



# ARNOLD Life

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## Wrestlers Take The Season by Storm!

With State Wrestling Tournaments out of the way, sophomores Logan Coleman and Tayten Eggleston are done for winter sports. Congrats to Tayten for qualifying for State!





**Kindergarten:** Ryker Atkins, Kora Dailey, Kale Kulhanek, and Jett Morgan.



**First Grade:** Rae Hagler, Corrie Luera, Delanie Weinman, Austin Davenport, Brayden Kendall, and Callan Witthuhn.



**Second Grade:** Josie Christensen and Sofie Lewis.



**Third Grade:** Luke Tullis, Brook Bierman, and Jamison Lamphear.



# Spelling Bee

## W-I-N-N-E-R-S!



By Jasmine Nelson, Senior

On February 1, Arnold Public Schools had its 8th annual spelling bee in the high school gym. Each year, students from grades K-8th take an oral and/or written test in their respective classes, and the first/second places in grades 4-8 participate in an oral spelling bee with the public invited to watch.

In the first round, there were 18 students, eager to be crowned king or queen bee. Mrs. Badgley was the announcer for the day, with Mr. Swingle, Mrs. Moninger, and former English teacher Mrs. Mills as the judges. The students fought long and hard for FOURTEEN rounds, with a few getting out each round. After what seemed like hours, it was down to just two girls: fourth grader Ella Cool and fifth grader Gracie Neth.

The girls both knew the bragging rights that came through with winning, and boy, did they want them. They were vigorous in their words and confident in how they said they. These audacious elementary students really knew their stuff!

After five relentless rounds of being tied, it didn't seem as if the end was near. The crowd was desperate for a winner. The word "marionette" was Ella's downfall in the 14th round, sadly. Gracie knew what she had to do; winning was in her sights! Gracie winning word was fitting for the occasion, "enchantment."

After the first and second places were handed out respectfully, they joined the other students (whom were first in

the class bees) to go to the county spelling bee in Ansley February 20th.

Ella was an automatic pick to add to the spelling team who will travel to Ansley. That made only six team members out of a possible eight. After looking and going back through the rounds and checking to see who stayed in the longest, we could add seventh grader Reagan Cool to the list.

To determine the final team member, the judges hosted a spell off between Cooper Atkins, Addison Starr, and William Moninger. Cooper won the spell off after a couple of rounds by spelling "rendition" and earned the eighth and final spot on the spelling team. The first five qualifiers from the classroom spelling bees included the following students: Colby Streit (8th), Colbi Smith (7th), Lance Jones (6th), Gracie Neth (5th), and Stockily Lewis (4th).

Though the day was filled with ups and downs, the students won't forget the day. For the eighth graders, it was their last go-round, and they're all happy they got to go out with a bang. Good luck to the eight students in Ansley and continue to make us proud!



**Fourth Grade:** William Moninger, Ella Cool, Ethan Furne, and Stokely Lewis.



**Fifth Grade:** Delaney Rogers, Charli Vickers, Brendan Streit, and Gracie Neth.



**Sixth Grade:** Hallie Recoy, Clay Witthuhn, and Lance Jones.



**Seventh Grade:** Faith Bierman, Reagan Cool, Stella Lewis, and Colbi Smith.



**Eighth Graders:** Addison Starr, Landyn Cole, Jadeyn Bubak, Cooper Atkins, and Colby Streit.



# Little Bobcats Take The Floor!

By Jasmine Nelson, Senior

Every year, the South Loup Bobcat Cheerleaders host a cheer camp for girls

ages K-8 to

get young

girls inter-

ested in the

sport again.

This year, the

girls had the

camp with a

performance

by all during

the Saturday,

February 4th

game in Ar-

nold versus

McPherson

County High

School.



**Above: Delaney Rogers, one of the older girls, following the steps through the dance.**

During halftime of the boys' game, the stands were full and people were ready for a show. The cheerleaders, already starting to wear out from the night, were determined to help their mentees shine. So, with help of cheer coach Carissa Batenhorst, the

girls took to the floor.

The entire gym watched as the girls performed a dance routine that only they had seen. Their pom-poms were waving, and feet were kicking throughout the little routine.

"As my last cheer camp, it was a really fun experience to see the little girls get so excited," says Jennifer Baraza, senior and varsity co-captain.



**Above: Sofie Lewis chanting with the group!**

## PowerSchool Passwords

As in past years, the school will be using

Power-School 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](mailto:tami.smith@esu10.org), or call her at the school 308-848-2226.



# Saint Patrick's Day

By: Zoey Borah

10th Grade

Saint Patrick's Day just so happens to be Friday, March 19th. So, what's with the weird traditions on that day? What's with the belief that there is a pot of gold under every rainbow?

Well, when the Vikings invaded areas of great wealth, they took a bunch of gold coins. They had so many gold coins that some even fell out, and were left behind. That's where the leprechauns come in. The leprechauns were believed to have the gold coins, and were believed to protect them. The leprechauns buried the treasure in random spots around the world, and that's why there's the belief

of that there is a pot of gold at the end of a rainbow.

"Well, what started the tradition of wearing green on Saint Patrick's Day?" you might ask. In the beginning, leprechauns didn't even wear green! They wore red. It changed to green in the 20th century. We wear green on Saint Patrick's Day, so that the leprechauns don't sneak up behind us and pinch us! The green is said to be invisible to them. That's why somebody should pinch you for not wearing green on Saint Patrick's Day.

What's with kissing the Blarney Stone on Saint Pat's? Well, it's said to bring good

luck to the kisser.

Along with great bragging rights to other people, and great eloquence.

Fun Facts about leprechauns; Some legends about the leprechauns say that they carry gold for as many years that they've been alive. The original name for leprechaun was "lobaircin" which means "small-bodied fellow. So, their original name, literally means that they're tiny.



# 4<sup>th</sup> Grade Made Corn Husk Dolls

By Toni Oberg, Sophomore



They started out by soaking the cornhusks in water, then they folded the husks over a cotton ball and secured it with the string to make the head. The next step is to make the arms cut up the sides of the corn husk and put a new role of cornhusks that would be the arms and hands and then they secured the waist with a string. The next step would be to did decide if you want your doll have legs or a skirt. If you want the doll to have legs you would cut up middle and secure

each leg with strings you did not you left it as it was. After that you Secure the hands with strings. The last step is to make your cornhusk doll clothing and give it a face and hair.

