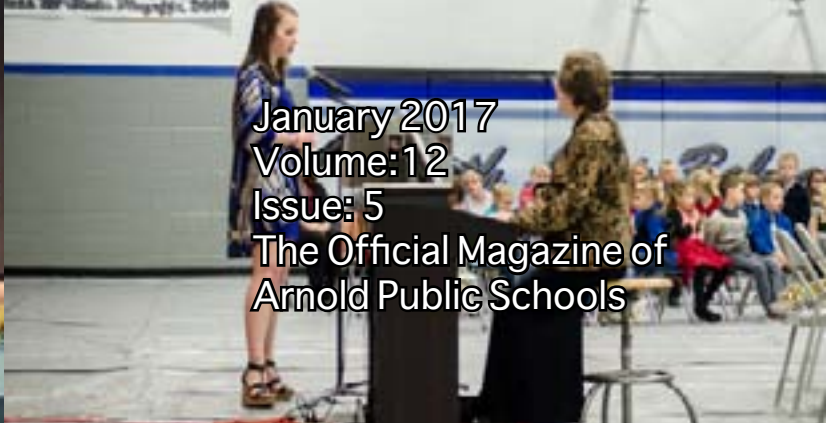




ARNOLD Life



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Arnold Public Schools



Holiday Joy For All!

The Students of Arnold Public Schools Spread Some Christmas Cheer



Arnold Students Spread Holiday Cheer For Food Pantry

By Jasmine Nelson, Senior

In our last issue, we told you about the beautiful fundraiser that was organized by the Arnold National Honor Society. It included every single class in grades K-12 made a special treat for a raffle that would take place after the Christmas program on December 8th. Each class

made a treat that was going with something they were learning in class, such as Chemistry Cookies made by the juniors.

On this day, every student worked their hardest to get their treats done. Each class had a specific time they were to make, and they put an ounce of love into every bite.

After a wonderful program ran by Ms. Bailey, the students gathered around the gym while Jasmine Nelson and Arika Starr (NHS president and Vice President) drew tickets out of the bucket. Each item was raffled off, even if the winners weren't pres-

ent.

The students from the National Honor Society were to call the winners if they were not at the program. The students raised \$688 before the evening of the



At the program, sales totaled up to \$236 with a grand total of \$924 donated to the Food Pantry.

raffle going door to door. At the program, sales totaled up to \$236 with a grand total of \$924 donated to the Food Pantry.

The difference with this raffle is that the entire student body helped in some way, and the treats were inspired by something each class was learning about.

"The thing that makes this fund raiser special is that every child K-12 has helped to make money for the food pantry. They either helped make the food items in the classrooms or they sold raffle tickets after school," says Mrs. Moninger, chair-person for the event.

For Kindergarten, Ms.

Batenhorst decided to make a "Christmas Mix" with the lovely students, giving them baking

advice along the way.

The first grade were reading *Jalapeno Bagels* by Natasha Wing, so it fit that Chango Bars were their inspired treat. The class was learning about the Jewish and Hispanic cultures, while the book had the recipe in the back for the students to try!

The second grade had a blast creating their "Santa's Elf cookies," which were inspired by the fact they are writing Christmas/Winter stories. When the students were writing them, an elf happened to show up! It only made sense to make cookies inspired by them.

The third grade took an interesting turn and made some savory homemade bread and butter. This was inspired by the book *The Little House in the Big Woods*, as they were reading out loud and decided to make treats from it.

Arnold Students Spread Holiday Cheer For Food Pantry (cont.)

Fourth grade were having a blast making their Reindeer Fodder! Mrs. Crow wanted the kids to have an "ease of construction." She saw the recipe and wanted to try it for Christmas guests and decided it was something they all could help with and be made easily in the classroom.

Fifth grade decided to make "Gurgi's Crunchings & Munchings" after reading *The Chronicles of Prydain* by Lloyd Alexander. The treat was inspired by the dashing main character, Gurgi. To help, para Mrs. Recoy popped all of the popcorn needed for their project.

Sixth grade, learning about DNA molecules with Ms. Brown, decided to take a new spin on the classic cookie and turn them into "DNA." These took the form of a Christmas platter.

Seventh grade, taking English with Mrs. Badgley, was reading a book about bullying and how the importance of friendship is so prevalent in today's society. Inspired, they decided to make "Friendship cookie mix," in which whomever receives them will mix up wet ingredients and make them!

The eighth grade decided to make homemade ice cream because they were studying solutions, mixtures, and physical changes between masses. Since ice cream changes from liquid to solid due to freezing, it was the perfect project.

The freshman class really wanted to make Christmas puppy

so it only fit that they and Mr. Swingle made chemistry-style cookies.

The seniors, not taking any specific classes, had the liberty of choosing their own treat. After some hunger-filled Pinterest research, they decided to make "Snickers Cupcakes." Yes, they are like the candy bar and they're delicious!

The drawing was done fair and square through the National Honor Society, with everyone getting to spread holiday cheer. Every class put hours

of hard work into the treats, making sure the labor of love was put in (with just the right amount).

The students hope to do this or something like it in the following years. Seeing the faces of people who had won was definitely a great moment for everyone involved. Homemade Christmas treats made by everyone's favorite school kids? What could be better!

The juniors have most of the students taking chemistry,



Book Buddies Begins Giving Season

Mrs. Melva Geiser, 2nd grade teacher welcomes Rotarians into her class each year to read books with her students. She says that this project is one of her favorite activities throughout the year.

Mrs. Geiser stated that she enjoys, "Seeing the reactions on student faces as well as the adult faces to the interactive reading between adult and child."

It also is rewarding for her to listen to the connections



Irv Jennings, Melody Jennings, Bill Williams, Berni Crow, and Buzz Lohmiller presenting to the 2nd grade class.



Bill Williams reading with Wacey Schulz and Walter Bierman.

made by story text of both student and adult. She added, "the 'barriers' between adult/child vanish during the reading experience," while enjoying the laughter and seriousness between children and adults.

