The



The official newsletter of Arnold Public School

List

Volume: 11 Issue: 5

January 2016

Arnold AHS/AJHS Help Spread Holiday Cheer

By Tristan Johnson, Senior

After the induction that took place this year, 9 members total are a part of the National Honor Society. Throughout the year, National Honor Society helps out with events within the community.

Every year, National Honor Society and National Junior Honor Society is known for helping with Christmas Around Town. Christ-

mas Around Town is a popular event. It draws people to town, including many parents. Not only does this event have celebrations and a free soup supper, but is also encourages parents to shop locally for Christmas presents.

This year, the National Honor Society helped by babysitting children so parents could go shop or enjoy time with other adults around the community.

Concessions were open and ran by members. The noise-filled theater quieted as "The Lego Movie" began to



Above: Ashton Weinman, Jennifer Barraza, and Jasmine Nelson serve soup during the Christmas Around Town meal.

play on the big screen. Almost every seat and the floor was filled by kids. "I thought there was a good turn out and a great willingness to help!" Jasmine Nelson, National Honor Society Member stated.

After the movie was shown, the kids were picked up by their parents. The Arnold Chamber sponsored a free-will donation soup and sandwhich supper at the Community Center. Again, National Honor Society members helped out. They were there to help serve soup to the large crowd of people that attended the evening meal.

National Honor Society

Members helped pick up trash at all the tables and helped clean the tables off. The weekend was full of all sorts of family-friendly fun that showed how fun a small town can be, and how much the National Honor Society and other students love helping out. Helpers included (for the movie): High School Helpers: Tristan

Johnson, Ashton Weinman, Jasmine Nelson, Jennifer Barraza, Toni Oberg, and Lydia Connell Junior High Helpers: Drew Vickers, Colby Streit, Kacee Dvorek, Kylee Lehmkuhler, Kirby Corfield, Jessie Connell, Colbi Smith. For the Santa & Supper:

High School Helpers: Tristan Johnson, Ashton Weinman, Jasmine Nelson, Jennifer Barraza, Toni Oberg, and Lydia Connell. Junior High Helpers: Drew Vickers, Colby Streit, Kirby Corfield, Jessie Connell

The Search For the Perfect Christmas Movie

By Jasmine Nelson, Junior

As we all know, the Christmas season has inspired tons of movies. Sometimes, it's hard to pick one. I've come up with a list of my top five Christmas/Holiday movies. Maybe this will help your decision!

National Lampoon's Christmas Vacation
 (1989)



This movie is a classic holiday hit. It starts with Chevy Chase, father of the infamous Griswold family, wanting to give his wife and kids the best christmas ever. However, it isn't the case; from unruly family to a falling off the roof, the Christmas event just keeps getting worse and worse. No matter the case, Griswold pushes on and tries to give the children the best holiday ever. In the end, it's all happy endings with cute scenes. If you're looking for a classic comedy with a heartfelt message, this one's

4. How The Grinch Stole Christmas(2000)



Suess, this live story is one everyone knows. Basically, the Grinch (played byJim Carrey) decides to ruin Christmas for citizens of the happy town of Whoville. To od this, the Grinch comes down from the mountaintop and sneaks into town, destroying everything in the process. Christmas morning was a depressing one of the Whos; they had nothing left. All it took was a shining light, known as Cindy Who. If you're looking for one for the kids, you have your movie.

Based on the classic story by Dr

2. Elf (2003)



The movie starts off when Buddy the elf (as played by Will Ferrell) gets accidentally taken to the North Pole as a young child and raised as an elf. All his life, he felt that he wasn't "one of the elves". To help this, he travels to New York city, curly shoes and all. He believes that his father is in the city. To his surprise, it's Walter Hobbs, a businessman. As Walter tries to get rid of him in a multitude of ways, a DNA test proves that Buddy is his son. The movie contains many heart-to-hearts and hilarious moments, with quotes that could live on forever.

3. Tim Allen's Santa Clause (1994)



This movie is has seemed to be part of a tradition of Christmas movies. It begins with divorced dad Scott (Tim Allen), and he has his son with him for Christmas Eve. Fun, right? Not exactly. After killing a man in a Santa Suit, Scott is taken to the North Pole, where elves explain that he has to take over the title as Santa to ensure Christmas is a go. Scott, thinking he's dreaming, tries to ignore this as much as possible, although the weight gain and sudden facial hair make it impossible. He soon accepts the role and heads to do his newfound duty. It's a sure-fire classic and one to make the whole family smile.

5. The Nightmare Before Christmas

(1993)



This movie is kind of an alternative Christmas movie, but it's one of my all time favorites. It starts with Jack Skellington, Halloweentown's beloved pumpkin king. He starts to get bored of scaring the "real world" every year. In search of something new, he finds Christmastown, the complete opposite of his own. Inspired by this, he wants to kidnap Santa clause and take over the title. This doesn't work out too well, and and realizes that not everything can go the way he would like.

Every Day the Tasty Way: Picky Eaters Can Pick Healthy Foods

Kids can be picky eaters, especially when it comes to healthy fruits and veggies! Think you've tried everything? Don't give up! Try these suggestions:

The more kids are involved with the growing, purchasing, and preparation of the foods they eat, the more apt they are to try new things.

- Let your child(ren) grow some veggies on a patch of yard or in a few pots. Lettuces and radishes are usually easy to grow and make a good salad.
- Visit a farmer's market or produce farm so kids can see fruits and veggies right out of the field. Farmers will let kids touch, smell and perhaps even taste test produce -- it's a great sensory experience.
- At the Farmer's market or grocery store let your child pick a new fruit or vegetable to try. Talk with produce staff about how to cook/prepare your child's choice.
- Let your child join you in the kitchen to help prepare the fruit/

veggie as a snack or with a meal.

 Praise your child for their help finding and preparing this new fruit/veggie and encourage him/ her to taste!

Texture, temperature, and smell can influence whether a child will try new food and new tastes.

- Experiment with canned, frozen, raw, dried, and juiced versions of fruits and veggies. Does your child turn their nose up at canned green beans? Try frozen cooked. Are cooked sweet potatoes taboo? Try raw slices. No interest in cherries? Try them dried.
- Some kids enjoy frozen veggies and fruits more than cooked or fresh. Serve kids frozen peas, corn, grapes, bananas and berries, if they'll eat them!

Realize that it may take 15-20 or more times trying a new food before a child will decide if they like it or not. Continue to expose your child to a variety of fruits and vegetables and you may be delighted to find them asking for more servings soon!

Cheer Camp Is Here!



The South Loup Cheerleaders will be hosting their annual Cheer Camp for kindergarten through 8th grade on January 9 in Callaway. The camp will run from 9:00-11:30. The girls will perform on February 5 in Arnold and February 12 in Callaway. Watch for registration forms to be handed out soon!

Arnold Students All "Wrapped Up" In The Cause

By Tristan Johnson, Senior

Grades 6-12 have been "All wrapped up" in a Christmas service project. Randi Atkins and her family have a change jar that they put their spare change in all year around.

Then at Christmastime, they gather the money and do something to help people. This year, they decided to make blankets for Riverview and Callaway Good Life Center resi-

"Christmas isn't just a day, it's a warm

Above: 7th graders Jesse Connell and Drew Vickers create a blanket.

feeling you get from making other people happy," Randi Atkins said. Sixth through rial and tied them together to make "tie blankets."

On Friday the 18th, 6th-12th grades took a bus to Riverview and Callaway's Good Life Center. Ms. Bailey led the students in singing to the residents.