What was Mrs. Crow's reasoning for doing this craft you might want you wonder. Well the fourth graders studying Nebraska history were going over the Oregon trail at this time. Even though the kids on the Oregon trail probably didn't have cornhusk stalls because they work they did San Juan Pl. long enough to farm the

land; it was still a common doll to have during this time period for farm children. She wanted the fourth-graders understand that most of the time the children did not have dolls or other toys so they had to make their own out of what was available for them. If you would like to make your own cornhusk doll there several websites online where you can pull up the instructions but you could also go up to a fourth grader and ask them how they did and it was and they will tell you all about it.

## Hoops For Heart Makes a Swish!

By Jasmine Nelson, Senior

Every year, elementary-high school physical education teacher Mr. Cole organizes the "Hoops For Heart" fundraiser, in which students in grades Kindergarten, 1st, 2nd, 5th, and 6th raise money within a certain time frame in order to obtain various prizes, such as a basketball with the logo across it.

deaths caused by cardiovascular disease and stroke.

"The kids really seem to

enjoy the program, and getting prizes for doing something good isn't a bad deal,"



Above: Kayla Jensen talking to elementary students about Hoops For Heart.

Below: Students watch the presentation.

This year, there were numerous students participating in the program, with hundreds raised so far! There was a meeting on February 17, 2017 to see which students would like to participate. They had Kayla Jensen, head of the program, come and speak the children about the importance of the program and why it's a fun way to earn prizes and help the common good.

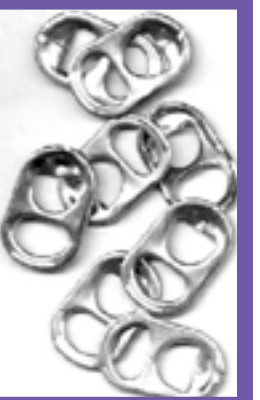


The kids are raising money for the American Heart Association Research Center, which fosters appropriate cardiac care in an effort to reduce disability and

It has benefitted so many people through AHA across the country for years and will definitely be here to stay.

## Pop Tabs Collection

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



## Activity Passes



Activity Passes, which get you into all home games at 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.



# Track Update

By: Zoey Borah

10th Grade

## Boy's Side

On the boys side of things, they have some returning state qualifiers! Landon Furne, Blake Schwarz, and Cade Connell are all 2 time returners. Cooper Taylor, Kalen Dockweiler, and Cole Gracey are all returning for their second season.

On the other side, some returning lettermen boys are Landon Furne, Blake Schwarz, Spencer Johnson, Logan Coleman, Gavin Robertson, Spencer Bloomer, Matthew Corbin, Cade Connell, Isaac Stalbaumer, Cooper Taylor, Cole Gracey, Jarret Bucholz, Leighton Bubak, Kalen Dockweiler, and Blake Brown.

Mr. Peterson has

many good thoughts about this new season. He says that we will all be a better team from the group that finished last yeeear, as 6th in the district.

The leaders will be Landon Furne, Blake Schwarz, Kalen Dockweiler, Cooper Taylor, and Cole Gracey. He believes we will be good in mid-distance and sprints with Cooper Taylor and Kalen Dockweiler.

Cade Connell was one of the top high jumpers in the area last year, and he believes Cade will be better this year. Cole Gracey qualified for state last year, and Mr. Peterson thinks he will become a state medal contender.

## Girl's Side

The returning state qualifiers for girls are Atlynn Witthuhn, Ol-

ivia Paulsen, Savannah Weverka, and Madison Reed.

Lettermen girls are Olivia Paulsen, Atlynn Witthuhn, Madison Reed, Mikayla McFate, Brittany Ellison, Savannah Weverka, Sandy Oliver, Lucy Kimball, Sydnee Wallach, Laney Willis, Wryleigh Doyle, Tatum Cool, and Hannah Pearson.

Mr. Peterson believes that Savannah Weverka, Olivia Paulsen, Atlynn Witthuhn and Madison Reed will continue to bring back medals.

He says "the girls lost some very important dependable performers this year." Some of the younger girls will have to step uo for the same success.

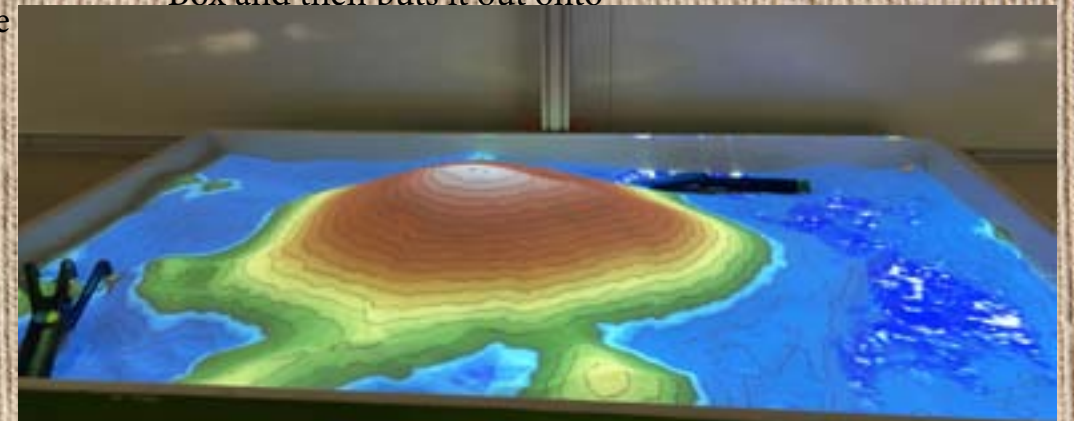
# FROM SANDY BEACHES TO SNOWY MOUNTAINTOPS: SANDBOX GALORE!

By Jasmine Nelson, Senior and Zoey Borah, Sophomore

For Mr. Swingle and his numerous science classes, the course just got a lot more fun! Borrowing the box from ESU10 and X-Box Kinect hooked to a projector, he introduced the Augmented Reality Sandbox. The program is made out of open-source software than anyone can access. The sand is ordinary, store-bought sand (so that it is clean).

The sandbox is a 3 dimensional representation of the mountains, lakes, rivers, and other landforms that

Box and then puts it out onto



Above: One example of creating mountains and water structures with the sandbox.

a projector. The X-Box has a sensor that detects movement in the sand and can stimulate water/snow and mountains.