She sees the advantage of the Rotarians helping the children understand the many roles our adult community members have. Second grade students and teacher hear bits



Melody Jennings reading with Tahna Nokes, Josie Christensen, and Evalynn Wonch.

and pieces of the visitors lives — a role in a movie; experiences in Vietnam; broken bones; farm accidents; and the patient explanation of text. It amazes her how the students interact with the "older" Rotarian "Book Buddies".

Each student is presented with a book signed by an Arnold Rotarian. Adult Rotarians who were able to participate this year included Melody and Irving Jennings, Buzz Lohmiller, Bill

Rotarians (continued)

Williams, and Berni Crow.

Members, in turn, enjoyed reading the personally written thank-you letters that the second grade students presented to them. Besides seeing how neatly these young children write, it was special for the Rotarians to read their sincere comments.

Students comments included, "I can't believe you kind of work with my dad,... I enjoyed reading "There Was an Old Lady Who Swallowed a Turkey", and it was a day I'll never forget," stated Josie Lehmkuhler.

Sofie Lewis commented to Buzz, "I wonder how hard it was to be a Veteran".

"You really broke your wrist, but how?" quizzed Wacey.

Walter told Pastor Bill that he, "really appreciated that you gave me a new funny book."

Piper said, "I hope you can come next year if you are a Rotary Book Buddy."

Miranda thanked Melody for the book Beauty Queen and replied, "thank you for helping me with the hard words."

Josie Christensen told Melody and Kelli in her letter that, Mom giggles when I read "Amelia Bedelia" to her."

Jade thanked Mrs. Crow for reading a wonderful horse book with her.

Evalynn Wonch, Gracee Downing, Elijah Cool, and Malachi Neth also had fun comments regarding their special day of reading with the Rotarians.

The students and Rotarians rounded out the afternoon with cookies and juice.

Chemical Reaction Video

The eighth graders in Gerry Swingle's science class are learning about chemical reactions, and how to tell if they are observing a chemical change or a physical change. In this example we mixed two clear liquids to produce a yellow precipitate. Students have learned that the formation of a precipitate and a color change are both indicators that a chemical reaction is occurring.

<https://www.youtube.com/watch?v=H6zIyNzZsTA&feature=youtu.be>

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 Tami Smith in office, or by email at tami.smith@esu10.org, or call her at the school 308-848-2226.

4th Grade Fundraising Pays Off



The photo above was taken at the Henry Doorly Zoo. Students attend an overnight camp. We are shown areas of the zoo that other visitors will never get to see. Two Zoo staff members stay with us for a 3 hour class at night and a 2 hour class the following morning. The students are thrilled to see things that they wouldn't otherwise get to see. Blue Cross/ Blue Shield of Nebraska actually pays the camp fee for us since we are farther away from the zoo. We have to come up with expenses for food and for the tee shirts that the students are wearing.



"So far, the students have raised money through selling a "Complete Meal Deal" at the Chamber sponsored Craft Fair earlier this fall.

More recently, we added to our Halsey Environmental Camp fund through selling Pampered Chef.

To assure that we have enough for each student to pay their camp fee, we'll round out our fundraising efforts during the Chili Cookoff when we sell "pie by the slice".

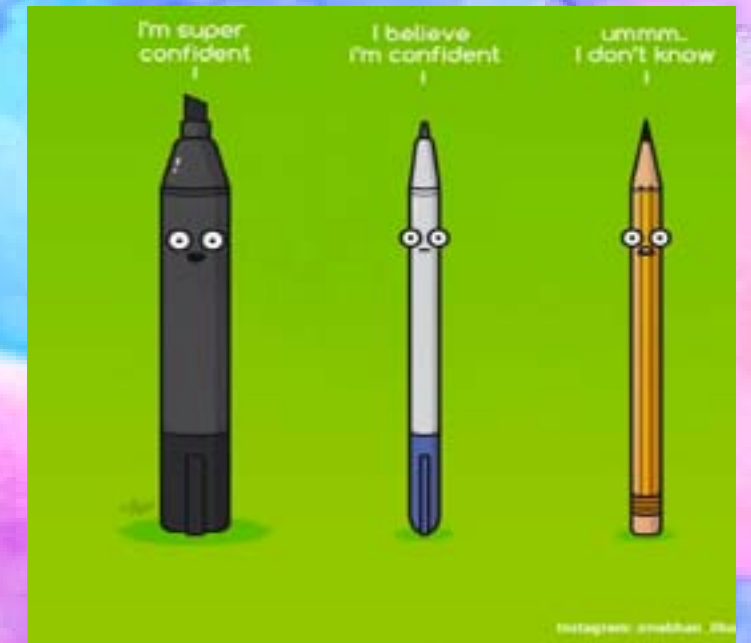


On the same trip, we also visit the state capitol. After studying the capitol for a week, it was more meaningful for the kids to see the things they had read about. One fascinating item was that the inner courtyards were not finished in the 1930s. We were the lucky ones to see that they are now finishing those inner courtyards, and it's Nebraska's fourth graders that are raising much of the funding for that project.

The fourth grade also visited Senator Matt Williams' office in the state capitol building. (left)

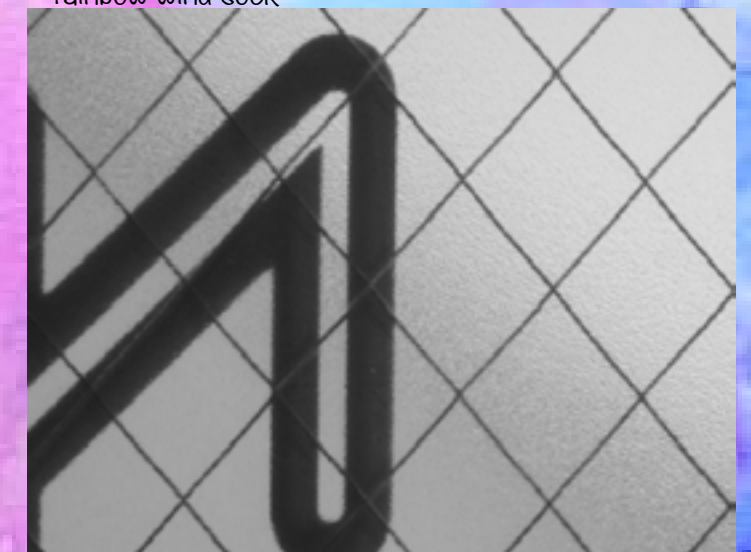
Top 4 Jokes

By Toni Oberg, Sophomore



Mystery Photo Challenge!

