is that the lunch billing system will now be a part of a system, "WordWare".

This system will allow parents to be able to go online and see their balances. This saves them the effort of calling the school to ask for their balance, and it saves the school in mailing fees. There is also the newer option to go paperless.

"The reason we didn't go with the PowerSchool lunch program is that every student would have to have a separate account. There was no option for families with multiple students, so this system makes it easier for parents," says Penny Allen.

During the first week of school, parents received a note from their oldest or only child that gave them their login information. Once provided, parents are encouraged to check their balances at least once a month to stay ahead of the bills. After a few minor glitches, the system should be up and running smoothly in a few months.

Notation	Definition
\in	Element of...
\notin	Not an element of...
\subset	Subset of...
$\not\subset$	Not a subset of...
\subseteq	A subset and equal to...
\cup	Union (all together) 'OR'
\cap	Intersection (Overlap) 'AND'
A'	Not A
\emptyset	Empty set

Arnold's Junior Honor Society 2015-2016 Goals

Arnold's Junior Honor Society met last May to elect officers and determine goals for the following year.

President- Leighton Bubak; Vice President- Jace Connell;
Secretaries- Landyn Cole and Cole Gracey

Members decided to focus on increasing school morale for their annual goal. They plan to:

- Adapt the sports locker decorations that the cheerleaders create by adding recognition for honor roll, quiz bowl, music, writing competitions, art shows, etc.
- Motivate student performance on state tests by providing inspirational notes or treats.
- Building a float for the Fall Festival Parade to show community pride.
- Encouraging elementary morale by assisting with the Halloween Carnival, Easter Egg Hunt, elementary soccer league, and tutoring based on teacher requests.
- Emphasizing community service with the food drive.

Our membership is the largest in Arnold's Junior Honor Society history and we're planning on having a very active and supportive year.

Daily Announcements

The daily announcements can be found on the school web page announcement's tab every morning. Mr. Morgan updates those announcements with corrections, additions to the calendar, and reminders of upcoming events. Please check the school web page often for new information.

A LOOK INTO OCTOBER...

By Jasmine Nelson, Junior

To celebrate the month of the pumpkin, let's look at dates through time!

Columbus landed in America, October 12, 1492.



On October 31, 1864, Nevada became the 36th state of the United States.

The United Kingdom celebrates the 21st as Apple Day!



"Peanuts" comic strip debuted October 2, 1950.



As well as it being the month of Halloween, October has many other holidays that include:

-National Hispanic Heritage Month

-National Pizza Month

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\cup	Union (all together) "OR"
\cap	Intersection (Overlap) "AND"
A	Not A
\emptyset	Empty set

-Country Music Month

-Breast Cancer Awareness Month

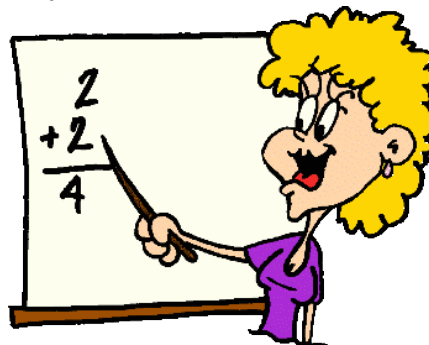


-Lupus Awareness Month

-National Dessert Month



-And, October 5th is Teacher Day!



Here are some facts about the month.

The zodiac signs for October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).

The birth flower for October is the calendula.

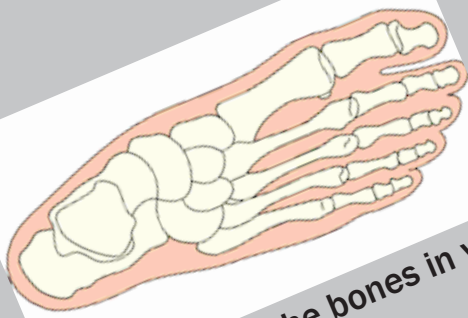


October is Latin for "The Eighth Month".

More US presidents have been born in October than in any other month (example is Dwight D. Eisenhower).



So while you are enjoying your pumpkin spiced latte, reading a novel in your favorite fall clothes, while in a pile of leaves, remember there's a lot more to the month than you know!



One-fourth of the bones in your body are in your feet.

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

In Case You Didn't Know... ALMOST

There are more fake flamingos in the world than real ones

The elephant is the only mammal that can't jump!

is the longest word in the English language where all the letters are in alphabetical order from beginning to end.

October 1, 1806
Free rural mail delivery in US

A "jiffy" is the scientific name for $1/100$ th of a second.

It takes more calories to eat a piece of celery than the celery has in it.