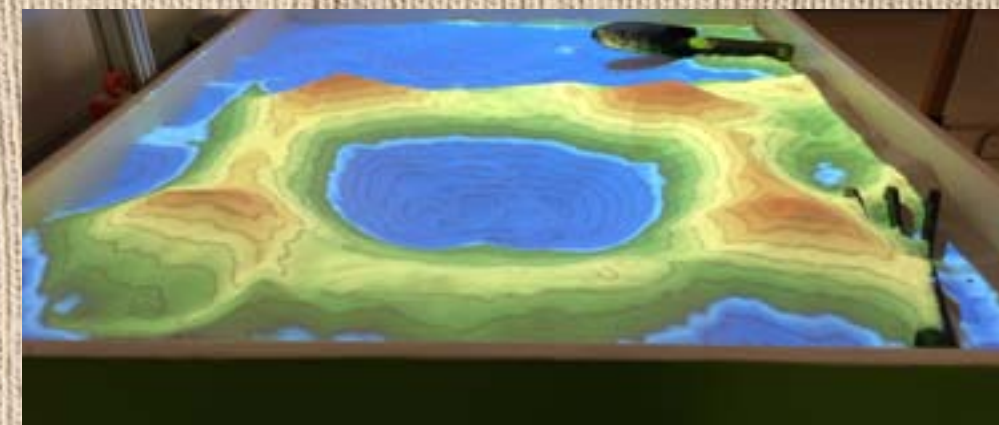
Mr. Swingle has utilized this tool with many different classes, including 7th grade and the Junior Earth Science

again next fall to see what we can map out of the Earth."

To find out a bit more on how the sandbox works, check out these YouTube videos we found:

**UCLA Augmented Reality Sandbox:** <https://www.youtube.com/watch?v=CE1B7tdGCw0>

**Insider Augmented Sandbox:** [https://www.youtube.com/watch?v=m2cQa3xv6\\_s](https://www.youtube.com/watch?v=m2cQa3xv6_s)



fill the Earth. "How does it work?" You might ask. The software connects to the X-

classes.

"We borrowed it to see what we could do with it. I definitely plan to bring it out



# Weird Days of March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 National Pig Day	2 Old Stuff Day	3 If Pets Had Thumbs Day	4 Hug a GI Day
5 Multiple Personality Day	6 National Frozen Food Day	7 National Crown Roast of Pork Day	8 Be Nasty Day	9 Panic Day	10 Middle Name Pride Day	11 Johnny Applesseed Day
12 Plant a Flower Day	13 Ear Muff Day	14 National Pi Day	15 Dumbstruck Day	16 Everything You Do is Right Day	17 Saint Patrick's Day	18 National Quilting Day
19 Poultry Day	20 Proposal Day	21 Tea for Two Tuesday	22 National Goof Off Day	23 National Chip and Dip Day	24 National Chocolate Covered Raisin Day	25 Pecan Day
26 Make Up Your Own Holiday Day	27 National "Joe" Day	28 Something on a Stick Day	29 Smoke and Mirrors Day	30 I am in Control Day	31 World Backup Day	

## SPRING BREAK FUN!

By Jasmine Nelson, Senior

For many students, the five day weekend for Spring Break is a time of fun, relaxation, and awaiting the start of the spring quarter. Mrs. Badgley put a poll on Schoology to see what students were doing for their break. The choices included: Working, Staying home and not doing something fun, staying home for something fun, or traveling somewhere fun. The results will be shown as below:

As you can see, this is only a small fraction of the students in Junior High/High School.



“For my Spring Break, my family and I will be spending four or five days in Las Vegas,” says Ashton Weinman, senior.

Many kids choose to have their families go somewhere fun for the break. Many high schoolers with jobs however, tend to stay home and earn some savings for other fun breaks. For my spring break, I will be working...sadly. This doesn't bother me too much, though; I have many more years to have a fun spring break!



## UPCOMING TENTATIVE GOLF MEETS 2017:

March 30...Amherst Invite @ Amherst

April 7...South Loup Invite @ Arnold

April 13...Hershey Invite @ Sutherland

April 20...Sandhills/Thedford @ Thedford

April 27...MNAC Conference @ Arnold

April 28...Overton Invite @ Overton

May 4...North Platte St. Pat's @ North Platte

May 10...Mullen Invite @ Mullen

May 15 District Invite...@ TBA

May 16...Atkinson West Holt Invite @ TBA





# Basketball Season

By: Zoey Borah

10th Grade

The boy's sub districts went very well. It was a close game on February 22nd, with South Loup at 52 and Burwell at 62. It was a sorry loss for the boys, but they also had a good game! Intense games are always what we look for.

They have another game on the 23rd, and we think they'll be prepared enough for that game to play out.

Jace Connell had a great highlight against Ansley's team, at the game awhile ago. He has great potential for future games.

Cade Connell also has great potential for his Senior year playing for South Loup.

The team has great players, and could continue to grow in poten-

tial. Just looking at the score on February 10th, with South Loup at 78, and Eustis-Farnahm at 34, that must've been an amazing game. The boys can have infinite potential, as long as they work hard, and believe they can do it.

The girls did fairly well with their game against Eustis-Farnum. South Loup had a score of 43, and Eustis-Farnum had a score of 40. A very good game played by both teams.

The girls basketball team seems to have an advantage over Mullen, with winning. South Loup had 44 at that game, and Mullen had 9. That game was played on February 4th.

## ATTN: New E-Mails For Teachers!

All teachers and faculty at Arnold Public Schools have now been given new e-mail addresses. It is now their first name followed by last name, then @arnold-publicschools.org instead of @esu10.org.



# Speech Team Keeps On Rolling!

By Jasmine Nelson, Senior

So far, the tiny but mighty Arnold speech team has worked hard through the season. With half of the time participating in the activity for the first time, fourth grade teacher and coach Mrs. Berni Crow has successfully lead them through the first few weeks!

In the first speech meet on January 28 in Ord, the students were almost

a nervous wreck. Seniors Ashton Weinman and Jasmine Nelson were participating in their coveted event; Improv duet. They were prepared, but freshman Dawson Hanna-Miles and sophomore Jarrett Bucholz were not as much. They participated in the novice version of the event, creating a whirlpool of events.

The two solo competitions for the day were sophomore Toni Oberg (in poetry) and Jasmine Nelson (in Extemp). While Toni was in the middle third of 26 competitors, Jasmine just missed a medal due to inadequate time, gaining 9th place.

For the Improv duets, they had a more successful day. Ashton and Jasmine placed third in the varsity Improv, while Dawson and Jarrett placed fourth. Not bad for a

first meet!

In the second meet in Gothenburg, on February 4th, there were only three competitors; Dawson and Jarrett in duet, Jasmine in extemp, and Toni in poetry. Due to the fact that there were over 500 entries in the meet, the tiniest school did not place at any event. Better luck next time, kids!

For the third meet in North Platte, blue and gold just wasn't in sight for

the team. Taking on Toni Oberg in Informative/Poetry and Jasmine in Extemp, the kids had a rough day when put up against large schools such as NPHS, NP Saint Pats, etc.