Last times the Photo was in the back of Miss Browns rainbow wind sock



Fifth Grade “Old fashioned”



“Merry Christmas” from the Fifth Grade



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.



Upcoming ACT Test Dates:

Test	Registration
February 11, 2017	January 13
April 8, 2017	March 3,
June 10, 2017	May 5, 2017

Basketball Season Off On the Right Track!



By Jasmine Nelson, Senior

For the South Loup Bobcats, basketball is a coveted sport; it's loved by many, and attendance is through the roof at

The following week for the lady bobcats was no different. On December 9, the girls faced the mighty Stapleton bron-



Above: Jace Connell dribbles down the hall with Grant Jones following closely behind.

cos with an epic win. The next day, though, they were met with defeat against Pleasanton.

The boys had a different route to success. They started off the season with a win against Twin Loup, but

were tackled by Amherst in a tired defeat.

home games. This season proves to be doing just that.

was a week filled with triumph and win. Winning against both

With the start of the season being a double feature in Callaway December 2nd and 3rd, the men and women of the team put

their heads together and faced the mighty Twin Loup Wolves on Friday and Amherst on Saturday.

For the girls, the season was started off a little rocky, with a loss against Twin Loup. To make a comeback in the beginning, they managed a win against Amherst on the following day.

Stapleton and Pleasanton, the weekend was celebrated by all.



Above: The girls of the Bobcats get ready.

Though there were some injuries and minor setbacks, the bobcats are back and ready to make the road to the state competition this year. Every year, they get closer and closer, just missing that tournament by a hair.

The as the bobcats continue in their season, we wish them the best of luck!

Pop Tabs Collection

Mrs. Geiser and the second grade class will again be collecting aluminum pop tabs for classroom math as-



signments 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 Ar-

nold and Callaway, all year, will cost \$20.00 for students, \$40.00 for parents, and \$80.00 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.

WRESTLING

By Toni Oberg, Sophomore

Wrestling season has started and Arnold brings it to move wrestlers to the South Loop bobcats. These wrestlers are Logan Coleman and Tayten Eagleson, both sophomores. They had competed in three meets so far. They're off to good start even though at second meet Tayten had to scratch because of the black eye from the last meet.

Mr. Lewis said that, "Logan has

made great improvements since freshman year he is a testament of how working in the weight room pays off.

Tayten went to state last year as a freshman. He might do it again or he might not.

Mr. Lewis said that, "Tayten has to work really hard to make his face because he moves up a weight class this year."



The Giving Tree

"The Giving Tree" is located at Mills Hardware.

This is the third annual year for the PTA to be organizing the Giving Tree for the teachers and staff at Arnold Public School. The tree will be set up at Mills Hardware the day after Thanksgiving. Many of these items can be purchased locally. How it works... First the tree will be filled with colored tags with wishes from teachers and staff. (The Elementary teachers will be Red Tags, Secondary Teachers will be Green Tags, and the other staff members will be Gray/Silver). Once you find the tree look over the tags and



pick one, two, three, or more tags that you wish to grant. The tags will include

teachers name and gift item wanted and will have instructions on it. Then wrap your gift and bring it with the tag attached to the school or to Mills Hardware. And last day of school we will sort all of the gifts and deliver them to the staff and teachers so they may open them with their

students when they have their class party.

The tree will be set up at the school during the K-12 Music Program. Last year we had such a great outcome, every teacher and staff member received a wish on their list. This is a great opportunity to shop for that special teacher or staff member for something that can benefit them in or out of the classroom. The PTA also wants to thank all of you for being so supportive of our school, teachers, and staff members!



New Years Top 5 Resolutions

By Toni Oberg, Sophomore

Stay fit and healthy

Anyone who is fit in today's culture does not want become otherwise. Fit and healthy is ideal body type in this day and age.

Lose weight

If you are not as fit as you would like your goal is probably to lose weight especially with teenage girls.

Enjoy life to the fullest

Everyone wants to enjoy life especially teenagers so to en-

joy life to fullest is a very logical thing to Me as a resolution.

Spend less, save more

Most of the population has financial difficulties so spending less and saving more just makes sense.

Spend more time with family and friends

friends

To spend more time with family and friends for most people is always a goal. After all no one wishes they had spent more time in office.



From the Principal's Desk



It has certainly been a great 2016. It has been filled with many successes and opportunities for our students. I am especially proud of the school wide effort to raise money for our local food pantry in December. I would like to thank the National Honor Society for organizing this great event. By the end of our raffle, we were able to raise over \$900 for the food pantry. Thank you to our students and staff for their work, and I would especially like to thank the community for coming out and supporting the raffle. It is events like these that show how well we come together as a community to support a great cause.

As we head into the second semester, we will begin preparing for NeSA testing. 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.

If your child is going to absent for any reason, please make sure you notify the office as soon as possible. If your child needs to leave during the school day for any reason, the school needs to be notified and students need to check with the office before

they leave school grounds. If you need to pass a message along during the school day, please make sure you speak with someone from the office directly. There are times when office staff is out of the building for the day and we want to make sure we get any messages passed on as needed.

I hope everyone has wonderful break, and I look forward to another amazing year in 2017!!



Superintendent.. Dawn Lewis
Principal.....Joel Morgan
Editor-in-Chief.....
Nicole Badgley

The opinions and ideas expressed in the articles are solely those of the reporters. The articles don't necessarily reflect the opinions and ideas of Arnold Public Schools. Each article is edited by both students and their teachers prior to publication. Mistakes may appear, as students are learning. With this being a

student created newsletter, mistakes become teachable moments.