Nowhere in the Humpty Dumpty Nursery Rhyme does it say that Humpty Dumpty is an egg.

A Summer Away From Home

By: Tristan Johnson, Senior

Some people spend their summer waiting tables, some lifeguarding, and others spend it working for a farmer.

Brandon Moninger, on the other hand, spent this Summer in basic training at Fort Jackson South Carolina. Taking off on his birthday May 27th, he didn't have much of a summer before he left.

He said that he had a few main worries about basic training. He was worried about being so far away from home and dealing with the infamous drill sergeants.

"It's something you never

want to do again," Brandon said while talking about his summer at basic training.

With average temperatures in the 80's and 90's and high humidity, Fort Jackson definitely wasn't a vacation destination for Brandon.

"I feel like basic training made me learn how to be confident in myself and works as a team with people," he said.

The day before graduation day, there is a family day. Parents can come and go around Post (the "base") with their son or daughter.

Brandon's family made



Joining the military has been a family tradition for a couple of generations

the trip to South Carolina for family day and graduation. For the family day they went to the "Main PX", a shopping place.

On graduation day Brandon and his fellow "battle buddies" changed into their dress blues, got onto the field, and got into formation.

At the graduation ceremony the announcer announced the platoon leader and the company.

Brandon is leaving for AIT (Individual Job Training) in June for five months in Georgia. He then plans on going to Grand Island. If things go as he plans, he will attend college full time and go to drill periodically. He is considering going into IT, but he is still considering different majors.



(L-R) Debbly, William, Chris, and Brandon Moninger enjoy time together as a family in Fort Jackson, South Carolina.



The 2015-2016 school year is off to a great start with an enrollment of 143 students K-12. As we have started the school year I have really enjoyed getting to know students, staff, parents, and the community.

K-5 had the opportunity to attend the Nebraska State Fair on September 3rd in Grand Island. Even with temperatures in the 90's, they had a great time attending multiple programs throughout the day. I was proud of how our students conducted themselves during the day. They represented Arnold very well!!

From the Principal's Desk

Homecoming took place during the week of August 31st. Students participated in dress up days such as Sharpie Day, Character Day, Color War, Pajama Day, and Spirit Day. Students 7-12 created class posters to decorate the hallways, and they also attended Homecoming festivities in Callaway on September 1st that included pizza, a pep rally, and a dodge ball tournament. Friday night after the game, Haley Reed was crowned Homecoming Queen and Brandon Moninger was our Homecoming King. A dance followed at the community center with 105 students attending from Arnold and Callaway. I would like to thank The Arnold Booster Club for paying for the DJ, Craig Furne, who did an excellent job. I would also like to thank the parents that chaperoned the

dance and helped provide food for kids.

The Fall season is almost upon us. As the weather changes and things start to cool off, I want to remind you that the last day to wear shorts is September 30th. Students in grades K-5 will continue to go outside for recess as the weather turns cold. Please make sure your child has gloves, stocking caps, and coats to be prepared for colder conditions.

You will be receiving a copy of your student's NeSA score reports along with MAPS scores in the mail. The Nebraska Department of Education will also be releasing the Adequate Yearly Progress (AYP) in October on the State of the Schools Reports, which can be found on the NDE website.

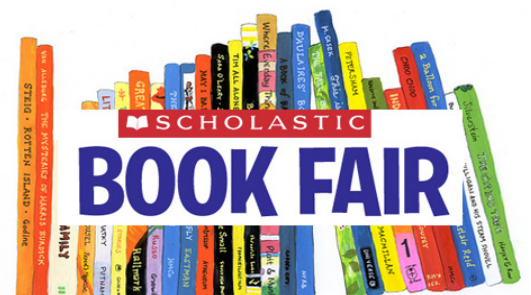
**School
will be
dismissed
at noon
on Friday,
October 16th.**

Hey, did u hear about the Book Fair?!?

Ya Im so excited!! :-)
When is it?

Sept 28th thru Oct 8!! I can't wait 2
get my fave books!

Me either! Good thing it's in
the school hallway so I can
get them at school!



Fall Festival 2015



Jade, Eli, and Xander Hunt, and Elizabeth Fetty cool down in the Fall Festival's parade.



Alex Streit prepares to ride his bike in the parade. The bike was bought with a grant. He wore his "Autism Awareness" T-shirt.



Josie Christensen smiles and holds her award. She won first place with her turtle at the turtle races.