For the fourth meet, the team tackled Loup City on February 18th. Due to personal reasons, Jasmine and Ashton weren't able to attend. However, the Dawson and Jarrett participated in Duet and Improv Duet, and Toni did her poetry/informative duo. It was a wonderful day for all! Dawson and Jarrett dominated in the Improv section, receiving third place. For regular duet, they were just shy of a medal with seventh place. Toni was just shy of medals as well.

On a cold, Monday morning on February 27, the entire team went to the MNAC - Loup Valley division Speech Tournament in Brady. In addition to the regular five events that have been entered, new-comer Lorraine Wonch entered her first speech meet in Poetry. Despite only memorizing their duet an hour and a half beforehand, Jasmine and Ashton managed to rack in sixth place out of eight teams. Dawson and Jarrett, competing with the varsity groups, were one point shy of seventh place.

For Jasmine, there were only five people in Extemp for the day, so it was an automatic final. She received a second place ranking and a fifth place ranking, evening out to third place. Toni or Lorraine unfortunately didn't place in these meets, but there's still two more.

## Read Next Month's Issues for Updates on Best Of The West & District Tournament, Both in North Platte!



**Above: Coach Crow, Jasmine Nelson, Ashton Weinman, Lorraine Wonch. On Knees: Dawson Hanna-Miles, Toni Oberg, and Jarrett Bucholz**



# Senior Spotlight

*Jennifer*



*Barraza*

**Birthday:** February 3, 1999

**Favorite Food:** Either mole or my mom's green enchiladas

**Favorite Song:** "Heart Like Yours" by Williamette Stone

**Hobbies:** Doing my Makeup, singing, and petting dogs

**Dream Job:** Owning my own child psychology business.

**Where Do You Plan To Go:** Central Community College in Hastings, NE

**One Person You Look Up To:** My mom

**Favorite High School Memory:** There's so many, I can't remember any specific!

**If you were stranded on an island, what three things would you bring?:** My dogs, Food, and somehow my phone with unlimited data.

## From the Principal's Desk



As we head into March, I hope we find warm weather on the way. This time of year is also when our calendars fill up with a multitude of activities. I would encourage you to come out and watch our students participate in many activities that will be going on this Spring. Our students will be involved in track, golf, speech, quiz bowl, and music contents just to name a few. Please take a look at the calendar and see if you could make it to one of the many activities our students are involved in and see the success they are experiencing just by participating.

Beginning in March, we will be preparing for state assessments in language arts, reading, math, and science in March and April for grades 3-8. It is important for students to be well rested and have a healthy breakfast to start the day as they prepare for these

tests. Attendance is also an important part of completing these assessments. I want to thank you for making sure our students are in attendance as we head toward NeSA testing. Beginning this year, Juniors will no longer be participating in NeSA testing, but they will be taking the ACT on April 19th as part of state wide mandate.

As the weather warms, our daily schedules also become filled with

more events like field trips and other educational opportunities. Please continue to check the school website for upcoming activities and any changes to the calendar.



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](mailto: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>



# 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](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.

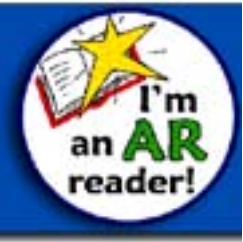


# Renaissance Home Connect

## 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

This month I spent some time again following legislation. As of Feb 28, nothing much has come out of the Education Committee headed up by Senator Groene. Right now, no change has been made to TEEOSA (state aid formula), the tax structure of our agricultural land, or the way in which school can budget. There seems to be an impasse in the committee and bills aren't getting advanced. Right now, the only bills on the floor (out of committee) pertain to technical clean-up

language of current statute regarding school classification, adding a definition of dyslexia to existing legislation, and increasing the probationary period of community college instructors, and allowing breastfeeding for students. These bills will likely not impact our school.

On the other hand, I serve on a scholarship and award committee for NRCSA, so I got to spend a few hours reading about amazing students, teachers, and



administrators. It was very refreshing and allowed me to reset my focus on the positive things about the job. Happy Spring!

## 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](mailto:tami.smith@esu10.org)





## 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

April 8, 2017  
March 3, 2017

June 10, 2017  
May 5, 2017



## 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.

## Quiz Bowl Calendar Dates

- March 1: ESU 10 Jr. High Quizbowl (6-8)...van leaves at 7:00 starts at 9:00
- March 6: HS MNAC Quiz Bowl in Halsey
- March 13: HS Quiz Bowl in Merna
- March 17: ESU10 Sr. High Quizbowl (9-12)...van leaves at 7:00 starts at 9:00

HS Meet One: No Wins from Team 1 or 2.

JH: No meets yet!



# The Ides of March

By Toni Oberg, Sophomore

What is The Ides of March and why should we beware it? After all, it is just a day. Today, I'm going to go over what it means, whether there is any reason to beware of it and lastly what happened the first time it was mentioned in the history books.

What is the significance of the Ides according to the dictionary.com "March 15 on the Roman Calendar."? Dictionary.com. also said that Ides means "The fifteenth day of March, May, July, or October and the 13th for the after months. The Ides is actually suppose to be the day the full moon appears. "Calender just first of the month. "

So if the day is not what we should beware, is there any other reason to beware the ides of March? If the Ides is just a day, then is March such a spooky month that it holds a cursed day for us to beware? No, March is the first month of spring and is when everything starts to get slightly warmer. Life starts to spring up, even if it only freezes later, not even in a fall month or winter month where life dying or already

dead. If anything, we should beware of the ides of October.

Why should we or should we not beware of the ides of March? There are a few other events that have happened on the ides of March that are not necessarily good. According to Smithsonian.com, there was a raid on southern England in 1360, Czar Nicholas II gave up his throne and was assassinated.

However, when you think about it, the saying "Beware the Ides of March" did not become a saying until Shakespeare's play *Julius Caesar* when Caesar meets the soothsayer while he is with Casca, Brutus, and Cassius. In the play, Caesar ignores the soothsayers warnings and dismisses them as the simple ramblings of a loon. So what actually happened to Caesar?

Caesar was murdered on the Ides of March and that's what started all this, "March Madness." According to National Geographic, it is unclear if Caesar was aware of the plot to kill him on March 15th in 44bc. But Caesar was not oblivious to the mounting dan-

ger of backlash.

There is no doubt to the fact that Caesar was killed for taking too much power. Even though he turns down the offer of king he took the title of dictator for life without question "he also was the first living Roman to be displayed on coinage; this was usually reserved for gods" according to National Geographic. Some historians think he might have even been trying to start a cult. So needless to say he was not exactly subtle and his climb for power. In the end this cost Cesar; he was stabbed 23 times on March 15 44 BC.