It made the residents happy to have the blankets and social time with the students. "It made me feel happy to help the elderly like that," Olivia Furne, senior, stated.

What I Want for Christmas Is...

By Jasmine Nelson, Junior

It's that time of year, folks! The most wonderful time of the year; Christmas! With this joyous time, many children have come accustomed to writing lists for Santa. We asked kids in grades K-5 to write three things they wanted this year. (Un-edited version!)

Kindergarten (Miss Batenhorst):

Anna Coleman:

- 1. Paint Horse
- 2. A Santae Gift
- 3. A Map of the Unidid Stats

Maryah Lamphear

- 1. Salomandr
- 2. Cindl
- 3. Dol Sat

TyLee Smith

- 1. Dol
- 2. Bol
- 3. Gam
- Dwayne Barraza 1. Hot Wels
- 2. Toy Kr
- 3. Toybox
- Rae Hagler 1. Sno Glob
- 2. Host
- 3. Cat

Alexsis Stutzman

- 1.Rt Cit
- 2. Toy Mrmad
- 3. Macup

Brody Green

- 1. Tran
- 2. Arplan
- 3. Rokit Ship

Austin Davenport

- 1. One Pene
- 2. Slid 3. Hrs

- JuanPablo Zuniga 1. Robot
- 2. Bic
- 3. Exbox

Adalei Tullis

- 1. Areul
- 2. iPad
- 3. Unikorn

Callan Witthuhn 1. Toy Kombiyn

- 2. Xbox 3. Rokishp
- Tre Fortune
- 1. Bik 2. Rankot
- 3. Unbrelu

Shane Gibson

- 1. Xbox 2. Robt
- Soreols

Delanie Weinman

- 1. Frozin
- 2. Elsu Unicorn

Tysen Schacher

- 1.Transfrmer
- 2. Pupe
- 3. Tede Bar

First Grade (Mrs. Blowers):

Josie Christensen

- 1. gold
- 2. Iphone 3. docter peper

Josie Lehmkuhler

- 1. hi hels
- 2. ipod
- 3. cruchis

Sofie Lewis

- 1. mikerphon tramplyn
- ipod

3. a thousind peeses of paper

Piper Strasburg

- 1. dresis 2. hiy hels
- skarvs

- Walter Bierman 1. basketball hop
- 2. a drum 3. a mot kuntrool car

Jade Bierman

- 1. bike
- 2. socer ball

3. reemote kiterloe helacopter

Malachi Neth

- 1. Lego 2. markrs
- 3. mine fiars

Gracee Downing

- 1. Under armour 2. gift cards
- 3. dron

Miranda Tucker

- Bo and erow
- 2. fone
- 3. Frozeen fone cover

Eliiah Cool

- 1. legos
- 2. black watch

3. books

Wacey Schultz

- toe snipr rifl
- 2. toe mashegan 3. toe lazr

Second Grade (Mrs. Geiser):

Crew

- 1 I want a X box
- 2 I want a dart gun 3 A gook to read

Josiah Coleman

- 1 I wish to for Risk.
- 2 I also wish for Legos. 3 I wish for a kid quitar

Luke

- 1 CD player 2 muic DB
- 3 movie
- Jami Lamphear 1. I wish Uncle Clay could
- come to Christmas @. 2. I wish for Cristmas to see my old friend.
- 3. I wish I could learn how

Third Grade (Mrs. Neth):

to skate

Paxton

1 stealtoes 2 books

3 football geer Gabe

- 1 I wish that Alason comes
- for Cristmas 2 trackter
- 3 Legos

- 1. Legos
- 2. Trans formers 3. Snow mans blacits

Brook

- 1. I wish I had legos.
- 2. I wish I had Magic Tree House books.
- 3. I wish I had a baby puppy.

Hayden

- 1. star Wars Legos
- 2. Star Wars Snow Globe 3. Glow in the dark sticks

William

- 1. Jordy Nelson jersey
- 2. football
- 3. the movie Home

Stokely

- 1. video game
- 2. Kansas city royals hat 3. books

Jamie

- 1. nerf gun
- 2. pedal go cart 3. heater

Aubree 1. soft football

2. big teddy bear

What I Want for Christmas Is...(Continued)

3. a basketball net

Anna

- 1. a vollyball net
- 2. a robot
- 3. a rainbow fairy book

Ella

1. Ipod touch 2. ice cream maker

3. hover board

- Taylor 1. blanket
- 2. a bear 3. polar bear

Ethan

- 1. steeler's jerseys
- 2. eleotric football feild 3. football training course

Dumiel

1. football shoulder pades

2. foot ball

3. foot ball helmet

lvy

- 1 toy turtle
- 2 tov swimming Fish 3 stuffed dog

Riata

1. bunchemz 2. cloud pet

3. new football

Alex 1 teddy bear 2 scooter

3 baseball T

Fourth Grade (Mrs. Crow):

Trev Connell 1. Skullcandy headphones 2. mechanical roping

dummy 3. hot pink rope Macy Atkins

Orbeez soothing Spa

2 2Level Bracelet 3 Diary of a Wimpy

Kid Series

Grace Bierman

1 IPhone 2 1000 piece puzzle 3 New cozy warm blanket

Arena Fetty 1 lpod 2 IPad

3 IPhone

2 IPad

Elizabeth Fetty 1 IPhone

3 IPod Cache Gracey

1 Mechanical Bull 2 ponv

Gracie Neth 1 The Louis L'amour book

3 blue heeler puppy

"Down the Long Hills" 2 some yarn 3 some new markers

Tahnna Nokes 1 Orbeez soothing spa

3 New girl back pack

2 Volleyball net

Rio Remund 1 Nerf modules extension

3 Lego's Alivia Robbins 1 IPod 2 Orbeez soothing spa

2 a hunting dog,

Bryn Geiser

3 Shopkins

1 Wubble bubble ball 2 I Do 3D

3 Socks

Madison Smith

1 kitten 2 baking supplies 3 new sled

Isaac Tickle 1 truck Peter Bilt 2 the book "Go Big or Go Home"

3 IPhone Charli Vickers

1 Glow in the dark Wubble bubble 2 IPad mini

Marianne Zuniga 1 IPad

3 Sewing Machine

2 IPhone 3 Bunny

> Fifth Grade (Mr. Neth):

Devin Peterson 1. Volleyball Net

2. Swing

eryday Angel Johnathon Lamphear

3. 2nd & 3rd book to Ev-

2. Snow Pants 3. Hoodie

1. Snow Boots

Darius Brooks 1. Croche Needles

Silas Cool

2. Legos

3. Books

3. Legos

3. Pop

1. Coffee Shop Gift Card 2. Snickers

Clay Witthuhn 1. Books 2. Boots

Chester Oberg 1. iPad Mini

2. Legos 3. Dr. Who Sonic Screwdriver



From the Principal's Desk



On December 4th, the Nebraska Department of Education released their AQuESTT final classification report for the 2014-2015 school year. The district an overall rating of 3/ Great. The high school had an overall rating of 2/Good. The middle school had overall rating of 4/Excellent, and the elementary had an overall rating

of 3/Great. AQuESTT is a new accountability system that is broader than past state and federal systems in that it goes beyond test scores to classify schools, among other factors, growth, improvement, graduation rates, as well as a detailed analysis of individual schools.