The students at Arnold Public Schools would like to thank the community for putting on the Fall Festival 2015, as many students/groups helped in many different ways with the festivities of the day. Many high school students drove the cars, the band played music, and some kids even went through twice. Floats included Alex Streit, a seventh grader, with his bike that was funded for and the 4-H program rode their horses through the parade. As well as floats, the National Junior Honor Society helped with the kiddie games, and the National Honor Society ran the turtle races, as well as helped the AEDC spread water during the parade. In addition, the Bierman family helped organize the Fun Run. It was a good time had by all, and the students once again, thank the community for organizing the event.

Renaissance Home Connect Watch Your Child's Progress in AR and see their testing scores for STAR, Sign Up Now

Dear Parents,

Your student uses Accelerated Reader, also known as Renaissance Place, at school. This program has a new feature called Renaissance Home connect, which the student and the parent can access outside of class with an Internet connection. Renaissance Home Connect is fun and easy to use. It allows the teacher, the parent and the student to share information about your student's

progress in Accelerated Reader.

Be watching a letter to come home on the first day of school with instructions of how to login and how to use the program. You can also set up automatic emails when your student takes tests over books or takes the STAR test.

Please contact me if you have any questions,

Nicole Badgley

Breakfast and Lunch Prices

- **Breakfast:** K-12 \$1.30, Adults \$1.55
- **Grab-N-Go Break Prices:** \$0.35-\$0.55
- **Ala Carte Choices by Students:** \$0.50 - \$2.00
- **Lunch:** K-6 \$2.30, 7-12 \$2.55, Adults \$3.55

PowerSchool Passwords



As in past years, the school will be using PowerSchool to share student grades with their parents. If you already have the ability to login and check your child's grades, then nothing has changed. Simply login to <https://arnold.powerschool.com/public/>. If you don't have a log in, forgot your password, or would like some help, please contact Nicole Badgley, nbadgley@esu10.org or Penny Allen pallen@esu10.org, or call either of them at the school 308-848-2226.

• **PowerSchool App Available**

In the App Store if you search for the Powerschool app, you will find a quick and easy way to access your student's grades with your mobile phone.

Simply download the free app. It will ask you for your District Code (a 4 digit code) immediately. The code for Arnold Public School is: **SNPX**

Then you can use your regular username and password from last year.

Upcoming ACT Test Dates:

- **Test Date: October 24, 2015**
- Registration Deadline: September 18, 2015
- **Test Date: December 12, 2015**
- Registration Deadline: November 6, 2015
- **Test Date: February 6, 2016**
- Registration Deadline: January 8, 2016
- **Test Date: April 9, 2016**
- Registration Deadline: March 4, 2016
- **Test Date: June 11, 2016**
- Registration Deadline: May 6, 2016

CRIMES AND MISHAPS



By: Tristan Johnson, Senior

When the fifth grade class walked into class on the first day of school, they were expecting a normal day. When they walked in, they realized that it was a crime scene. Someone had broken all of the pencils!

Inferring is something that textbooks tell you to do, but many students don't actually know how to do it.

To give students a better understanding of what exactly "inferring" is, Mr. Neth set up a crime scene. Through investigating the way each pencil was broken and looking at the clues, the students tried to infer who committed the crime, based on their observations.

After looking at the pencils, the students realized that they were all broken differently. Some were snapped, others cut smooth-

ly; others were cut in a curved shape.

The suspects on the list were Mr. Mohr, Mrs. Mohr, Mrs. Badgley, and others. By looking at the observations made, the students inferred that it was Mr. Mohr who cut the pencils.

Mr. Mohr is the one with the tools, resources, and experience to be able to cut the pencils in the way they were. Another day, they came into the classroom and one of Mr. Neth's gnomes was smashed with a note left saying, "If you drink the last cup of coffee, start a new pot. Or the other gnome gets it."

Because there were no clues for who did the crime, the students seemed out of luck. They couldn't think of a way to investigate the incident any further.

Mr. Neth suggested that

they try to find the culprit through chromatography. (Chromatography is the separation of mixtures.) They tested the marker's ink on the coffee filter by putting water on it and letting the words drip.

When the black marker dripped, the colors that make it black separated. They got a marker from each of their suspects and tested it.

By testing the markers, they were able to infer that Mrs. Mohr was guilty of breaking the gnome, thus ending the string of crimes put on by the Mohr couple.

Though the crime scenes may not have been real, the skills learned from it were. The fifth grade students were able to learn how to observe a situation and make a difference about it by looking at the facts.

New Year, New Officers

By Jasmine Nelson, Junior



Seniors: (from left to right) President: Morgan Eggleston, Vice President: Olivia Furne, Secretary: Sadie Christensen.