No advertising, other than school sponsored activities, may appear. Opinion pieces, future news items, comments, and suggestions may be submitted to nbadgley@esu10.org.

The newsletter is sent to all families and boxholders of District 89. If you, or someone you know, would like to receive the newsletter, please contact the school office at 308-848-2226 to add your name to the mailing list. You may also download the newsletter from the school website: <http://arnoldpublicschools.org>

Senior Spotlight

Elissa Elise Tilford



Birthday: June 5, 1999

Favorite Food: Chicken and Dumplings

Favorite Song: 90210- Wele

Hobbies: Sleeping, playing with my cats

Dream Job: Professional Artist

Where Do You Plan To Go: Mid-Plains Community College

One Person You Look Up To: Myself

Favorite High School Memory: When I graduate

If you were stranded on an island, what three things would you bring?: “Why would I be stranded on an island in the first place? “

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 page. http://ical.schedul-estar.com/iCal_NOW.cfm?i=12435EDA-BE50-E29D-644F86352E7C93E3

As the calendar is updated, your calendar should too!

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.

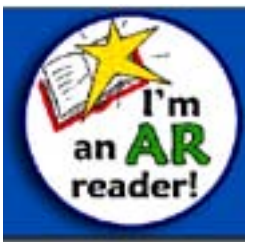


Renaissance Home Connect

**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

From the Superintendent's Desk

“Some people are worth melting for.”

Olaf, “Frozen”

As I reflect on the end of another calendar year, it becomes clear to me why I love this work: Your children, the children of our community.

Some take more attention, more cajoling, more structure, or more kindness than others. All are important, valuable, and amazing. All melt my heart on a daily basis.

As I listen to others reflect on their work, I am fully aware of the magnitude of mine. To be in this position, shaping the malleable clay of human intellect in its earliest stages; what a gift. What an important day this is; each day as important as the next. Thank you for this year, these children. Happy Holidays.



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.

If you are unable to remember your password, then please contact Amy at the school office either by phone, 308-848-2226 or by email tami.smith@esu10.org

GYM

MORATORIUM

As per the rules from the NSAA office, both of the gyms in Arnold and Callaway will be closed for 5 days. There will be no practice during that time. The Moratorium begins

December 23rd through December 27th

Then practices may resume.

Football Honors Rolling In

D1-8 All District Football 2016
First Team Offense
Quarterback Jack Rush Jr. #5 South Loup
End Cade Connell Jr. #3 South Loup
Offensive Line Hunter Aul Sr. #8 South Loup

First Team Defense
Defensive Tackle Gavin Robertson So. #30 South Loup
Linebacker Blake Schwarz Jr. #25 South Loup
Athlete Landon Furne Jr. #6 South Loup

First Team Special Teams
Kicker Chase Ell Sr. #23 South Loup

Second Team Offense
Running back Blake Schwarz Jr. #25 South Loup

Second Team Defense
Defensive End Hunter Aul Sr. #8 South Loup
Defensive End Marshall Still Jr. #50 South Loup
Linebacker Cole Gracey So. #4 South Loup
Defensive Back Jack Rush Jr. #5 South Loup

KNOP
First Team offense:
OL- Hunter Aul, South Loup

WR- Cade Connell, South Loup, 28 rec. 428 yards, 8 TD
Defense:
DL- Marshall Still, South Loup
LB-Blake Schwarz, South Loup. 10 TFL, 14 UA, 76 as-
sisted tcks, INT
DB-Jack Rush, South Loup
Honorable Mentions:
Landon Furne, South Loup
Chase Ell, South Loup

All-Area Kearney Hub

2nd team QB Jack Rush
2nd team WR Cade Connell

Honorable Mention
Blake Schwarz
Hunter Aul
Landon Furne
Marshall Still

Lincoln Journal Star

All State Honorable Mention –
Jack Rush
Landon Furne
Blake Schwarz

Omaha World Herald

All State Honorable Mention –
Jack Rush
Landon Furne
Blake Schwarz
Marshall Still



Coke Cap Collection

You can help our the school by collecting your Coke product bottle caps and numbers on the inside of Coke product boxes. We accept caps and cardboard cutouts from the products 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 committed itself 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.

Upcoming Scholarship Deadlines

January Deadline

J.B. Ferguson Golf Scholarship
Eligibility:
1. Must be a participant in high school golf and plan to participate in a college golf program if possible
2. May attend either a two or a four-year college

Deadline: January
Value: \$500

National Wild Turkey Federation
Eligibility:
1. Students should be graduating seniors with a 3.0.
2. Pursuing a degree at an accredited instituon of higher education (i.e. Junior College, Community College, Technical College, College or University)
3. Support the preservation of the hunting tradi-tion and actively participate in hunting sports. A copy of current hunting license is required.
4. Hold a current NWTF membership (Xtreme JAKES, student or regular membership). A membership number or receipt may be submit-ted if student does not possess an actual membership card.
5. Be involved in school activities
6. Demonstrate ability as a leader among his or her peers
7. Demonstrate community leadership and/ or involvement (i.e. Scouting, 4-H, civic group or club, volunteer work)
8. Submit an essay exhibiting dedication to con-servation (see application)
9. Three letters of recommendation must be at-tached to the application
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 pro-vided.
11. Employees and board members of the NWTF and their family members are not eligible

to participate in the program.

Deadline: January
Value: *Each Local scholarship winner will re-ceive a minimum of \$250
*Each State/Provincial scholarship winner will receive a minimum of \$1000
*The National scholarship winner will receive \$10,000

Nebraska Educational Office Professionals As-sociation Student Scholarship

Eligibility: 1. Graduation from a Nebraska high school or its equivalent, (GED)
2. Completion of two or more business educa-tion courses (four semesters) from among the following: computer/information technology (in-cludes digital media and web design), keyboard-ing, accounting, office procedures, business communication, and/or management courses.