As we head into the second semester, we will begin preparing for NeSA testing. Grades 4, 8, and 11 will complete the writing exam in January. Test days will be on the calendar and school website. On test days be sure students are getting adequate sleep and have a healthy breakfast to give them the energy to perform well.

We have already seen winter weather hit the area and have an impact on our schools days. We have used Blackboard Connect to notify you about any changes in schedule. If you are not receiving any calls or messages, please let us know.

I hope everyone has an enjoyable holiday season and I certainly look forward to new successes and opportunities for our students in 2016!!

Christmas Break!
Last day of school December 18th!
School starts again January 4th!
Enjoy you holiday with friends and family!

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

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. Cocacola 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 play– ground 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 class- rooms. In the past, a Smartboard was purchased and some other equipment. The Box Tops campaign is a school fund- raising program started by General Mills in 1996. To date, Box Tops has raised over \$200 million to help purchase school supplies, playground equipment, technol- ogy 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 class-room projects. Please save those bags and send them to school with your student.

New NHS Members Inducted

By Jasmine Nelson, Junior

On December 3rd, the National Honor Society had a potluck dinner and induction ceremony for four new members! Avery Atkins, Madison Reed, and Cade Connell, sophomores, as well as Haley Reed, senior, were inducted next to the current members (Tristan Johnson, Morgan Eggleston, Olivia Furne (12th), Ashton Weinman and Jasmine Nelson (11th).

As the night began, students and their families were greeted with food and a special speech given by Mr. Morgan. He spoke to the students about how they shouldn't stop trying to reach their goals after high school, and that they could do anything they put their minds to. Following that, the induction started. The four inductees said the special oath and were given their badges. "It makes me sad that I am going to graduate from such a great program next year, but I am very happy I got to be apart of it while I did," says Ashton Weinman, a junior in her first year in the National Honor Society. The program has done many things, including helping with basketball games, Christmas Around Town, etc. The next project is to create fund raisers for Tristan Johnson's Shoe Drive. This sends pairs of shoes to children in third-world countries in places such as Africa.



The National Honor Society stands with its newest members. Back Row; (from L to R) Cade Connell, Jasmine Nelson, Tristan Johnson. Front Row; (from L to R) Ashton Weinman, Madison Reed, Olivia Furne, Avery Atkins, Morgan Eggleston, Haley Reed.

School Calendar Subscription - NEW!

If you are interested in subscribing to the school calendar on your phone or computer, there is a new address to use. (Last year's calendar run's out very soon.)

Type in the following address, or copy and paste the address from the announcement tab on the school web.

As the calendar is udpated, your calendar should too!
webcal://ical.schedulestar.com/iCal
NOW.cfm?i=E9D12603-ED44-7F666F137F7809514F80

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.

Book Buddies

Rotary Comes to School

By: Tristan Johnson, Senior
The Arnold Rotarians
came to school on November
15th and visited the second
grade classroom. Mrs. Geiser
introduced all of the members to
each of the students. 90 minutes
of reading and bonding were
about to take place because of
the Rotary Book Buddies Program.

"This is probably my favorite event that happens with the second graders. The children not only receive a gift and understand how important reading is, but there is a special bonding with another adult," Mrs. Geiser, second grade teacher, said.

Rotarians introduced themselves and told something interesting about themselves. They did some "icebreakers" to get to know each other.

Each student was given a book to keep for their own from

the Rotarians. Each book was chosen especially for each kid depending on their personality and interests. The books were purchased from the nook fair that takes place at the school. A certain percentage of the money spent at the book fair goes towards the school library.

The Rotarians talked about Rotary around the world in the community. They then presented the book to the child they got it for. They read it together, and talked about it.

After enjoying some cookies, brownies, and juice, they learned how to make paper airplanes with Rotarian Irving Jennings. Mrs. Geiser told about how much they enjoyed it, "They got to throw paper airplanes around the classroom and had fun. 90 minutes packed full of reading, bonding, and paper airplanes!"

Upcoming ACT

Test Dates:

- 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

Family Lunch Balances Online

Parents will now have online access to the balance of the family lunch and breakfast accounts! This new feature of Wordware just came out this year.

The first day of school, the oldest or the only student in the family will be given a letter explaining about the new lunch program. This feature will eventually be included in your PowerSchool Access.

Please be looking for this letter to come home on the first day of school.



Melody Jennings, Rotarian, sits down with Josiah Coleman. She presented the book to him and read through it with him.

Operation Christmas Child A Success

By Jasmine Nelson, Junior

To start off the Christmas spirit, the entire Arnold student body helped in a packing party for Operation Christmas Child. In total, 334 shoe boxes were oacked. with help from many volunteers from town. Organized by Dynette Oberg, the seniors then helped pack them into shipping boxes, where they will be taken to Denver. Once there, they'll go through volunteers who check them and then send them to children around the world.



Above: Kindergarten class poses with their boxes before adding them to the pile!

From the Superintendent's Desk

Merry Christmas and
Happy New Year Everyone!
It seems hard to believe
the first semester of the school
year is over already. As a parent
of a Senior, I am certain my focus
will shift to graduation and college
preparations second semester. I
experienced the final graduation
of my own on December 18, and
am looking forward to moving on

with my career without homework

and papers.

My professional focus will shift to legislative issues during second semester, as the session will begin in January. We hope to see some type of change in the school funding structure to ease the burden to property tax owners; however, there seems to be little agreement on what such a solution might look like. It's interesting to hear the discussion between

primarily agriculture communities like ours, and primarily residential communities. Vast differences, but both are concerned with tax levies and school funding. Our senator, Matt Williams, has visited both Arnold and Callaway schools, and heard the many concerns of area superintendents. I am happy that he has open communications with the schools, and feel he will protect our interests the best he can.

We will also beginning looking closely at and planning for summer projects. The buildings and grounds committee has been working to prioritize what we hope to accomplish with our facilities, and we have scheduled our summer gym floor maintenance. Watch board meeting minutes in the coming months to see what else is being planned.



January Deadline Deadline: January J.B. Ferguson Golf Scholarship http://neopa.unl.edu/sites/default/files/Student%20Scholarship%20Form%20Fillable%202014-15. Eligibility: 1. Must be a participant in high school golf and plan to participate in a college golf program if possible Norma Ross Walter Scholarship 2. May attend either a two or a four-year college Eligibility 1. Female high school senior Deadline 2. Prospective first year college student 3. English majors in accredited colleges or universities 4. Selection is based on intellectual promise, creativity, character of the applicant National Wild Turkey Federation Deadline 1. Students should be graduating seniors with a 3.0. 2. Pursuing a degree at an accredited institution of higher 1st place-\$2,000 2nd place-\$1,000 education (i.e. Junior College, Community College, Technical 3rd place-\$500 College, College or University) 3. Support the preservation of the hunting tradition and https://www.willacather.org/learn/scholarships actively participate in hunting sports. A copy of current hunting license is required. 4. Hold a current NWTF membership (Xtreme JAKES, student Past Exalted Ruler Scholarship or regular membership). A membership number or receipt may be submitted if student does not possess an actual Eligibility: 1. High school senior membership card. 2. Basic emphasis will be on Need. 3. No restrictions on type of school you will attend 5. Be involved in school activities 6. Demonstrate ability as a leader among his or her peers 7. Demonstrate community leadership and/ or involvement Deadline (i.e. Scouting, 4-H, civic group or club, volunteer work) 8. Submit an essay exhibiting dedication to conservation (see Two (one boy and one girl) \$1,100 first place Two (one boy and one girl) \$800 second place 9. Three letters of recommendation must be attached to the Two (one boy and one girl) \$600 third place Vocational Scholarship Grant 10. High schools/students must submit complete applications to the local chapter by January 1. The local chapter president's name and address should appear on the application in the box Eligibility 1. High school Senior provided 2. Plan to attend a Trade School, Technical School or 11. Employees and board members of the NWTF and their Community College for a associate degree, diploma or certificate family members are not eligible to participate in the (You cannot submit applications to both the Vocational program. Scholarship and the Elks Most Valuable Student Scholarship) *Each Local scholarship winner will receive a minimum of *Each State/Provincial scholarship winner will receive a minimum of \$1000

Nebraska Educational Office Professionals Association Student Scholarship

Eligibility: 1. Graduation from a Nebraska high school or its equivalent, (GED)

Completion of two or more business education courses (four semesters) from among the following: computer/information technology (includes digital media and web design), keyboarding,

*The National scholarship winner will receive \$10,000

accounting, office procedures, business communication, and/or .

management courses.