My question to you is: do you believe after being given all the facts giving of why the 15th of March is simply a day that the full moon occurs; which by the way I believe that there's probably not a day in the hole calendar system wearing no one has die traumatically. So we went over the significance of the 15th the significance of March itself and the significance of Shakespeare's play and what actually happened. So... do you Believe?



March Deadline

4-H Scholarships: 308-872-6831 for a 4-H Scholarship Handbook

Bill Pedersen Agriculture Scholarship  
R.B. Warren 4-H Horse Education Scholarship  
Orscheln Scholarship  
Grand Island Saddle Club Scholarship

Deadline: March

Arnold Public School Foundation Scholarship

Deadaline: March

Value: \$1,500

Automotive Related Scholarship

Eligibility: 1. Qualifying applicants need to be either (1) a second year student or (2) a 2016 graduating senior who will enroll in any of the State of Nebraska’s Technical and Community Colleges in an automotive curriculum  
2. Must be enrolled in fall semester in any of the Technical and Community Colleges in Nebraska  
3. Must have a minimum 2.5 GPA  
4. Must demonstrate responsibility and willingness to work toward vocational achievement  
5. Must be enrolled in a minimum of 12 credit hours

Deadline: March

Value: \$1,000

Cabela’s Women in Leadership Scholarship

Eligibility: 1. Any **female** student graduating from a Nebraska high school in spring 2016  
2. Planning to begin college in the fall of 2016

Deadline: March 7

Value: \$10,000 (\$2,500 a year for four years)

Callaway Hospital District Foundation, Inc

Eligibility: 1. Planning a career in health occupations

Deadline: March

Value: \$1000

Central Nebraska Senior Golf Association

Eligibility:

Deadline: March

Value: \$500 up to \$1000

CPCU-Lawrence “Larry” Frazier Memorial Scholarship

Eligibility: 1. Applicant must be a current graduating senior or a former graduate of a high school in Nebraska  
2. Applicant must demonstrate academic success in high school and must possess the ability to do post-secondary work in a satisfactory manner  
3. Applicant must be pursuing full-time undergraduate studies at a two year or four year college or university in Nebraska  
4. It is preferred that applicant intends to pursue a career in the field of aviation, insurance, or law. It is further preferred that applicant have experience in debate and participated in Boy Scouts or Girl Scouts during his/her youth  
5. Applicant must demonstrate financial need

Deadline: March

Value: \$600  
<http://www.lcf.org>



CPI Employee Scholarship

Eligibility: 1. Applicant must be the dependent of a current full-time CPI employee  
2. Applicant must be a senior in high school or in their first or second year of post-secondary education

Deadline: March

Value: Minimum of \$2,000 in scholarships  
<http://www.cpicoop.com/about/cpi-cares-program/>

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CPI Patron Scholarship

Eligibility: 1. Applicant must be the dependent of a CPI patron that holds deferred equity and a share of common stock in Cooperative Producers, Inc.  
2. Applicant must be a senior in high school or in their first or second year of post-secondary education

Deadline: March

Value: 2- \$1,000  
<http://www.cpicoop.com/about/cpi-cares-program/>

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Custer Public Power District Scholarship for Utility Line Program

Eligibility: 1. Must be a high school graduate  
2. Interested in a Utility Line Program

Deadline: March 1

Value: Year 1-Full tuition. Year 2-Full tuition

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Del Lonowski Memorial Scholarship (The Knights of Columbus Council #2388)

Eligibility: 1. Catholic senior within the are of Council #2388

Deadline: March 15

Value: \$300

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Edgar J. Boschult Memorial Scholarship

Eligibility: 1. Enrolled in University of Nebraska system in Army, Air Force and Naval Science courses  
2. Satisfactory scholastic record  
3. Need of financial assistance

Deadline: March 1

Value: \$500  
<http://www.nebraskalegion.net/Programs/Scholarships.html>

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Gladys D. Goodson Scholarship

Eligibility: 1. Applicant must be a graduating senior from any high school in Nebraska or be a current college student attending a college or university in Nebraska  
2. Must be pursuing an undergraduate degree in nursing and plan to attend any accredited college or university in Nebraska  
3. Must have a minimum GPA of 3.0  
4. Must demonstrate financial need

Deadline: March

Value: \$2,000 (4 awards)  
<http://www.lcf.org>

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Gothenburg Area Chamber of Commerce Ag Scholarship

Eligibility: 1. High school senior in good standing  
2. Accepted for enrollment in college of his/her choice in an Ag related field  
3. Active 4-H and/or FFA member in current school year  
4. Attends high school in Gothenburg, Brady, Farnam, Callaway or Arnold

Deadline: March

Value: \$3200 cash award as well as sponsorship to the AFA leaders conference

Contact [joe@gothenburgirrigation.com](mailto:joe@gothenburgirrigation.com) for scholarship application or call 308-529-1181



-----  
Gus Swanson Memorial Communications Scholarship Program

Eligibility:           1. Graduate from a Nebraska high school in the spring  
                          2. Have a 3.25 cumulative grade point average or above  
                          3. Be accepted at a Nebraska college or university with the  
                          intention of majoring in one of the following areas:  
                              a) Advertising  
                              b) Marketing  
                              c) Communication Studies  
                              d) Mass Communications (print or broadcast)  
                              e) Public Relations  
                              f) Journalism  
                              g) Graphic Design/Desktop Publishing  
                              h) Other, as determined appropriate by scholarship  
                              committee

Deadline:           March 15

Value:               \$500  
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IIAN (Independent Insurance Agents of Nebraska Foundation Scholarship)

Eligibility:           1. Current graduating senior who is attending a Nebraska high  
                          school that is approved and accredited by the State  
                          Department of Education  
                          2. Demonstrate scholastic application and intend to continue  
                          his/her education. The selection committee will also consider  
                          the applicant’s participation and leadership in school and  
                          community activities, and educational goals.  
                          3. Recipients are free to select any accredited college or  
                          university. It is recommended that the applicant intend to  
                          major in business or a business-related field  
                          4. Scholarships are not awarded until the recipient completes  
                          one full year of college with continued evidence of scholastic  
                          application and achievement.