Deadline: January
<http://neopa.unl.edu/sites/default/files/Student%20Scholarship%20Form%20Fillable%202014-15.pdf>

Norma Ross Walter Scholarship

Eligibility: 1. Female high school senior
2. Prospective first year college student
3. English majors in accredited colleges or uni-versities
4. Selection is based on intellectual promise, creativity, and character of the applicant

Deadline: January
Value: 1st place-\$2,000
2nd place-\$1,000
3rd place-\$500

<https://www.willacather.org/learn/scholarships>

Upcoming Scholarship Deadlines

Past Exalted Ruler Scholar-ship

Eligibility: 1. High school senior
2. Basic emphasis will be on Need.
3. No restrictions on type of school you will attend

Deadline: January
Value: Two (one boy and one girl) \$1,100 first place

Two (one boy and one girl) \$800 second place

Two (one boy and one girl) \$600 third place

Vocational Scholarship Grant

Eligibility: 1. High school Senior
2. Plan to attend a Trade School, Techni-cal School or Community Col-lege for a associate degree, diploma or certificate
(You cannot submit applica-tions to both the Vocational Scholarship and the Elks Most Valuable Student Scholar-ship)

Deadline: January
*Scholarships will also be available on Schoology.



National Honor Society Induction Held in November
Congratulations to the new National Honor Society members who were recently inducted. Above is a picture of the entire National Honor Society Club. The new members are wearing the yellow stoles.

Throughout the years, the Na-tional Honor Society has been a prestigious organization and one of the harder clubs to get into at Arnold Public Schools. This year, many students from the sophomore class made the cut as six new members were inducted.

To start off the ceremony, Presi-dent Jasmine Nelson welcomed former member and president Lisa Beans (current resident to McCook, Nebraska) to speak to the new members. Growing up in Arnold, she knows exactly the criteria that the program expects.

After, Mrs. Moninger and Nelson introduced each member by having them say the coveted pledge. Once they’ve successfully repeated it (trust us, it isn’t as easy as it sounds), new members were graced with the beautiful golden stoles.

“I’m very excited because of the

amazing opportunities it opens up, for both right now and the future,” says Tatum Cool, a new member.

We are all very excited to see what the future holds for our bright, young staff! NHS is lead by Jasmine Nelson as President, Arika Starr as Vice President, and Ashton Weinman as Secretary (all three seniors).

Quiz Bowl Calendar Dates

- March 1: ESU 10 Jr. High Quizbowl (6-8)...van leaves at 7:00 starts at 9:00
- March 17: ESU10 Sr. High Quizbowl (9-12)... van leaves at 7:00 starts at 9:00

South Loup Bobcats Little Miss Cheer Camp

The South Loup Bobcat Cheerleaders are hosting a Cheer Camp for girls in Kindergarten – 8th Grade.

When: Saturday, February 4, 2017

Time: 9:00 a.m. – 11:30 a.m.

Where: Arnold High School Gym

Cost: \$20 (this will include the camp and a camp t-shirt)

The girls will learn Cheers, Chants, and a short dance routine, which will be performed at a home game in Arnold on February 4th and Callaway on February 17th.

Please fill out information below and return it with your money to your teacher, Miss Batenhorst or to the school office by Wednesday, December 21st, 2016.

Name of Participant: _____ Grade _____

T-shirt size: _____

(Youth Small, Youth Med., Youth Large, Adult Small, Adult Medium, Adult Lg.)

I give my daughter _____ permission to participate in the South Loup Bobcat Cheer Camp.

Parents Signature _____ Date _____

Make checks payable to: South Loup Bobcats

If you have any questions call Carissa Batenhorst at 402-380-9406.

Helping Children Learn[®]

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School



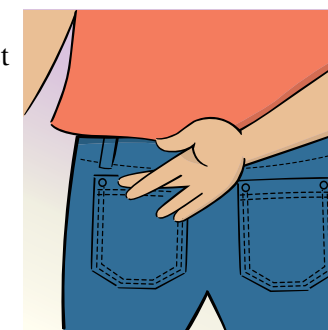
December 2016

Title 1 Cooperative

Educational Service Unit #10

To promote honesty, make it easy for your child to tell the truth

By the time children reach elementary school, most know the difference between being honest and lying. But that doesn't mean that they are honest all the time! Children lie for many different reasons—to avoid consequences, to win attention or approval, or to get out of things they don't want to do. But honesty is a fundamental part of good character, and it's an essential trait for academic achievement.



To encourage your child to be honest:

- **Talk about it.** Tell your child that your family values honesty and you expect him to be honest. Let him know that you will be happy that he told you the truth—even if he has done something wrong.
- **Discuss the consequences of lying.** Explain that lying destroys trust. People may not believe what he says, even when he's telling the truth.
- **Be a role model.** Children are good lie detectors. They notice when parents tell the truth—and when they don't. If your child catches you being dishonest, admit you were wrong.
- **Create opportunities for truth-telling.** Instead of inviting a lie by asking "Did you do this?" say, "You broke my vase. How did it happen?"
- **React calmly.** When you catch your child in a lie, don't label him a liar. Talk about what happened and what he could have done instead of lying. Express confidence that he will make better choices in the future.

Source: M. Hartwell-Walker, Ed.D., "When a Child Lies," PsychCentral, nswc.com/honest.



Brush up on some toothpaste science

Here's an experiment to help your child learn about the power of toothpaste to protect her teeth. Gather two jars, two uncooked eggs, two cups of white vinegar and some plastic wrap. Then have your child:

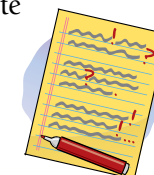
1. **Label the jars.** Label one *plain egg* and the other *toothpaste egg*.
2. **Add a cup of vinegar** to each jar.
3. **Spread toothpaste** all over one egg and put it in the *toothpaste egg jar*.
4. **Put the other egg** into the jar labeled *plain egg*.
5. **Cover the jars** with plastic wrap and observe for four days.

Bubbles will form around the plain egg. By day two its shell will be gritty and the egg will be bigger. After three days the shell will be gone and the egg will be soft and rubbery. Meanwhile, the toothpaste egg will show little change.