February Deadline American Legion Post 163 Scholarship Adair and Mary Ellen Tunnell Scholarship Eligibility 1. Resident of Custer County 2. Be a veteran of armed forces or a member of the Eligibility: 1. Must be a Senior at Arnold or Stapleton high school 2. 3.0 or higher grade point average forces reserves or a member of the National Guard who 3. For a 2 or 4-year degree program in Agriculture, Agbeen honorably discharged from such Business, or education armed service and who intends to pursue postsecondary education February Deadline February \$500 http://ccfneb.org/pages/general-scholarships \$500 Value ALCC Scholarship Program Antonette Willa Skupa Turner Scholarship Eligibility: 1. Child/grandchild of an active Adams Land & Cattle Co. employee at the Broken Bow locations, who has worked a Eligibility: 1. High school senior minimum of 90 days of employment w/ the company as of the 2. Continue their education as English or history majors in annual deadline date for the scholarship. accredited colleges or universities. 2. Must have a 3.0 GPA, maintain a 3.0 GPA each college and submit grades. semester of February Deadline 3. Parent, grandparent or legal guardian must be on the payroll when award decisions are made. ALCC \$500 Stepchildren and legal wards are eligible if they are dependents http://www.willacather.org/education/scholarships and claimed on the ALCC employee's tax return or employee benefits plan. 4. Must be a high school senior who plans to enroll in Becton-Dickinson Scholarship undergraduate study at an accredited full-time college or university, for 2-year or 4-year program. Eligibility: 1. For Custer County High School seniors who are children of 5. Employment status is for initial eligibility only and not for current B-D (Broken Bow facility) employees ongoing payment of scholarship. 2. Applicant must have a "C" average or above 6. Scholarship will be paid out second semester. 3. Applicant must demonstrate leadership or significant 7. Students currently enrolled in college are ineligible to involvement in school or civic organizations for this scholarship. apply 8. Must attend a Nebraska institution. February February Deadline Value: Two scholarships: 4-year degree program One scholarship: technical degree \$4,000-\$1,000/year to a 4-year Nebraska school Value http://ccfneb.org/pages/general-scholarships \$2,000-\$1,000/year to a 2-year Nebraska school http://ccfneb.org/pages/general-scholarships Bill Lewis Scholarship A.M. Hargis Scholarship Eligibility 1. Dependent of individuals who are currently registered officials with the NSAA or have been a registered official within Eligibility: 1. Resident of Custer County the prior twenty years 2. Graduating high school senior 2. At the time of application, are in the final year of second-3. Seeking a certificate, diploma or associate degree education through a community college or other technical institu-Nebraska resident tion in a business. health, or travel and tourism 4. Must, at the time of award, be accepted to two or four course of study college or university located in the U.S. February Deadline February Value: \$250, will be awarded annually http://www.gicf.org

Custer Public Power District Scholarship for Utility Line Program Eligibility 1. Must be a graduating senior at a Custer County high school or a resident of Custer County attending a high school in a Eligibility: 1. High school graduate contiguous county 2. Pursuing utility line program 2. May also be a Non-Traditional student enrolled in a 2-yea or 4-year degree program 3. Field of study: non-specified Deadline February Year 1-Full tuition February Deadline Year 2-Full tuition Value \$1000 http://ccfneb.org/pages/general-scholarships DK Get Going Scholarship Eligibility: 1. Current graduating senior at a Custer County public high Frank and Marjorie Bartak Memorial Scholarship school 2. Must be a resident of Custer County Eligibility: 1. Must be a gradating senior of a Custer County High School 3. Must enroll for full-time, post-secondary attendance at a 2. Must write an essay of approximately 500 words on Nebraska institution "Freedom Isn't Free" 4. Available for a 4-year or 2-year school (trade school, community college or university) Deadline February 5. Financial need may be considered 6. 3.0 GPA required Value \$1000 http://ccfneb.org/pages/general-scholarships Deadline: February \$1000 George and Bernice Halstead Memorial Scholarship http://ccfneb.org/pages/general-scholarships 1. Must be a Senior at Arnold High School Eligibility 2. Must have a GPA of 2.5 or higher Dr. Fred and Emma Wanek Music Scholarship 3. For a 2 or 4 year degree program 4. Financial need will be a consideration Eligibility: 1. Student who is or will be a full-time music major who Deadline February 2. Home residence: Custer Dawson, Frontier, Hayes, Lincoln, Logan, McPherson, and Perkins \$1000 Valued http://ccfneb.org/pages/general-scholarships February Deadline \$2,400 Great Plains Communications College Scholarship 1. Applicant must be a graduating senior and a customer of Eligibility E.E "Herb" and Marion "Bunny" Hoover North Platte Community College Scholarship Great Plains Communications and subsidiaries. 2. Applicant must be accepted Eligibility: 1. Graduating senior or graduate of a high school within the for admission at a Nebraska state or private Nebraska counties of Custer, Dawson, Frontier, Hayes, college to pursue a Bachelor of Arts or Science Lincoln, Logan, McPherson, or Perkins Degree, to a Nebraska one- or two- year trade or technical 2. Have at least a "B" average school, to Northwest Technical Institute of Goodland, Kansas, 3. Demonstrate financial need or Mitchell Technical Institute of Mitchell, South Dakota for the 4. Unlikely to receive another significant scholarship fall term of the year the scholarship is awarded. 3. Applicant must have a very strong desire to return to 5. Scholarship may be renewed upon re-application and selection from among all applicants. hometown (or other Great Plains Comto pursue their career. munications community) 4. Applicant must explain career goals. Deadline February Approximately \$1000 Deadline February Value Up to ten \$1,000.00 scholarships will be awarded Ernest and Harold Hyslop Memorial Scholarship statewide each year

Value:

Value:

Keith,

Value

Keith,

Value:

Hazelle Jacobsen Headley Cole Scholarship Deadline February Eligibility: 1. Senior at a Custer County High School \$500 Value 2. Student residing in Custer County and attending a http://ccfneb.org/pages/general-scholarships school in a Contiguous County 3. GPA of 2.5 and rank in top 30% of Class 4. Must be planning a career in Education Langford Scholarship-Traditional Students Deadline February Eligibility: 1. Graduating senior or current college student who resides in Lincoln County, Nebraska Value: Two scholarships: \$1000 each 2. Demonstrate moderate to substantial financial need 3. Selection criteria also include: personal history. http://ccfneb.org/pages/general-scholarships record, education and career goals and relevance of Independent Order of Odd Fellows Broken Bow Lodge #119 Scholarship planned course of study, character references, and motivation and ability to succeed. Eligibility: 1. Senior student at a Custer County High School 4. Scholarship may be renewed upon re-application and 2. Student residing in Custer County but who attends selection from among all applicants. a contiguous county school in 3. General studies Deadline February Deadline February Value: Approximately \$1000 Two scholarships: \$2000 each http://ccfneb.org/pages/general-scholarships Lorraine E. Still Scholarship Eligibility 1. Senior at a Custer County high school or a student residing in John Russell Applegate Scholarships For Teachers Custer County attending school in a contiguous county 2. Also available to any Freshman, Sophomore or Junior Eligibility: 1. Applicants must be either a current teacher or a current currently enrolled in a two or fur year degree education major at the college junior or senior level pursuing a program 3. For a two or four year degree in Consumer and Family baccalaureate degree in education 2. Must be residents of one of the following counties in Science, Art Education or Nursing Central Nebraska: Custer, Dawson, Frontier, West Lincoln, Logan, McPherson or Hayes, Keith February Perkins 3. Must be pursuing an endorsement or a Master's Degree \$300 Education with emphasis in one or more of http://ccfneb.org/pages/general-scholarships the following areas: Reading, Mathematics, Science, Industrial Arts, Technology, Music, Special Education, Speech Pathology, World Language, Language Arts, Lucile A. Schmitz Memorial Scholarship School Counseling or Middle School 1. Senior at a Custer County High School endorsement Eligibility 4. Scholarship recipients may apply again for another 2. Student residing in Custer County and attending a scholarship in the future for possible selection from among school in a Contiguous County 3. Must major in Music 4. Must be entering a 4-year degree program at a Deadline February 5. Must have a written recommendation from a teacher in Approximately 10 scholarships of up to \$2,000 each the Music Department or other music instruc-6. Field of Study: Music KCNI-KBBN Scholarship February Deadline Eligibility: 1. Senior student at a Custer County high school 2. Student residing in Custer County but who attends Value \$1000 school in a contiguous county http://ccfneb.org/pages/general-scholarships

3. Field of study: Broadcast Journalism

chosen field of study Marie Dent Scholarship 6. Field of Study: Education, Medicine/Nursing, or Agriculture Eligibility: 1. Students who are seeking a degree in Registered Nursing 7. Scholarship will be paid second semester (RN) and who have been accepted into a program for registered nurses during the coming school year Deadline February 2. Must reside in Custer County 3. Demonstrate financial need \$1000 4. Scholarships may be renewed upon re-application and http://ccfneb.org/pages/general-scholarships selection from among all applicants. Deadline: February Nebraska Line Workers Scholarship Value: Approximately \$1000 1. Residents of the state of Nebraska Eligibility 2. Intend to pursue training in a utility line program in Nebraska McMeen Physical Therapy Scholarship 3. Selection criteria also include: personal, athletic and history, education and career goals, and work Eligibility: 1. Must be a graduating senior at a high school in Custer, relevant planned course of study, character ability to suc-Dawson, Valley, Rock, Loup, Blaine, Garfield, or Greeley references, and motivation and ceed. 2. Student currently enrolled in college and majoring in Physical Therapy Deadline February 3. Must specify in Biographical Narrative why you want to become a Physical Therapist \$500 Value 4. Must have a 3.5 GPA 5. Past recipients are eligible for reconsideration upon application Nebraska Lumber Dealers Association Eligibility: 1. Nebraska high school senior Deadline February 2. Pursuing a college program related to construction Two Scholarships: \$250 each http://ccfneb.org/pages/general-scholarships Deadline February Value \$250 McQuillan Marauders Scholarship Eligibility: 1. Any child or grandchild of an elected appointed and installed Ralph B. and Lela L. Dailey Scholarship officer of an active lodge in the state 2. High school seniors Eligibility 1. Graduating seniors or graduates from any high school in 3. Must take the SAT or ACT by December 31 of their Lincoln County or Custer County, Nebraska senior year 2. Applicants must demonstrate moderate to substantial 4. May be used at any of the following post high school financial need institutions: 4-year college, 2-year college, 3. Selection criteria also include: personal history, beauty college, etc. record, education and career goals and community college academic relevance of planned course of study, character February ability to suc-Deadline references, and motivation and \$1,000 4. Scholarship may be renewed upon re-application and Value: selection from among all applicants Mills-Hartman Scholarship 1. Senior at a Custer County High School Five Scholarships- \$1,600 each Eligibility: 2. Rank in the Top One Third of Class 3. Active participant in extracurricular activities 4. Submit an essay describing how the student hopes to Richard Zutavern Memorial Scholarship the future in the chosen field impact

1. Must be a graduating senior at any Custer County High

5. Submit a letter of recommendation from professional in

	School		Deadline:	February	
		2. Preference to a student enrolling in a 2-year school, but	Value		0500
not		required 3. Must be a well-rounded student	Value: http://ccfneb.org/pages.	s/general-scholar	\$500
		o. Made be a well realised stadent	map.//ouriob.org/pages	general sonoial	S. I.P.C
Deadline:	February				
Value:	\$2,000		Waleta L. Gies Memorial Scholarship		
http://ccfneb.org/pages	s/general-scholar	rships			
			Eligibility:	1. Senior at	t a Custer County High School
Sam and Adaline Bailey Memorial Scholarship				2. Resident of Custer County attending school in a	
Oam and Adamie Dane	y Memorial Scric	orai 3 ii p	contiguous		county
Eligibility:	1. Senior at	t a Custer County High School			3. Field of Study: Cosmetology
		Student residing in Custer County and attending a	Deadline:	February	
school in a		Contiguous County		,,	
		3. GPA of 3.0 or higher	Value:		\$250
			http://ccfneb.org/pages	s/general-scholar	rships
Deadline:	February				
Value: \$250			WinField Solutions LLC	C/Land O' Lakes	Inc
http://ccfneb.org/pages	s/generai-scholar	snips			
			Eligibility:	1. High sch	
Scott B. Cool Memoria	l Scholarship		tion		Pursuing 2 or 4-year degree in Agronomy, Crop produc- Pursuing 2 or 4-year degree in Agronomy, Crop produc- Pursuing 2 or 4-year degree in Agronomy, Crop produc- Pursuing 2 or 4-year degree in Agronomy, Crop produc- Pursuing 2 or 4-year degree in Agronomy, Crop produc- Pursuing 2 or 4-year degree in Agronomy, Crop produc-
	·		tion		or closely related fields.
Eligibility:	1. Senior at	t Arnold High School	Deadline:	February	
		2. GPA of at least 2.75 for 1st semester of college		,	
		3. Activities such as scouting, 4-H, athletics, music,	Value:		10- \$1000
speech and		drama should get emphasis equal to	www.winField.com		
grades					
5 ""					
Deadline:	February		York and Helen Hinmar	n Scholarship	
Value:		\$1,000		4 8	and a management of high calculation in the Maharata
http://ccfneb.org/pages	s/general-scholar		Eligibility:	1. Present	or former students of high schools in the Nebraska counties of: Custer, Dawson, Frontier, Hayes, Keith,
			Lincoln,		Logan, McPherson or Perkins.
St. John's Episcopal C	hurch Scholarshi	ip	Elifooni,		Demonstrate substantial financial need
					3. Selection criteria include: personal history, academic
Eligibility:	1. Must be	a senior at a Custer County High School or a resident	record,		education and career goals and relevance o
of Custe	r County Attendir	ng School in a Contiguous County	planned course of		study, character references,
		2. GPA of at least 3.25	and motivation and abil	lity to	succeed.
		3. Rank in the Top 15-20% of Class			4. Preference will be given to applicants who are unlikely
		4. For a 4-year degree program	to		receive another scholarship award.
Deadline:	Fohrung				5. Scholarship may be renewed upon re-application and
Deadline:	February				selection from among all applicants.
Value:		\$1000	Deadline:	February	
http://ccfneb.org/pages	s/general-scholar		Deauiille.	repluary	
			Value:		\$500
St. John's Episcopal C	hurch Scholarshi	ip			
Eligibility:	1 Must be	a conjor at a Custor County High School or a resident			

of Custer County Attending School in a Contiguous County

program

2. GPA of at least 2.0

3. For a 2-year degree technical or vocational degree





How can I ensure my child takes homework seriously?