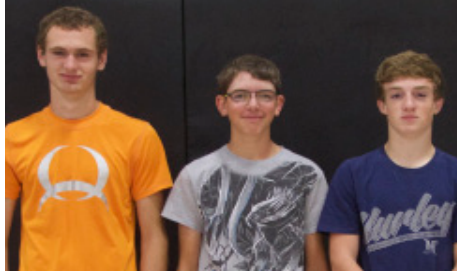


Juniors: (from left to right) President: Ashton Weinman, Vice President: Jennifer Barraza, Secretary: Jasmine Nelson.

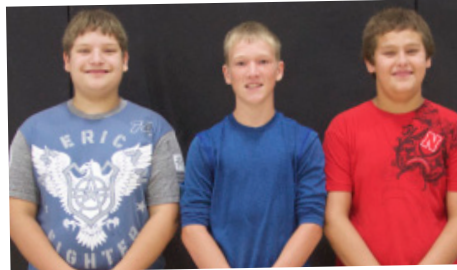


Sophomores: (from left to right) President: Avery Atkins, Vice President: Madison Reed, Secretary: Blake Schwarz.

Seventh Grade: (from left to right) President: Sam Cool, Vice President: Jadeyn Bubak, Secretary: Bailey Schwarz.



Freshmen: (from left to right) President: Blake Brown, Vice President: Matthew Corbin, Secretary: Cole Gracey.



Eighth Grade: (from left to right) President: Anthony Olson, Vice President: Jace Connell, Secretary: Dylan Nelson.



Sixth Grade: (from left to right) President: Zane Kreikemeier, Vice President: Colbi Smith, Secretary: Reagan Cool.

National Honor Society

The National Honor Society elected officers in May. The President is Olivia Furne, Vice President Morgan Eggleston, Secretary Ashton Weinman, and Publicity Tristan Johnson.

The National Honor Society will participate in Youth Leadership in Custer County (YLCC). During that leadership training, they will adopt an annual service focus.

They plan on continuing some of their favorite service opportunities like the popular turtle races (to be held during the Fall Festival), the food drive, Easter Egg Hunt, and a shoe drive.

Watch for updates from their YLCC service focus!

Pop Tabs Collection

Mrs. Geiser and the second grade class will again be collecting aluminum pop tabs for classroom math assignments and projects. You can support our school by saving pop tabs and sending them with your student to the school. Thank you for your support.

Activity Passes

Activity Passes, which get you into all home games at Arnold and Callaway, all year, will cost \$30.00 for students, \$50.00 for parents, and \$90.00 for a family. These passes will be good for all events except NSAA sponsored activities, and conference events. Everyone can get them at the office.

From the Superintendent's Desk

It has been a whirlwind since July 1, learning a new role and becoming familiar with another school, as well. Here are some things you may like to be aware of during this transition:

My schedule is posted on my page on our website, so you know where I am nearly every day.

I am spending half days in each community. It is a priority for me to ensure I have a presence in both buildings daily.

I will do my best to answer phone calls and questions, but if your questions pertain to teachers or students, ask for Mr. Morgan when you call.

My door is always open. Stop in and visit anytime!

We are working hard to ensure that student learning is our top

priority as a school administrative team (Principal, Superintendent, and Board). Sometimes the less important matters take front and center, but our focus is always on your children!



Student Absences and Notes

In an effort to be sure every student is taken care of, please be sure that you talk voice-to-voice to someone when you really need the school to know important information about your student, or if you need important information passed on to your student. E-mail has been slow lately and if someone is gone for a meeting, then may not get to their voice mail messages until the next day. We appreciate your help.

- The Office

Coke Cap Collection

You can help our the school by collecting your Coke product bottle caps. Those you get from convenience stores, the grocery stores, vending machines, at ball games, and other places may all have the promotional codes on them. Coca-cola is refreshing its commitment to supporting education by enabling schools to collect donated points and then redeem them for a variety of school rewards including playground equipment, supplies, classroom materials, cameras, sound equipment, and more. You can send your Coke caps (and other Coke products) to the school office and they will redeem them. For more information, you can go to the <http://www.mycokerewards.com/schools>. Thank you for your support.

Box Tops

Arnold Schools will again be collecting box tops for education with a goal of earning \$500 to purchase items for classrooms. In the past, a Smartboard was purchased and some other equipment. The Box Tops campaign is a school fundraising program started by General Mills in 1996. To date, Box Tops has raised over \$200 million to help purchase school supplies, playground equipment, technology items, and so much more. You can support our school by saving box tops and sending them with your student to the school, take them to Finch Memorial Library, or to Reed's Food Center. Thank you for your support.

Capri Sun Bags

Mrs. Crow is collecting Capri Sun bags again this year to help fund classroom projects. Please save those bags and send them to school with your student.