Deadline:           March 1

Value:               \$1000  
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Jennie M. Melham Memorial Medical Center Auxiliary Scholarship (JMMMC)

Eligibility:           1. Plan to enter the medical field  
                          2. Involve at least a two-year degree in a certified college,  
                          technical or university

Deadline:           March

Value:               1-\$500 Nursing Scholarship  
                          3-\$500 Medical field scholarships with 1 given preference to a  
                          current college student majoring in a medical field  
-----

Lincoln Gem and Mineral Scholarship

Eligibility:           1. High school senior with a special interest in the **earth**  
                          **sciences**  
                          2. An essay that demonstrates an interest in the earth sciences  
                          3. 2 teacher recommendations  
                          4. Scholastic achievements  
                          5. School and community activities related to earth sciences  
                          and special awards  
                          6. Evidence of acceptance to a Nebraska college or university

Deadline:           March

Value:               \$300  
<http://nebraskaacademyofsciences.wildapricot.org/GrantsandScholarships>  
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Loren Eiseley Memorial Scholarship

- Eligibility:
- 1. High school senior who has been accepted to an accredited college or university
  - 2. 800-1,000 word essay that discusses Eiseley’s message of **compassion for all organisms and humanity’s place in the universe**
  - 3. Teacher recommendations
  - 4. Scholastic achievements
  - 5. List of at least two Eiseley essays read by the applicant

Deadline: March

Value: \$500  
<http://nebraskaacademyofsciences.wildapricot.org/GrantsandScholarships>

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Marian O. and Bertrand Schultz Scholarship

- Eligibility:
- 1. High school senior with an interest in **climate and environmental change**
  - 2. 800-1,000 word essay that discusses environmental changes that have taken place since the 1880’s in the central Great Plains (with an emphasis on Nebraska)
  - 3. Teacher recommendations
  - 4. Scholastic achievements
  - 5. Evidence of acceptance at the University of Nebraska as a full-time student

Deadline: March

Value: \$1,000  
<http://nebraskaacademyofsciences.wildapricot.org/GrantsandScholarships>

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Marian Schultz Memorial Environmental Scholarship

- Eligibility:
- 1. High school senior with a special interest in **prairie and soil conservation**
  - 2. Evidence of prairie and soil conservation practices using field experience or an 800-1,000 word essay that demonstrates the applicant’s understanding of the topic
  - 3. Teacher recommendations
  - 4. Scholastic achievements

- 5. Evidence of acceptance at the University of Nebraska as a full-time student

Deadline: March

Value: \$1,000  
<http://nebraskaacademyofsciences.wildapricot.org/GrantsandScholarships>

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Marie and Howard J. Taylor Scholarship

- Eligibility:
- 1. High school senior with special interest in **geology or Nebraska and the study of geology**
  - 2. An essay that demonstrates an interest in the geology of Nebraska and the study of geology
  - 3. Teacher recommendations
  - 4. Scholastic achievements
  - 5. Evidence of the applicant’s intention to enter a Nebraska college or university

Deadline: March

Value: \$100  
<http://nebraskaacademyofsciences.wildapricot.org/GrantsandScholarships>

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Maynard Jensen American Legion Memorial Scholarship

- Eligibility:
- 1. Planning to enroll in a Nebraska educational facility of higher learning
  - 2. High school graduate or earning sufficient credits to graduate from high school at the conclusion of the spring semester, or be enrolled full time in a post-secondary institution as of the application deadline of March 1<sup>st</sup>
  - 3. Sons or daughters, grandchildren or great-grandchildren, adopted or stepchildren of members of The American Legion, Department of Nebraska, or POW, MIA, KIA, or any veteran that was a current American Legion member at the time of death

Deadline: March 1  
<http://www.nebraskalegion.net/Programs/Scholarships.html>



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Mid-Plains Mutual Aid Fire District Scholarship

Eligibility: 1. Nebraska Resident  
2. High school graduate  
3. Full time student  
4. Minimum grade point average of 2.5  
5. Acceptance into a college or trade school  
6. Submit a letter of recommendation from someone other than a family member  
7. Copy of school transcript  
8. Explain your college goals

Deadline: March

Value: \$400

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Nebraska Association of County Extension Boards (NACEB)

Eligibility: 1. Attending the UNL College of Agricultural Sciences and Natural Resources (CASNR) or in the College of Education and Human Sciences (CEHS)

Deadline: March

Value: \$1000  
<https://sites.google.com/site/nebraskassocntyextbds/system/app/pages/search?scope=search-site&q=scholarship>

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Nebraska Aviation Trades Association (NATA)

Eligibility: 1. Any high school senior or individual who is a resident of the state of Nebraska continuing their education and a full time student  
2. Application must include the signature of a voting member of the Nebraska Aviation Trades Association

Deadline: March

Value: 1-\$1,000  
1-\$500

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Nebraska Legal Professional Association

Eligibility: 1. GPA 2.5  
2. Enrolled full-time in paralegal, legal secretarial, criminal justice, or any law-related undergraduate program

Deadline: March

Value: \$500  
<http://www.nebraskalegalprofessionals.org/Scholarship.html>

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Nebraska One Box Pheasant Hunt Scholarship

Eligibility: Area high school seniors with a minimum GPA of 2.0

Deadline: March

Value: \$500-\$2500  
<http://www.nebraskaonebox.com/scholarships.php>

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Nebraska Press Women Marianne Beel Memorial Scholarship

Eligibility: 1. Be a graduating senior from a Nebraska high school with preference given to seniors from the following Nebraska counties: Custer, etc  
2. Be a writer/photographer/or videographer in the general category of rural Nebraska, with preference given to Sandhills subject matter  
3. Applicant must be seeking some type of post-secondary degree or certificate in a communications-related field

Deadline: March

Value: \$500

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Nebraska Rod and Custom Association Scholarship



Eligibility:

1. Must be enrolled in fall semester in any of the Technical and Community Colleges in Nebraska.

2. Must have a minimum 2.5 grade point average or a C+)- high school or 1<sup>st</sup> year tech school

3. Must demonstrate responsibility and willingness to work toward vocational achievement

4. Must be enrolled in a minimum of 12 credit hours

Deadline:

March

Value:

\$1000

[https://www.pdfFiller.com/en/project/37886376.htm?form\\_id=51252186](https://www.pdfFiller.com/en/project/37886376.htm?form_id=51252186)

3. Teacher recommendations

4. Scholastic and community achievements

5. Evidence of acceptance to an accredited college or university

Deadline:

March

Value:

\$500

<http://nebraskaacademyofsciences.wildapricot.org/GrantsandScholarships>

Oxbow Animal Health Scholarship

Eligibility:

1. High school senior graduating from a Nebraska high school

2. Plan to attend a college or university in the 2015 Fall semester

3. Pursuing a career in the pet industry or in the field of animal health

Deadline:

March

Value:

\$500

[www.oxbowanimalhealth.com](http://www.oxbowanimalhealth.com)

P.G. Richardson Masonic Memorial Scholarship

Eligibility:

1. Preference will be given to children, grandchildren, or relatives of a member of the Custer Lodge #148 A.F.A.M

Deadline:

March

Value:

<http://www.lcf.org>

Robert S. Kubicek Memorial Scholarship

Eligibility:

1. High school senior from Nebraska with an interest in **business an the environment**

2. 800-1,000 word essay on the responsibilities of the business community to its surrounding environment



# Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School



ELEMENTARY SCHOOL

February 2017

Title I Cooperative  
Educational Service Unit 10

## Learning from errors improves chances of future test success

What should you do when your child brings home a test with a disappointing grade? First, focus on what he did well. He probably answered many questions correctly. Then, help him figure out what went wrong.