Q: My daughter is in fifth grade and has a lot of homework. She tends to put it off until the last minute. Then she rushes to finish and often gets a bad grade. How can I help her stop procrastinating?

A: Homework battles can be among the toughest challenges parents face. Start by having a talk with your daughter. Ask her why she puts off doing homework until the last minute. Help her realize the consequences of what she's doing.

Then work together to set up a new way to study. To start:

- **Establish a study hour** at your house every night for your child. One parent should be at home to supervise. During study time, there should be no TV, no phone use and no interruptions. Agree on a place where she can do her homework and you can supervise.
- **Consider a contract.** For example, "I agree to study for ____ minutes each night. I know that Mom will tell me five minutes before study time begins. I agree to study during the entire time." Ask your child's teacher how much time she should be spending on homework each day—probably about 50 minutes in fifth grade.

What if she sits and stares into space? Don't get into a power struggle. Just make sure study hour lasts the entire time you've agreed on. It may take a while, but your daughter will get the picture—study hour is here to stay.



Are you promoting creative thinking?

Creativity sharpens thinking and problem-solving skills. What's more, it is a skill that can be learned. Are you doing all you can to boost your child's creativity? Answer *yes* or *no* to the questions below:

- ___**1. Do you encourage** your child to find new ways to solve problems?
- ___**3. Do you challenge** your child to think of other ways to use ordinary objects?
- ____**4. Do you look** for ways to be creative in the kitchen with your child, such as decorating cookies?

___**5. Do you give** your child old toys or broken tools to take apart and put back together?

How well are you doing?

More yes answers mean you are nourishing your child's creative side. For each no, try that idea.

Where parents do too

Where parents do too

much for their children,
the children will not do
the children themselves.*

much for themselves.*

Plot now to get graphing

Graphing is a useful math skill for showing information at a glance. Here are some things your child might enjoy graphing for practice over winter break:

- The cars in your neighborhood, grouped by color.
- **The number of pieces** of mail you receive each day for a week.
- The number of T-shirts owned by each member of your family.
- The high and low temperatures outside each day for a week.
- The numbers of family members with each eye color.

Hunt up some reading fun

If your child hasn't yet discovered the joy of reading, suggest you and he:

- **Go on a library scavenger hunt.**Make up a list of fun questions, then search for answers at the library.
- Listen to audio books.
- Make a paper chain—one link for each book he reads. Can he make it stretch across his room?

Write, inflate and motivate

Goals are a powerful source of motivation for students. Sometimes, just reaching a goal is enough in itself. But other times, an accomplishment calls for a celebration. To combine motivation and celebration:



- **1. Write your child's goal** and a surprise reward on a slip of paper.
- **2. Put the paper** in a balloon, then blow up the balloon.
- **3. Let your child pop** the balloon and claim her reward when she meets her goal.

Source: M. Borba, Ed.D., Parents Do Make a Difference, Jossey-Bass

Helping Children Learn®

Published in English and Spanish, September through May.
Publisher: John H. Wherry, Ed.D.
Editor: Alison McLean.
Staff Editors: Rebecca Miyares & Erika Beasley.
Production Manager: Pat Carter.
Translations Editor: Victoria Gaviola.
Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.
Copyright © 2015, The Parent Institute®, a division of NIS, Inc.
P.O. Box 7474, Fairfax Station, VA 22039-7474
1-800-756-5525 • www.parent-institute.com • ISSN 1527-1013

Copyright © 2015, The Parent Institute*, www.parent-institute.com

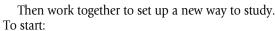




How can I ensure my child takes homework seriously?

Q: My daughter is in fifth grade and has a lot of homework. She tends to put it off until the last minute. Then she rushes to finish and often gets a bad grade. How can I help her stop procrastinating?

A: Homework battles can be among the toughest challenges parents face. Start by having a talk with your daughter. Ask her why she puts off doing homework until the last minute. Help her realize the consequences of what she's doing.



- **Establish a study hour** at your house every night for your child. One parent should be at home to supervise. During study time, there should be no TV, no phone use and no interruptions. Agree on a place where she can do her homework and you can supervise.
- **Consider a contract.** For example, "I agree to study for ____ minutes each night. I know that Mom will tell me five minutes before study time begins. I agree to study during the entire time." Ask your child's teacher how much time she should be spending on homework each day—probably about 50 minutes in fifth grade.

What if she sits and stares into space? Don't get into a power struggle. Just make sure study hour lasts the entire time you've agreed on. It may take a while, but your daughter will get the picture—study hour is here to stay.



Are you promoting creative thinking?

Creativity sharpens thinking and problem-solving skills. What's more, it is a skill that can be learned. Are you doing all you can to boost your child's creativity? Answer *yes* or *no* to the questions below:

- ____**1. Do you encourage** your child to find new ways to solve problems?
- ___**3. Do you challenge** your child to think of other ways to use ordinary objects?
- ___**4. Do you look** for ways to be creative in the kitchen with your child, such as decorating cookies?

____**5. Do you give** your child old toys or broken tools to take apart and put back together?

How well are you doing?

More yes answers mean you are nourishing your child's creative side. For each no, try that idea.

Where parents do too

Where parents do too

much for their children,
the children will not do
the children will not do

much for themselves.*

__Elbert Hubbard

Plot now to get graphing

Graphing is a useful math skill for showing information at a glance. Here are some things your child might enjoy graphing for practice over winter break:

- The cars in your neighborhood, grouped by color.
- **The number of pieces** of mail you receive each day for a week.
- The number of T-shirts owned by each member of your family.
- The high and low temperatures outside each day for a week.
- The numbers of family members with each eye color.

Hunt up some reading fun

If your child hasn't yet discovered the joy of reading, suggest you and he:

- **Go on a library scavenger hunt.**Make up a list of fun questions, then search for answers at the library.
- Listen to audio books.
- Make a paper chain—one link for each book he reads. Can he make it stretch across his room?

Write, inflate and motivate

Goals are a powerful source of motivation for students. Sometimes, just reaching a goal is enough in itself. But other times, an accomplishment calls for a celebration. To combine motivation and celebration:



- **1. Write your child's goal** and a surprise reward on a slip of paper.
- **2. Put the paper** in a balloon, then blow up the balloon.
- **3. Let your child pop** the balloon and claim her reward when she meets her goal.

Source: M. Borba, Ed.D., Parents Do Make a Difference, Jossey-Bass.

Helping Children Learn®

Published in English and Spanish, September through May.