Explain to your child that teeth and eggshells are both made of calcium compounds. Toothpaste protects them against decay. She will see why she needs to brush her teeth!

Have fun with punctuation!

Proper punctuation makes writing easy to read. If your child needs punctuation practice, make it a game. Write a brief story, leaving out the punctuation. Try to read it together—it's hard!



Next, have your child add punctuation that makes the story easy to read. What happens to the story if he punctuates it differently?

Plan to keep on learning

A winter break from school doesn't have to be a break from learning. To keep your child's brain engaged, help her:

- **Discover the past** by interviewing older relatives—even you. Help her write a list of questions to ask, such as, "What was school like for you?"
- **Compare a movie to the book** it's based on. Together, read the book, then watch the movie. How were the two alike? How were they different?
- **Research and prepare** a holiday dish from another culture.

Service to the community benefits your child

Volunteering teaches kids that they can make a difference in people's lives. Here are some activities you and your child can do together now—and all year long—to help others:



- **Bake a treat** for a senior citizen or a new parent.
- **Fill warm socks** with wrapped snacks to give to the homeless.
- **Participate in a clothing drive.** Many charities collect coats, gloves and hats and donate them to shelters.

Source: "35+ Service Projects for Kids," kidworldcitizen.com, nswc.com/give.

Q&A

How do I help my child cope with a family separation?

Q: My husband is deployed overseas. The longer he has been gone, the harder it has been on my third grader. Her grades have started to suffer. How can I help her through a difficult holiday season and get her back on track at school?

A: Your child is going through a tough time. Being separated from a parent is always hard. During the holidays, it can be even harder. Here are some ways to help:

- **Let your child know** it is OK to miss her father. Say something like, “We love Daddy very much. Of course we’re going to miss him. Whenever you feel sad, you can talk to me.”
- **Help your husband stay in touch** with your child as well as with you. Encourage him to call, send videos and email. Then, help your daughter reply.
- **Talk to your child’s teacher.** Be sure she understands your daughter’s situation. Ask her how to help your child get her grades back on track.
- **Talk to your child about holiday traditions** you want to continue. Even though it won’t be like other years, baking, decorating or watching a favorite holiday video together can make this a special time for you both.
- **Look for ways you and your child can help others.** Your child may view her problems differently when she sees others who need help.



Parent Quiz

Are you making mornings easier?

Does your child have trouble getting ready for school on time? Some kids seem to have only one speed—slow. But there are things parents can do to help. Are you helping your dawdler get going? Answer *yes* or *no* below:

- ___ **1. Do you make sure** your child goes to bed in time to get nine to 12 hours of sleep?
- ___ **2. Do you make time** at night for your child to lay out clothes and pack his book bag?
- ___ **3. Does your child have** a checklist of things he must do to get ready in the morning?
- ___ **4. Do you give** your child “two-minute warnings” to ease transitions?
- ___ **5. Do you build** extra time into your family’s morning schedule?

How well are you doing?
More yes answers mean you are helping your child move efficiently in the morning. For each no, try that idea.

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”
—Dr. Seuss

Charge up your cybersafety

These days, kids use computers, tablets and phones for everything from learning to socializing. But the digital world can be dangerous, and parents must promote internet safety. Experts recommend that you:

- **Go online** with your child. Let him show you his favorite websites and apps. Guide him to child-friendly resources.
- **Monitor** your child’s online activities.
- **Discuss** internet safety and establish basic rules. For age-appropriate rules, visit www.netsmartz.org/resources/pledges.
- **Remind** your child not to reply to inappropriate messages. If he receives one, he should tell a trusted adult.

Pave the path to success

Research shows that children do better in school when their parents have high (but realistic) expectations for them. When your child knows you believe she can succeed, she’ll believe it, too. So, send her to school with an “I know you can do it!” She’ll have the confidence she needs to do her best.

Source: S. Wilder, “Effects of parental involvement on academic achievement: a meta-synthesis,” *Educational Review*, nismc.com/expectations.

Show your child the world

It’s a great big world. You can help expand your child’s knowledge of other countries and cultures. Together:



- **Read about customs** of people around the world.
- **Watch plays, movies** or puppet shows about life in other lands. Many libraries and museums present these programs.
- **Learn foreign phrases.** Learn to count to 10 and say *hello* and *thank you*.
- **Watch TV programs** about other countries. Locate the places on a map.

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Title 1 Cooperative
Educational Service Unit #10

Give your teen the keys that unlock the power of memory

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Share these tips with your teen to help him learn and recall information:

- **Break it down.** Rather than trying to memorize a list of 50 items, your teen should make five lists of 10 items each. It’s easier to recall shorter lists of information than long ones. That’s why flash cards are so great for memorizing—your teen can take out a stack of five or 10 cards, learn them and then move on to the next set.
- **Use humor.** Teens can remember almost anything if they can make it funny. Challenge your teen to create a silly story or song around what he needs to remember.
- **Practice.** While practice doesn’t always make perfect, it can make learning permanent. Offer to be your teen’s study partner, and ask him questions from flash cards or study notes.
- **Exercise.** Experts agree that physical fitness is as vital for brains as it is for bodies. Scientists have recently found that exercise releases a protein that improves memory. So get your teen moving!

Source: J. Hamilton, “A Protein That Moves From Muscle To Brain May Tie Exercise To Memory,” National Public Radio, nismc.com/protein.



Maintain momentum over winter break

Your teen may want to relax over winter break. But staying on a regular schedule will make returning to school in January easier. Encourage her to:

- **Wake up.** Don’t let your teen sleep in more than one hour past her normal wake-up time. She’ll be less groggy in those early-morning classes when school begins again—for which both she and her teachers will thank you.
- **Work.** Ask your teen to do 30 minutes of schoolwork or reading every day. She will probably have homework she should be doing. If not, have her pick up a book.
- **Write.** Ask your teen to write your family’s end-of-year letter. If she receives holiday gifts, have her write thank-you notes. She could even thank her teachers for their help so far this year.
- **Create.** Keep your teen’s mind sharp. Ask her to help you in the kitchen—it’s a great place to practice science and math. You could also challenge her to create a crossword puzzle for you to solve.