October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 UNL Rep 1:00	2 Michael Davenport Scholarship Due	3
4	5	6	7 MPCC 1:00	8	9 Albert Fuller Scholarship Due	10
11	12 Columbus Day	13 Colby Rep 1:00	14 UNK Career Day Milford Rep 1:00	15 Wesleyan Rep 1:00	16 Noon Dismissal	17
18	19	20 Central Plains Speaker 1:00	21	22 NCTA Rep 1:00	23 -Class History Due -Alvin Story Scholarship Due	24
25 Horatio Alger Scholarship Due	26 MNAC Vocal Clinic	27	28	29	30 No School-Fall Break	31 Halloween

The A List

Arnold Public Schools

405 N. Haskell

P.O. Box 399

Arnold, NE 69120

308-848-2226

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Helping Students Learn®

HIGH SCHOOL

Tips Families Can Use to Help Students Do Better in School



September 2015

Title I Cooperative

Educational Service Unit 10

Five easy tasks help you start your teen's school year off right

Your teen's performance in high school can have a big effect on her future. Whether it's her first year or her last, here are five simple things you can do now to help your teen have a successful school year:



1. **Write down the names** and email addresses of her teachers. Also write down contact information for the principal, the attendance office and your teen's guidance counselor. Put them where you'll be able to find them easily.
2. **Meet your teen's teachers.** Do this at back-to-school night or schedule an appointment. Opening the lines of communication early in the year will make it easier for you to work together if a problem arises.
3. **Check with the guidance counselor** to make sure your teen is on track to attend college. Even if your teen isn't sure she wants to go to college, make sure the courses she selects leave that option open.
4. **Make it clear that there will be homework time** at your house every day. Your teen can make decisions about *when* to do homework, but not *whether* to do it. If she has no assignments due, she can use the time to review, read or work ahead.
5. **Plan to attend school events** that involve your teen. You'll have fun, you'll show your teen that you care about her and the school, and you'll get to meet other parents. These contacts can be useful when your teen tells you she's the only one who has a curfew!



Improving literacy skills can be fun

In high school, your teen will be expected to read more difficult and sophisticated material, perhaps every night. A great way for him to get ready for this "serious" reading is to read for pleasure, too. To encourage leisure reading:

- **Talk with your teen** about some of his favorite things—such as music, sports or media. Then head to the library. Encourage him to check out some books and magazines about these interests.
- **Ask your teen to read** about movies he wants to see. If a film is based on a book, he should read the book. If not, challenge him to read the reviews, then use them to convince you to let him see it.
- **Get the family involved.** Choose a time when members of your family are usually home. Make a snack. Then have a family reading hour.
- **Give your teen an incentive** to read—perhaps some social media time for time spent reading.

Source: P. Benson and others, *What Teens Need to Succeed*, Free Spirit Publishing.

Your teen needs those zzz's

The National Sleep Foundation says that teens need 8-10 hours of sleep each night to function best. To help your teen get the sleep she needs to learn and concentrate:

- **Stick to a schedule**, even on weekends.
- **Cut the caffeine.** Offer water to drink.
- **Enforce a technology curfew** an hour before bedtime.

Source: "Teens and Sleep," National Sleep Foundation, nisswc.com/zzzs.

Good students take good notes



Effective note-taking makes it easier for students to learn material. Share these tips with your teen:

- **Listen for emphasis.** Anything the teacher repeats or writes on the board should go in your teen's notes.
- **Keep it brief.** To write faster, your teen should use abbreviations and symbols (perhaps the same ones he uses to text).
- **Review notes daily.** Your teen will be better able to fill in anything he missed, and more likely to remember the information at test time.

Establish the ground rules

All schools have rules that help create a positive learning environment. As your teen begins a new academic year, help make it a smooth one by discussing why she should:

- **Obey school rules.** Read the rules, and be sure your teen reads them, too. Tell her you support the school's discipline policies.
- **Obey family rules.** Teens who are expected to cooperate at home are more likely to behave well in school. Discuss your rules, and let your teen know the consequences for breaking them.



Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



September 2015

Title I Cooperative

Educational Service Unit 10

Set the stage and play your part in your child's school success

Your child may be in middle school, but he still needs you to take an active role in his education. Your support at home can be a big factor in whether he will succeed in school. To start the new school year off strong:

- **Make your home a learning place.** Keep materials on hand to stimulate your child's mind. Offer books and simple art supplies and other outlets for his curiosity and creativity.
- **Encourage reading.** Reading for fun will help your child build the comprehension and vocabulary skills he needs to tackle more difficult material. Whatever his reading tastes, encourage your child to read often!
- **Emphasize the importance of paying attention** in class. Suggest that your child take notes. You can also challenge him to ask at least one good question in class each day. This will help him stay focused on what he is learning.
- **Establish homework routines.** With your child, decide on a set time every day for doing homework. Create a distraction-free place for him to work. On days he doesn't have any assignments, encourage your child to read or study during homework time instead.
- **Talk with your child about school.** Show him that education is a priority for your family by asking him about what he is learning every day. Then be sure to listen carefully to what he has to say.