Poor test scores are often the result of:

- **Careless errors.** Sometimes students accidentally write things down wrong. “Oops, I meant to circle A, not B.” Other times they misread something, skip a question or write sloppily.
- **Lack of preparation.** Paying attention in class is a great first step. But kids also need to read textbooks, complete homework, memorize facts, connect concepts and ask questions when they are confused.
- **Poor habits.** Students who stay up late and cram don’t get enough rest. Skipping breakfast can also make it hard for them to concentrate.



Explain to your child that “Everyone makes mistakes, but not everyone learns from them.” Help him identify the types of mistakes he made and brainstorm solutions for them. Could he read the instructions more carefully? Study with flash cards? Start studying several days before the test and get to bed on time the night before?

Encourage your child to correct each of his incorrect answers. That way, he’ll be able to use this test to review for future tests.

Source: R. Fry, “Ace” Any Test, Cengage Learning.



## A ‘think through’ sheet shows the way

Middle schoolers must learn how to take responsibility for their own learning. A “think through” sheet can help. Before your child starts her homework, have her divide a piece of paper into three columns. Then she should:

1. **Label the columns:** *I have to;* *Do I know how?* and *Where can I get some help?*
2. **Write the things** she has to do for homework in the first column. For example, “1. Multiply two-digit numbers in math. 2. Write a book report.”
3. **Fill in the second column.** If she knows how to do a task, your child can write *yes* and go ahead

and do it. If the answer is *no*, she should move to the third column.

4. **Think about ways** to get help. Could she look in her textbook? Check with a friend? Ask the teacher for help? Have her write down her options in column three.

If she gets stuck on a task, your child will have a list of steps she can take.

Source: R.F. Flippo, *Tests and Tests: Teaching Study Skills Across Content Areas*, Heinemann Publishing.

## Learning is its own reward

Should you pay your child for grades? *No*, say many education experts. Paying for grades:

- **Emphasizes money** over learning.
- **Doesn’t help your child** experience the satisfaction of a job well done.
- **Focuses on outcome**, not effort.

Celebrate success with time spent together.

Source: M.E. Flannery, “Cash for Grades?” National Education Association, [niswc.com/cash\\_grades](http://niswc.com/cash_grades).

## Retelling improves reading

Asking your child to retell a story she’s read is a great way to help her be a more thoughtful reader. Share three rules with your child:

1. **Tell what’s important.**
2. **Tell it in a way** that makes sense.
3. **Don’t tell too much.**



Then, have her tell you the beginning, middle and end of the story. She should be able to name the main characters. If she forgets a key detail, say, “Let’s read that part again.” She’ll learn that sometimes she has to read things more than once to comprehend them.

Source: B.M. Taylor and J.E. Ysseldyke, *Effective Instruction for Struggling Readers: K-6*, Teachers College Press.

## Strengthen math vocabulary

*Product. Perimeter.* When students learn math, they also have to learn a lot of new vocabulary. To help, have your child:

- **Play Math Concentration.** He should write a math term on one index card, and its definition on another. Deal out pairs of cards face down. Take turns turning over two cards to find matches.
- **Draw pictures** that show a word doing what it represents. For *circumference* (the distance around a circle), for example, he could write the word *circumference* around a circle.



Source: J. Willis, *How Your Child Learns Best*, Sourcebooks.

# Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School



ELEMENTARY SCHOOL

February 2017



## What should parents say when kids witness bullying?

**Q:** My daughter told me that there are some mean kids in her class who are picking on another student. When I asked what she did about it, she said she did nothing. How should I handle this situation?

**A:** It isn’t always easy to stand up to a bully. Your daughter may fear being labeled as a snitch or becoming a target herself. Or she simply may not know what steps to take. But everyone has the responsibility to take action to stop hurtful bullying behavior. To give her the power to do what she knows is right:

- **Have a casual talk about what’s going on.** “You say some kids are being mean to Karen. What have you seen or heard them do?”
- **Express confidence in your child.** Say, “I know you’d like to stop this from happening, and you can.”
- **Encourage her to tell a teacher** or other school staff. She could say, “Please check out the bathroom near the cafeteria after lunch. Don’t tell anyone I told you.”
- **Encourage her to talk to her friends.** Together, they might distract the bully, or simply say, “Cut it out. It’s not cool to pick on people.”
- **Suggest that your child seek out the victim** and offer her support and friendship.



## Are you emphasizing priority-setting?

To be organized, students have to know how to prioritize. But determining priorities is a tall order for many kids. Are you helping your child learn how to put first things first? Answer *yes* or *no* to the questions below:

1. **Do you tell** your child to write down all his assignments every day—whether they are due tomorrow, next week or next month?
2. **Do you explain** that his top priority should be work that is due tomorrow?
3. **Do you help** your child decide what to do first if multiple things are due at the same time?
4. **Do you encourage** your child to complete a small part of a long-term project each day?

5. **Do you enforce** rules about what your child must finish before relaxing or socializing?

### How well are you doing?

*More yes answers mean you are helping your child prioritize. For each no, try that idea from the quiz.*

“Whatever the times, one thing will never change. Fathers and mothers, if you have children, they must come first.”  
—Barbara Bush

## Add poetry to reading time

Reading poetry with your child will give her a greater awareness of language. She’s likely to hear new words (it’s not just *black*, it’s *ebony*), and gain ideas for her own writing. When sharing poems with your child:

- **Read a wide variety.** Look for a collection of poetry in the library. Or ask for recommendations from your child’s teacher.
- **Read slowly.** Let your child listen to each word.
- **Talk about new words.** Lewis Carroll’s “The Walrus and the Carpenter” takes place on a “briny beach.” If your child doesn’t know what *briny* means, this is a good chance to help her look it up.

## Connect learning to real life

Encourage your child’s desire to learn by showing him how things he learns at school can help him in real life. Math skills, for example, can help him understand sports statistics, and get the best deal for his money on a car. A science vocabulary word may show up in a spy movie or a sci-fi novel.