Work when your teen works

Many teens have several hours of home-work each night. It can be difficult for them to buckle down to that work if the people around them are relaxing and having fun.

At least part of the evening, “study” along with your teen. Get a good book or some household bookkeeping and do your work as he does his. It sets a wonderful example.

Talk about tough choices

In high school—and life—students are faced with many situations where doing the right thing isn’t easy. In fact, the temptation may be strong to do the *wrong* thing. Some choices may not even seem important—should your teen get up when the alarm goes off, or roll over and miss first period?

But all choices have consequences. If she misses class today, it will be harder to catch up tomorrow. Talk to your teen about these hard moments. Let her know that by choosing the option that seems harder now, she will likely have an easier time in the future.

Source: S. Covey, *The 7 Habits of Highly Effective Teens*, Touchstone.



The 60/60 rule aids hearing

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Source: S.D. James and K. Nathanson, “Generation Deaf: Doctors Warn of Dangers of Ear Buds,” NBCnews, nismc.com/buds.





My child won't do homework without me. What can I do?

Q: My seventh grader expects me to remind him about assignments, gather his supplies for him and tell him when it's time to study. How can I help him take more responsibility for his schoolwork?

A: Middle school is as much about growing up and becoming responsible as it is about academics. So you're right to want your child to rely more on himself and less on you.

To foster responsibility for learning:

- **Talk to your child.** Say, "I'm glad that you want my help with school stuff, but you're leaning on me too much. We are going to shift the responsibility onto you."
- **Create routines** to help your child take responsibility for his assignments. For example, you might say, "Instead of waiting for me to remind you to do your homework, start your homework one hour after you get home from school. It's up to you to get started."
- **Give your child the tools he needs.** Make sure he has a planner and a calendar to record and track his assignments. Stock up on school supplies, too, but let him organize them so he'll know where they are.
- **Stand back.** Your child may forget an assignment or two as he gets used to his new role, but resist the urge to swoop in and help him.



Are you helping your child help others?

Participating in community service is a great way for your child to help others. What's more, kids who volunteer tend to earn better grades in school. Are you encouraging your child to get involved? Answer *yes* or *no* below:

1. **Have you talked** with your child about the need to help others who are less fortunate?
2. **Do you encourage** your child to volunteer for causes she finds meaningful?
3. **Do you suggest** ways your child can get involved, such as by volunteering through a youth group?
4. **Do you support** your child's efforts to serve? For example, do you give her a ride to do volunteer work?
5. **Do you volunteer** with your child?

How well are you doing?

More yes answers mean you are developing your child's community spirit. For each no, try that idea.

"Act as if what you do makes a difference. It does."
—William James

Spur thoughtful discussion

Does your middle schooler weigh all sides of an issue before picking a position? Can he give a reasoned opinion when asked? If not, don't worry. Like other skills, thinking skills can be sharpened over time. To help:

- **Engage your child in conversation.** Discuss issues of the day. Urge him to ask questions about things he sees and hears.
- **Ask open-ended questions** that can't be answered with *yes* or *no*. "How did you come to that conclusion?"
- **Avoid interrogation.** Keep your exchanges casual and friendly.

Source: "What is Critical Thinking?" Digest of Gifted Research, Duke Talent Identification Program, niswc.com/critical.

Teach respect by example

To encourage respectful behavior, show your child what it looks like. Here are two ways:

1. **Listen** to your child's opinions, even if you don't agree with them.
2. **Take an interest** in your child's life. Ask about what she's learning in school. Find out who her friends are. Show her that what happens to her matters to you.

Prepare your child to use good judgment

Responsible students usually "do the right thing." But knowing what's right takes judgment. To guide your child toward better judgment:

- **Give him increasing responsibility** for routine tasks. Assign regular chores, but let him decide when to do them. If it doesn't go well, ask what he's learned. Help him work out a new plan.
- **Discuss situations in advance.** Role-playing with you will help him make a good decision when it counts.

Source: N.I. Bernstein, *How to Keep Your Teenager Out of Trouble and What to Do if You Can't*, Workman Publishing.

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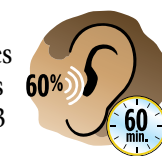
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Source: S.D. James and K. Nathanson, "Generation Deaf: Doctors Warn of Dangers of Ear Buds," NBCnews, niswc.com/buds.



Q&A

How can I keep anxiety from holding my teen back?

Q: My daughter is a worrier. Before every test, she’s sure she will fail. As a result, she does worse than she would if she could relax. She’s also so anxious about being popular that on her last group project she did four people’s work. How can I help her worry a little less?

A: The teen years can be tough. But your teen is making things harder than they need to be.



- Here are some things you can do to help:
- **Develop your daughter’s sense** of proportion. Remind her that everything doesn’t have to be perfect. Sometimes, “good enough” really is just that.
 - **Encourage her to begin** studying several days before a test. Tell her that getting a good night’s sleep before a test will lead to a better score than cramming all night. Then set—and enforce—a curfew.
 - **Help your teen avoid** taking on more than her share of the work when the next group project rolls around. Play the “heavy” so she can say, “I have to help my mom this weekend. I can’t do that part of the project.”
 - **Pay close attention.** While your teen is learning to handle her anxiety, you need to be aware of another potential danger. Anxious teens sometimes self-medicate with alcohol or drugs. So, be on the alert for signs that she may have fallen into this trap.



Are you helping your struggling teen?

By December, it’s not unusual for some students to find themselves having difficulty in one or more of their classes. If your teen is struggling in school, are you doing all you can to help? Answer *yes* or *no* to the questions below:

1. Have you talked

with your teen about his progress in school and listened to his concerns?
2. Have you encouraged

him to talk to his teachers about getting extra help?
3. Have you met

with your teen’s teachers to develop a plan to help your teen?
4. Are you helping

your teen build study skills—such as studying at a regular time, setting study goals and taking detailed notes?