Publisher: John H. Wherry, Ed.D.
Editor: Alison McLean.
Staff Editors: Rebecca Miyares & Erika Beasley.
Production Manager: Pat Carter.
Translations Editor: Victoria Gaviola.
Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.
Copyright © 2015, The Parent Institute®, a division of NIS, Inc.
P.O. Box 7474, Fairfax Station, VA 22039-7474





How do I help my child cope with long-term projects?

Q: My child does fine on day-to-day assignments, but long-term projects like research papers send him into a panic. How can I help him tackle these assignments more effectively?

A: The keys to helping your child manage major projects are organization and moral support. Help your child approach big assignments as a series of smaller ones. To keep him from getting overwhelmed:



- **Build your child's confidence.** Remind him that he already has the skills he needs to handle big projects. If he's intimidated by a research paper, say, "Remember, it's just a matter of finding information. Then you organize it and write it down. You already do that every day." A little encouragement means a lot.
- **Teach your child to use an assignment calendar.** Have him mark down the dates of upcoming projects. Then, if he has a project due on the 22nd, help him divide it into parts and write down "mini-deadlines" for each part. For example, he could write "outline due" on the 3rd and "rough draft due" on the 12th.
- **Offer support.** Schoolwork is your child's responsibility, but you can be supportive. As deadlines approach (look at his calendar for specific dates), give gentle reminders. "Four days until your outline is due. How's your research coming along?"



Do you monitor your child's social life?

Social life plays a big role in middle schoolers' lives, particularly during school breaks. Are you making sure your child's social life is safe and positive? To find out, answer *yes* or *no* to the questions below:

- ___**1. Do you know** your child's friends?
- **___2. Do you have** correct contact information for their parents?
- ____3. Do you encourage your child to invite friends over so you can get to know them and supervise activities?
- ____**4. Do you keep track** of where your child will be, with whom, what she'll be doing and what time she'll be home?
- **__5. Do you research** movies and activities beforehand to

verify they are appropriate for your child?

How well are you doing?

More yes answers mean you are taking steps to keep your child's social life on track. For each no, try that idea.

Few things can help an individual more than to individual more than to place responsibility on him, and to let him know that you trust him.

You trust him.

Time and time again

Your middle schooler may have learned how to *tell* time, but does he have a true *understanding* of time—how long it takes to accomplish a task, for example? To help your child learn to manage time:

- **Use analog clocks.** Moving hands reinforce the idea of time passing.
- **Have him write down** an estimate of how long it will take to do a task. Once the task is done, he should also record how long it really took. He may be surprised at the difference!

Source: D. Goldberg and J. Zwiebel, The Organized Student: Teaching Children the Skills for Success in School and Beyond, Fireside

Freedom and responsibility are interlocked

As kids get older, they must learn that increased freedom comes with increased responsibility. By now, your middle schooler should know that she needs to do schoolwork and chores. If she slips up, give her low-key prompts. "I won't remind you to finish your homework. I know you're responsible enough to do it on your own."

Expect and model respect

Believe it or not, your child is looking to you for guidance on how to behave. By teaching him to respect you, himself and others, you'll help him be a grounded, decent student. To do it:

- **Be a parent, not a friend.** Your child needs you to be an authority figure. Earn his respect by being reliable and steady.
- **Be tough when necessary.** Be reasonable but firm when dealing with your child. Don't give in to nagging.

Source: J. Taylor, Ph.D., Your Children Are Under Attack: How Popular Culture is Destroying Your Kids' Values, and How You Can Protect Them, Sourcebooks, Inc.

Helping Students Learn®

Published in English and Spanish, September through May.

Publisher: John H. Wherry, Ed.D.
Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.
Production Manager: Pat Carter.
Translations Editor: Victoria Gaviola.
Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.
Copyright © 2015, The Parent Institute®, a division of NIS, Inc.
P.O. Box 7474, Fairfax Station, VA 22039-7474
1-800-756-5525 • www.parent-institute.com • ISSN 1527-1021





How do I help my child cope with long-term projects?

Q: My child does fine on day-to-day assignments, but long-term projects like research papers send him into a panic. How can I help him tackle these assignments more effectively?

A: The keys to helping your child manage major projects are organization and moral support. Help your child approach big assignments as a series of smaller ones. To keep him from getting overwhelmed:



- Build your child's confidence. Remind him that he already has the skills he needs to handle big projects. If he's intimidated by a research paper, say, "Remember, it's just a matter of finding information. Then you organize it and write it down. You already do that every day." A little encouragement means a lot.
- Teach your child to use an assignment calendar. Have him mark down the dates of upcoming projects. Then, if he has a project due on the 22nd, help him divide it into parts and write down "mini-deadlines" for each part. For example, he could write "outline due" on the 3rd and "rough draft due" on the 12th.
- **Offer support.** Schoolwork is your child's responsibility, but you can be supportive. As deadlines approach (look at his calendar for specific dates), give gentle reminders. "Four days until your outline is due. How's your research coming along?"



Do you monitor your child's social life?

Social life plays a big role in middle schoolers' lives, particularly during school breaks. Are you making sure your child's social life is safe and positive? To find out, answer *yes* or *no* to the questions below:

- ___1. Do you know your child's friends?
- **2. Do you have** correct contact information for their parents?
- ____3. Do you encourage your child to invite friends over so you can get to know them and supervise activities?
- 4. Do you keep track of where your child will be, with whom, what she'll be doing and what time she'll be home?
- ____**5. Do you research** movies and activities beforehand to

verify they are appropriate for your child?

How well are you doing?

More ves answers mean you are taking steps to keep your child's social life on track. For each no, try that idea.

> Few things can help an individual more than to place responsibility on him, and to let him know that you trust him." _Booker T. Washington

Time and time again

Your middle schooler may have learned how to tell time, but does he have a true understanding of time—how long it takes to accomplish a task, for example? To help your child learn to manage time:

- **Use analog clocks.** Moving hands reinforce the idea of time passing.
- Have him write down an estimate of how long it will take to do a task. Once the task is done, he should also record how long it really took. He may be surprised at the difference!

Source: D. Goldberg and J. Zwiebel, The Organized Student: Teaching Children the Skills for Success in School and Beyond,

Freedom and responsibility are interlocked

As kids get older, they must learn that increased freedom comes with increased responsibility. By now, your middle schooler should know that

she needs to do schoolwork and chores. If she slips up, give her low-key prompts. "I won't remind you to finish your homework. I know you're responsible enough to do it on your own."

Expect and model respect

Believe it or not, your child is looking to you for guidance on how to behave. By teaching him to respect you, himself and others, you'll help him be a grounded, decent student. To do it:

- Be a parent, not a friend. Your child needs you to be an authority figure. Earn his respect by being reliable and steady.
- Be tough when necessary. Be reasonable but firm when dealing with your child. Don't give in to nagging.

Source: I. Taylor, Ph.D., Your Children Are Under Attack: How Popular Culture is Destroying Your Kids' Values, and How You Can Protect Them, Sourcebooks, Inc.

Helping Students Learn®

Published in English and Spanish, September through May. Publisher: John H. Wherry, Ed.D. Editor: Alison McLean. Staff Editors: Rebecca Miyares & Erika Beasley Production Manager: Pat Carter. Translations Editor: Victoria Gaviola Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ Copyright © 2015, The Parent Institute®, a division of NIS, Inc. P.O. Box 7474, Fairfax Station, VA 22039-7474 -800-756-5525 • www.parent-institute.com • ISSN 1527-1021

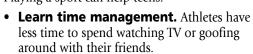


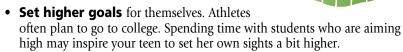


Will playing sports help or hurt my teen's schoolwork?