Don't tolerate bullying

The social world of middle school can be challenging for many students. What's more, studies show that at this age, nasty behavior can boost kids' popularity.

If you think your child is being bullied, ask him about it. Assure him it's not his fault. Alert the school staff and work together to find solutions for your child.

Source: "Bullying Makes Middle Schoolers Cool," Live Science, nswc.com/schoolbully.

Without attendance, learning wilts

Just as a plant can't thrive without regular watering, your child can't do well in school unless she attends regularly. Attendance matters! Remember:



- **School attendance is the law.**
- **Missing school is missing out.** Learning builds on itself.

To strive for great attendance:

- **Let your child know** you expect her to be in school on time every day.
- **Schedule vacations** and appointments around the school calendar.



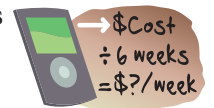
Be in the know at the start of the year

There is more to being involved at school than volunteering. It also means knowing what goes on there. Now is the time to learn:

- **Your child's schedule.**
- **Her teachers' names** and the best way to contact them.
- **Her locker** combination and class-changing routines.
- **Her bus number** and route.
- **Her teachers' homework** policies.
- **The principal's name.**
- **The school's phone number.**
- **The guidance counselor's** name and contact information.
- **The school's technology** policy.
- **The procedures for reporting** absences and tardy arrivals.
- **The school projects** and events planned for this month.
- **The procedures to follow** if your child needs medication during the school day.

Build confidence responsibly

Managing responsibilities can help your child see himself as a capable person. Take his abilities into account, then look for ways he can:



- **Contribute.** Give your child a say in decisions that affect your family life.
- **Schedule.** He can track appointments, activities and homework assignments.
- **Budget.** Does your child want to buy something? He can plan how to earn or save money.

Source: J. Pawel, *The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family*, Ambris Publishing.

Arnold Public Schools/South Loup - October 2015

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 1:00 PM UNL Representative Visit 5:00 PM Twin Loup Triangular @ Taylor	2 K-1 Field Trip to Pumpkin Patch 7:30PM B V FB Amherst High School	3
4	5 2:30 PM JH VB vs S-T @ Dunning 4:30 PM JH FB vs S-T @ Dunning 5:30 PM JV FB @ Sutherland 6:00 PM Cancelled JV FB @ Stapleton	6 5:00PM JV VB @ McPherson Co. 6:00PM VB @ McPherson Co.	7 7:30 AM Flu Shots 1:00 PM MPCC Representative Visit	8 5:00PM South Loup Triangular @ CAL	9 7:00 PM B V FB @ CO-OP Ansley-Litchfield	10 TBA Anselmo-Merna JV Tournament 9:00AM JH Lions Club Tournament @ CAL
11	12 2:00PM JH VB vs Brady @ ARN 3:30PM JH FB vs Brady @ ARN 5:00PM JV FB vs Brady @ ARN	13 8:00 PM School Board Meeting	14 Career Day at Kearney 1:00 PM Milford Representative Visit	15 TBA MNAC - 1st Round 1:00 PM Wesleyan Representative Visit	16 Noon Dismissal - End 1st Quarter 2:30PM B V FB @ Greeley -Wolbach Senior High School	17 TBA MNAC - Semi-Finals & Finals @ NP
18	19	20 Fire Prevention Visit TBA Ans-Lit Quad @ Litchfield	21	22 Parents Night for VB and Cheerleaders between JV and Varsity VB 1:00 PM NCTA Representative Visit 5:00PM JV VB vs Twin Loup @ ARN 6:00PM VB vs Twin Loup @ ARN 7:30PM B V FB CO-OP Twin Loup	23	24 TBA Twin Loup JV Tournament
25	26 MNAC Vocal Music Clinic @ A-M	27 5:00PM Anselmo-Merna JV Triangular 6:00PM Anselmo-Merna Triangular	28	29 Para Conference in Kearney FB Playoffs - 1st Round	30 No School Fall Break	31 Happy Halloween!

October 2015



Breakfast includes: Orange juice, Milk, Water, Yogurt, Fruit and Cheese Stick everyday.