5. Are you working

to get him help from a tutor or a school-based program?
- How well are you doing?

More yes answers mean you are doing what it takes to get your teen back on track. For each no, try that idea.

“Success always demands a greater effort.”
—Winston Churchill

Are you a good listener?

Good communication with your teen is the basis for a relationship that will support her efforts in school. When your teen talks with you, avoid these common pitfalls:

- **Over-listening.** If you’re jumping in with ideas and solutions before your teen finishes talking, take a step back. You may find out that she wasn’t asking for advice, she was telling you how she solved a problem.
- **Under-listening.** If your attention is divided between your teen, a work issue and cooking dinner, set the other tasks aside for a few minutes and really focus on your teen.

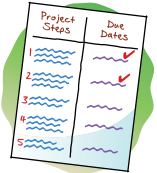
Mistakes lead to learning

Being responsible is not the same as being perfect. Sometimes, it’s just the opposite. Remind your teen that responsible people make mistakes all the time. They just don’t shrug them off. Encourage him to:

- **Admit his errors** and make amends.
- **Learn from them.** Responsible people try not to repeat mistakes.

Plan on a project board

Keeping track of the details and deadlines of long-term assignments can be tricky for some students. A project board can help. To make one, have your teen:



1. **Draw a line** down a large sheet of poster board to create two columns.
2. **Divide the project** into steps—go to the library, research, write an outline, etc. Write the steps in the left column.
3. **Assign due dates** for each step by working backward from the project due date. Write them in the right column.
4. **Post the project board** where she studies so she can see what to do next.

Source: R. Fry, *Get Organized: Second Edition*, Career Press.

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Arnold Public Schools/South Loup - January 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Teacher In-Service 8:00 - 12:00	3 School Resumes for Students 4:00 PM G JV BB @ Medicine Valley High School 5:00 PM B JV BB @ Medicine Valley High School 6:00 PM G V BB @ Medicine Valley High School 7:30 PM B V BB @ Medicine Valley High School	4	5 2:00 PM B JH BB Sandhills Theford Knights 2:00 PM G JH BB Sandhills Theford Knights 4:00 PM G JV BB Sandhills Theford Knights 5:00 PM B JV BB Sandhills Theford Knights 6:00 PM G V BB Sandhills Theford Knights 7:30 PM B V BB Sandhills Theford Knights	6	7 10:00 AM B V WR @ Amherst Invite 3:00 PM G JV BB Bertrand High School 4:00 PM B JV BB Bertrand High School 5:30 PM G V BB Bertrand High School 7:00 PM B V BB Bertrand High School
8	9 1:30 PM B JH BB @ Anselmo-Merna High School 1:30 PM G JH BB @ Anselmo-Merna High School 7:00 PM School Board Meeting	10	11 7:45 AM Faculty Meeting in Library	12	13 1:00 PM B V WR @ SEM Invite 4:00 PM G JV BB Maxwell High School 5:00 PM B JV BB Maxwell High School 6:30 PM G V BB Maxwell High School 8:00 PM B V BB Maxwell High School	14 10:00 AM B V WR @ Shelton Invite 2:00 PM G JV BB Brady High School 3:00 PM B JV BB Brady High School 4:30 PM G V BB Brady High School 6:00 PM B V BB Brady High School
15	16 1:00 PM B JH BB @ CO-OP Ansley-Litchfield 1:00 PM G JH BB @ CO-OP Ansley-Litchfield	17	18	19 4:00 PM G JV BB CO-OP Ansley-Litchfield 5:00 PM B JV BB CO-OP Ansley-Litchfield 6:00 PM G V BB CO-OP Ansley-Litchfield 7:30 PM B V BB CO-OP Ansley-Litchfield	20 Winter Break - No School 12:30 AM B V WR South Loup Invite @ CAL	21
22	23 MNAC - 1st Round MNAC - 1st Round	24 MNAC Quarter-Finals MNAC Quarter-Finals	25	26 MNAC Semi-Finals @ NP MNAC Semi-Finals @ NP	27 10:00 AM B V WR @ MV Invite	28 MNAC Consolation & Finals @ NP MNAC Consolation & Finals @ NP

January 2017

Menu Is Subject To Change ** "USDA is an equal opportunity provider and employer."



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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Teacher Inservice 8-Noon	3 B: Cereal, Toast L: Corndog & Baked Beans	4 B: Pancakes, Sausage L: Breaded Beef Patty, Mashed Potatoes, T-Roll	5 B: Peanut Butter & Jelly L: Pizza	6 B: Blueberry Muffin, String Cheese L: Redi Rib on a Bun, Tri-Tator
9 B: Cereal, Toast L: Burrito, Refried Beans	10 B: Pancake on a Stick L: Creamed Chicken and Biscuit	11 B: Biscuits and Gravy L: Super Nachos, Cinnamon Roll	12 B: Egg N Cheese Omelet, Toast L: Pizza Quesadilla	13 B:Poptart, Yogurt L: Sloppy Joes on a Bun, Tri-Tater
16 B: Cereal, Toast L: Hamburger on a Bun	17 B: Waffles, Sausage L: Beef and Noodles, Mashed Potatoes, T-Roll	18 B: Oatmeal, Toast L: Chicken Strips, Macaroni and Cheese	19 B: Bagel, Yogurt L: Taco, Refried Beans	20 No School Wrestling Invite
23 B: Cereal, Toast L: Chicken Patty on a Bun, Baked Beans	24 B: French Toast L: Salisbury Beef, Mashed Potatoes, T-Roll	25 B: Breakfast Pizza L: Stromboli	26 B: Combo Bar, Toast L: Spaghetti, Bread Sticks	27 B: Donut, String Cheese L: Ham N Cheese on a Bun, Tri-Tater
30 B: Cereal, Toast L: Hot Dog on a Bun, Baked Beans	31 B: Breakfast Burrito L: Tater tot Cassorole, T-Roll			

29	30	31				
	1:30 PM B JH BB Stapleton Public High School 1:30 PM G JH BB Stapleton Public High School					



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