Q: My daughter's grades have never been very good, and this vear (her first in high school) is no exception. She wants to try out for a sports team. Should I make her sit out this season until her grades improve, or should I let her try out?

A: For some students, sports take up needed study time. But for others, athletics may actually help them do better in school. The key, as always, is balance. Most teens who spend less than 20 hours per week on an activity or sport can also be good students. Playing a sport can help teens:





To make the right decision for your teen:

- **Talk to the coach** and share your concerns about your teen's grades. Find out what the academic requirements are for athletes.
- **Ask the coach** to tell your teen about the grades and test scores she'll need if she wants to keep playing sports in high school.
- **Establish clear expectations** for success. Most teen athletes will rise to the challenge.



Are you planning for after-school hours?

Teens spend twice as much time out of the classroom as in it. And those who use their after-school hours wisely tend to do better in school. Are you helping your teen make the most of his time out of school? Answer yes or no:

- **___1. Do you know** where your teen goes after school?
- **___2. Do you ask** your teen to check in with you when he gets home from school if you are at work?
- ___3. Have you encouraged your teen to join a school club or sports team? Research shows that teens who do more than just study are more successful after high school.
- **_4. Have you set** a regular study time? Do you check to see that homework is finished?

___5. Do you limit your teen's TV and other screen time?

How well are you doing?

More ves answers mean vou're helping your teen use non-school time wisely. For each no, try that idea.

Education's purpose is to replace an empty mind with an open one."

Community service rewards

When your teen volunteers in the community, she contributes to society—and to her own future. Volunteer work can help teens identify career interests and build workplace skills. And studies show that teens who volunteer as little as two hours a week are 50 percent less likely to smoke, drink or do drugs. Check the library or community center for opportunities.

Source: A.P. Murphy, "Teens Who Volunteer Reap Academic Rewards," ABC News, niswc.com/service.

Try memory aids that work

Memory skills, especially long-term memory skills, are critical for learning. To boost your teen's memory power, have him:

- Look at the big picture. When studying a chapter, your teen should also look at the summaries of the chapters around it. That will help him understand how the one he's reading relates to the whole unit.
- Use flash cards. Frequent review with this tried-and-true method really does make remembering facts easier.
- Review and then sleep. While your teen's body is getting much needed rest, his brain will be working on retaining the material he studied just before bedtime.

Source: E. Jensen, Student Success Secrets, Barron's Educational

Build on the bright side

School success is built on many skills, both academic and social. And a critical foundation for all of them is a positive attitude. To encourage positivity, help your teen:

- **Be hopeful.** Teach her to focus each day on what went right, and to make that the starting point for the next day.
- **Avoid comparing** herself to others.
- **Move on** after disappointments. Encourage her to look in a new direction.

Helping Students Learn®

Published in English and Spanish, September through May. Publisher: John H. Wherry, Ed.D. Editor: Alison McLean. Staff Editors: Rebecca Miyares & Erika Beasley Production Manager: Pat Carter. Translations Editor: Victoria Gaviola. Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ. Copyright © 2015, The Parent Institute®, a division of NIS, Inc. P.O. Box 7474, Fairfax Station, VA 22039-7474 1-800-756-5525 • www.parent-institute.com • ISSN 1527-103x

Copyright © 2015, The Parent Institute®, www.parent-institute.com

X02334745

Copyright © 2015, The Parent Institute*, www.parent-institute.com

X02334745

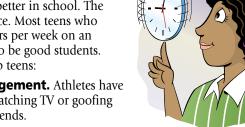




Will playing sports help or hurt my teen's schoolwork?

Q: My daughter's grades have never been very good, and this year (her first in high school) is no exception. She wants to try out for a sports team. Should I make her sit out this season until her grades improve, or should I let her try out?

A: For some students, sports take up needed study time. But for others, athletics may actually help them do better in school. The key, as always, is balance. Most teens who spend less than 20 hours per week on an activity or sport can also be good students. Playing a sport can help teens:



- Learn time management. Athletes have less time to spend watching TV or goofing around with their friends.
- **Set higher goals** for themselves. Athletes often plan to go to college. Spending time with students who are aiming high may inspire your teen to set her own sights a bit higher.

To make the right decision for your teen:

- **Talk to the coach** and share your concerns about your teen's grades. Find out what the academic requirements are for athletes.
- **Ask the coach** to tell your teen about the grades and test scores she'll need if she wants to keep playing sports in high school.
- **Establish clear expectations** for success. Most teen athletes will rise to the challenge.



Are you planning for after-school hours?

Teens spend twice as much time out of the classroom as in it. And those who use their after-school hours wisely tend to do better in school. Are you helping your teen make the most of his time out of school? Answer *yes* or *no*:

- **___1. Do you know** where your teen goes after school?
- **___2. Do you ask** your teen to check in with you when he gets home from school if you are at work?
- ___3. Have you encouraged your teen to join a school club or sports team? Research shows that teens who do more than just study are more successful after high school.
- **_4. Have you set** a regular study time? Do you check to see that homework is finished?

5. Do you limit your teen's TV and other screen time?

How well are you doing?

More yes answers mean you're helping your teen use non-school time wisely. For each no, try that idea.

> Education's purpose is to replace an empty mind with an open one."

Community service rewards

When your teen volunteers in the community, she contributes to society—and to her own future. Volunteer work can help teens identify career interests and build workplace skills. And studies show that teens who volunteer as little as two hours a week are 50 percent less likely to smoke, drink or do drugs. Check the library or community center for opportunities.

Source: A.P. Murphy, "Teens Who Volunteer Reap Academic Rewards," ABC News, niswc.com/service.

Try memory aids that work

Memory skills, especially long-term memory skills, are critical for learning. To boost your teen's memory power, have him:

- Look at the big picture. When studying a chapter, your teen should also look at the summaries of the chapters around it. That will help him understand how the one he's reading relates to the whole unit.
- Use flash cards. Frequent review with this tried-and-true method really does make remembering facts easier.
- Review and then sleep. While your teen's body is getting much needed rest, his brain will be working on retaining the material he studied just before bedtime.

Source: E. Jensen, Student Success Secrets, Barron's Educational

Build on the bright side

School success is built on many skills, both academic and social. And a critical foundation for all of them is a positive attitude. To encourage positivity, help your teen:

- **Be hopeful.** Teach her to focus each day on what went right, and to make that the starting point for the next day.
- **Avoid comparing** herself to others.
- **Move on** after disappointments. Encourage her to look in a new direction.

Helping Students Learn®

Published in English and Spanish, September through May. Publisher: John H. Wherry, Ed.D. Editor: Alison McLean. Staff Editors: Rebecca Miyares & Erika Beasley. Production Manager: Pat Carter. Translations Editor: Victoria Gaviola. Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ. Copyright © 2015, The Parent Institute®, a division of NIS, Inc. P.O. Box 7474, Fairfax Station, VA 22039-7474 I-800-756-5525 • www.parent-institute.com • ISSN 1527-103x

Copyright © 2015, The Parent Institute®, www.parent-institute.com

X02334745

The A List

Arnold Public Schools

405 N. Haskell P.O. Box 399 Arnold, NE 69120 308-848-2226 Address Correction Requested

BULK RATE U.S. POSTAGE PAID ARNOLD, NEBRASKA PERMIT NO. 9

BOXHOLDER