Breakfast: K-12 \$1.30
Adults: \$1.55
Grab and Go: \$0.35-0.55
Lunch: K-6 \$2.30, 7-12 \$2.55, Adults \$3.55
Ala Carte Choices by Students: \$0.50-\$2.00



Lunch includes: Vegetable, Fruit, Salad Bar, Water and Milk everyday.

Menu Is Subject To Change ** "USDA is an equal opportunity provider and employer."				
Monday	Tuesday	Wednesday	Thursday	Friday
5 B: Cereal, Toast L: Ham and Cheese, on a Bun	6 B: Pancakes, Sausage L: Beef and Noodles, Mashed Potatoes, T-Roll	7 B: Egg and Cheese Omelet, Toast L: Taco, Refried Beans	1 B: Combo Bar, Toast L: Meatloaf, Scalloped Potatoes, T-Roll	2 B: Bagel, Yogurt L: Sloppy Joe, Potato Rounds
12 B: Cereal, Toast	13 B: French Toast, Sausage	14 B: Egg to Go, Fruit	15 B: Cinnamon Roll, Yogurt, Fruit	16 B: Peanut Butter and Jelly, String Cheese
L: Hamburger on a Bun, Baked Beans	L: Breaded Pork Patty, Mashed Potatoes, T-Roll	L: Super Nachos, Cinnamon Roll	L: Corn Dog, Tri-Tater	No Lunch
19 B: Cereal, Toast	20 B: Waffles, Fruit	21 B: Breakfast Burrito, Fruit	22 B: Breakfast Pizza, Fruit	23 B: Poptart, Yogurt
L: Burrito, Refried Beans	L: Salisbury Beef Patty, Mashed Potatoes, T-Roll	L: Chicken Nuggets, Macaroni and Cheese	L: Chicken Pot Pie, T-Roll	L: Sandwich, Tri-Tater
26 B: Cereal, Toast	27 B: Pancake on a Stick, Fruit	28 B: Biscuit and Gravy, Fruit	29 B: Breakfast Cookie, Yogurt	30 No School
L: Chicken Patty on a Bun, Baked Beans	L: Creamed Chicken on a Biscuit, Jello	L: Stromboli, Sp. Sauce	L: Pizza, Quesadilla, T-Roll	

Did you know? Coffee beans are not beans, they're actually fruit pit. And... yams and sweet potatoes are not the same thing!

Did you know? The pineapple is actually a berry!

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

October 2015

Attend a College Fair in your area!

Upcoming fairs are scheduled in these locations:

[Norfolk Area College Fair](#), Sunday, September 20, 1:00-3:00 p.m. – Northeast Community College

[Scottsbluff/Gering Area College Fair](#), Sunday, September 27, 2:00-4:00 p.m. (MT) – Gering Civic Center

[Tri-State Area College Fair](#), Sunday, October 4, 12:30-3:00 p.m. – Marina Center, South Sioux City

[Grand Island Area College Fair](#), Sunday, October 11, 1:00-3:00 p.m. – Pinnacle Bank Expo Center

[Lincoln Area College Fair](#), Sunday, October 18, 1:00-3:00 p.m. – Southeast Community College

[Omaha Area College Fair](#), Sunday, October 25 1:00-4:00 p.m. – University of Nebraska at Omaha

If you can't make it to a College Fair, attend an **Educational Planning Program** (EPP) at a location near you. These "mini college fairs" also feature college representatives. See "[Upcoming Events](#)" at **EducationQuest.org** for dates and locations.

Register for a barcode!

Before you attend a college fair or EPP, visit NebraskaCollegeFairs.org to register for a barcode. Take the barcode to the event and college reps will scan it to retrieve your demographic information.

Attend a Financial Aid Program and you may win a \$500 scholarship!

If you're a high school junior or senior – and if you attend an EducationQuest **Financial Aid Program** (FAP) before February 1, 2015 - you'll earn a chance to win one of three \$500 scholarships!

EducationQuest is conducting FAPs across the state ([find a program in your area](#)). If you attend, you can register to win a \$500 scholarship. Parents or guardians who attend may register on their student's behalf. [Click here for more details.](#)

Seniors...have you visited your top colleges?

If you haven't done so already, visit your top colleges **soon** to narrow your choices. Application deadlines will start hitting later this fall. Follow these tips for a successful visit:

Contact the admissions office at least two weeks in advance to schedule your visit.

Check out the college website before your visit. Most have a section for prospective students. You might even be able to schedule your campus visit online.

Visit while school is in session. You won't get the true flavor during breaks or finals week.

Ask LOTS of questions. [Here's a list](#) of good questions to ask.

It's time to Apply2College!

This fall, over 150 Nebraska high schools are holding Apply2College events during the school day to help seniors complete college applications. Whether or not your school is participating, [here are some tips and resources to help you](#)

[prepare for the application process.](#)

Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

Don't pay for scholarship services! Use free resources including [ScholarshipQuest](#) at EducationQuest.org with over 2,000 Nebraska-based awards. Free resources are also available through your school counselor's office and at EducationQuest offices in Kearney, Lincoln and Omaha.

Focus on college-based and local scholarships. You're more likely to earn them over large national awards.

Continually update your activities, honors and volunteer or paid jobs using the [Activities Resume](#) at EducationQuest.org.

Earn the best possible ACT/SAT scores by taking the exams in the spring of your junior year and again in the fall of your senior year.

Use quality references such as a teacher, coach or counselor. Give them advance notice, a specific deadline, and a copy of your Activities Resume.

Ask at least two people to proofread your application.

October "To Do" List

Juniors and Seniors:

- ___ Attend the [College Fair](#) or [Educational Planning Program](#) in your area.
- ___ Attend a [Financial Aid Program](#) if one is being offered this month in your area.
- ___ [Sign up for Countdown2College](#) to receive monthly college planning tips.

Seniors:

- ___ Schedule campus visits.
- ___ Narrow your college choices and be aware of application deadlines and criteria.
- ___ [Register](#) by September 18 for the October 24 ACT.
- ___ [Register](#) by October 9 for the November 7 SAT.

For free help with college planning, contact EducationQuest Foundation:

Kearney	Lincoln	Omaha
308-234-6310	402-475-5222	402-391-4033
800-666-3721	800-303-3745	888-357-6300

[EducationQuest.org](#) Follow us on [Facebook](#) and [Twitter](#)!

Your Journey to College Begins with Us

Helping Children Learn®

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School



September 2015

Title I Cooperative

Educational Service Unit 10

Put your child on the path to a successful school year

Whether your child is just entering elementary school or is farther along, the way she begins the school year can determine how the rest of the year will go. To get her off to a great start:

- **Establish a routine.** Kids thrive on predictability. So establish a regular time for homework. Set—and stick to—a regular bedtime. Plan a morning routine that gets everyone out the door on time.
- **Insist that your child give her best effort in school.** If she knows that school is important to you, it will be important to her.
- **Review school safety.** Talk to your child about the need to follow school rules. Also talk about ways to be safe when riding the school bus or walking to school.
- **Get to know your child's teacher.** When parents and teachers work together, kids do better in school.
- **Set goals.** Students who do well in school have both short- and long-term goals. Whether it's earning an "A" in math or preparing to become a veterinarian, goals help keep your child motivated and focused.
- **Be genuinely interested** in your child's schoolwork. Ask questions about what she is learning in school every day.
- **Don't over schedule your child.** Give her time to unwind after school—especially as she adjusts during the first few weeks.



Fit simple activities into busy schedules

All parents these days are busy people. But even on your busiest days, there are lots of things you can do to support your child's learning. You can:

- **Listen and respond** when your child is talking to you.
- **Read** with your child.
- **Fill** your home with books and other reading materials.
- **Quiz** your child on sight words, math and other facts.
- **Look up** new words in the dictionary together.
- **Talk** about the events of the day.
- **Review** your child's homework.
- **Demonstrate** organization by keeping a family calendar.
- **Help** your child locate places mentioned in the news on a map.
- **Offer** your child choices (make sure you can live with the options).
- **Ask** your child "What if ..." questions and discuss the answers.
- **Tell** your child family stories.
- **Engage** your child in word play, riddles and tongue twisters.

Inspire a reading habit

Studies show that children enjoy being read to even after they learn to read. When you read aloud to your child every day, you help him get into the reading habit. Try to:

- **Set aside time** for reading. Then do it!
- **Read books** you'll both enjoy.
- **Choose books** that are a little too hard for your child to read alone.

Attitude makes math a plus

Did you know your attitude toward math can affect your child's math performance?

Kids encouraged to enjoy math do better in it. But kids whose parents don't like it often have trouble with math. To help your child feel positive about math:



- **Say often** that you believe everyone can be successful in math.
- **Avoid stereotypes.** Children of all races and genders can do well in math.
- **Talk about careers** that use math—meteorology, aviation, engineering.
- **Point out ways** you use math.

Attendance comes first

One of the most critical things you can do to help your child achieve academic success is to get her to school on time each day. Frequent absences in elementary school can set a pattern that leads to poor grades and dropping out later on. To show your child you take attendance seriously:



- **Talk** about the importance of school. Stress that attending is your child's job.
- **Discuss** the consequences of missing school—makeup work, lost knowledge.
- **Allow** absences only when your child is sick or there is a family emergency.