## Develop a ‘growth mindset’

When some kids hit an obstacle at school, they say things like, “I’m not good at this,” and quit trying. But other kids take another view. “This is tough, but I bet I can learn it.”

The children in the second group have what researchers call a “growth mindset.” They believe that they can learn and get smarter. That makes them more likely to stick with a problem and solve it.

Foster this mindset in your child by encouraging her to consider different strategies when she’s stuck. Praise her for trying new things and not giving up.

Source: E. Blad, “Nurturing Growth Mindsets: Six Tips from Carol Dweck,” *Education Week*, [niswc.com/mindset](http://niswc.com/mindset).

### Helping Children Learn®

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# Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



MIDDLE SCHOOL

February 2017

Title I Cooperative  
Educational Service Unit 10

## Take tips from teachers to help your child succeed in school

With several classes of kids to teach, middle school teachers don't always have as much time to talk with each student's parents as they'd like. Parent-teacher conferences are often brief and may not allow the teachers to share everything on their minds.

Here are some things teachers would like families to do to support children's learning:

- **Monitor your child's efforts** to complete schoolwork. Be aware of her homework, tests and projects. Ask questions if your child never seems to have any.
- **Contact your child's teachers** if you have questions or concerns. You have the right and the responsibility to know your child's grades and how she's doing in her classes in general.
- **Know your child's friends.** The influence of peers often takes on greater importance in middle school. If your child starts hanging out with friends who rarely study, or who experiment with harmful behaviors, she may be more likely to do the same.
- **Monitor your child's stress.** Middle school students have a lot to manage. Make sure your child has time for family, as well as some time to relax, built into her weekly schedule.
- **Let your child know you love her.** Tell her often (but not in front of her friends). Listen to her and encourage her. Remember, you are still the most influential and important person in your child's life.



## Share five steps to informed decisions

Few skills are more critical for achievement in school and life than the ability to make wise decisions. Guide your child through this five-step process:

1. **Get the facts.** If your child is deciding whether he can take a job looking after a neighbor's dog for the weekend, he should find out exactly what is involved.
2. **Consider conflicts.** He has to study. He's also invited to a party. Can he do both *and* walk the dog?
3. **Think about how choices** affect others. If caring for the dog means he'll have to miss the party, will his friend be upset? If he turns down the job, will the neighbor ever ask him again?
4. **Come up with alternatives.** Can your child explain to his friend that he hopes to get a steady dog-sitting job? Maybe they can get together next week.
5. **Accept that a good choice** may at times require a small sacrifice to achieve a greater benefit.

Source: B.A. Lewis, *What Do You Stand For: For Teens*, Free Spirit Publishing.

## Boot up a desire to learn

Middle schoolers love technology, and engaging with it can motivate them to learn. So, when your child is planning a project, encourage her to consider including multi-media elements she can create on a computer, tablet or phone. She'll gain real-world tech skills, and the fun she has may inspire her to keep going and learn more.

## Healthy food fuels learning

What's on your child's plate? Research shows that kids who eat a healthy diet are better learners. To help your child understand and make more responsible food choices:



- **Share the research.** Students who don't eat enough fruits, vegetables and dairy products tend to get lower grades.
- **Make it simple.** Stock your kitchen with easy-to-grab fresh fruit, sliced vegetables, skim milk and nuts.
- **Insist on breakfast.** Your child can't do his best in class if he is hungry.

Source: "Health and Academic Achievement," National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, CDC.gov, [nswc.com/eatright](http://nswc.com/eatright).

## Report cards are guides for future goals

When your student brings home a report card, think of it as a learning opportunity. Together with your child:



- **Talk about it.** Calmly discuss any surprises, good or bad.
- **Set goals.** If your child did well, talk about how she can keep up the good work. If she struggled, brainstorm ways she can improve.
- **Celebrate.** A's are always a reason to celebrate, but if your child worked hard and brought a C up to a B, she deserves a pat on the back for that, too!

# Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



MIDDLE SCHOOL

February 2017

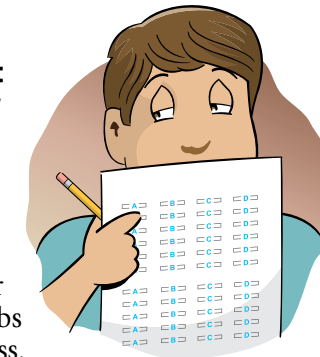


## What should I do if I find out my child's been cheating?

**Q:** I caught my son copying all of the answers from his friend's homework. He says that it's not a big deal and that everyone in middle school does it. How can I stop him from cheating again?

**A:** Cheating is a serious issue. So, make time to talk with your child—and to really listen.

Explain that cheating is a big deal, and that it is *always* wrong. It is dishonest, and it's unfair to students who don't cheat. What's more, it robs your child of learning he needs for future success.

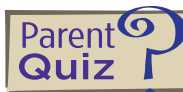


Ask your child why he feels the need to cheat. Is he afraid of disappointing you or getting punished for less-than-perfect grades? Is he trying to get a reward for top grades? Make sure that you're not putting too much emphasis on grades. Stress the importance of learning for learning's sake.

Next, work together on solutions to stop the cheating:

- **Help your child manage his time.** Make sure his schedule includes plenty of time set aside for doing homework or studying.
- **Help him improve his study habits** so he can make better grades on his own.
- **Encourage him to ask teachers for help** if he doesn't understand.

If the problem persists, talk with the teachers. Together you will be able to get your son back on the right track.



## Are you ready for tween romance?

As early as it may seem, the middle school years are when many kids first have a boyfriend or girlfriend. Are you prepared to help your child navigate relationships? Answer *yes* or *no* to the questions below:

1. **Do you talk** with your child about dating basics—respect for yourself, respect for the other person, kindness and consideration?
2. **Do you discuss** rules about relationships and remind your child that school comes first?
3. **Do you talk** about your family's values regarding appropriate behavior?
4. **Do you talk** about the consequences of risky behavior?
5. **Are you staying calm?** Many relationships at this age

are more about friendship than getting "serious."

### How well are you doing?

*More yes answers mean you are ready to help your child enter this new phase. For each no, try that idea.*

*"It kills you to see them grow up. But I guess it would kill you quicker if they didn't."*  
—Barbara Kingsolver

## Watch for overscheduling

Extracurricular activities are fun for kids and can add a lot to their education. But it's important to make sure that your child's after-school activities don't interfere with her ability to perform in class. Keep an eye on:

- **Your child's grades.** Have her marks slid since basketball season started?
- **Her homework habits.** Is her after-noon homework and study routine now extending late into the night?
- **Her mood.** Has your easy-going child become stressed and irritable? She may have too much on her plate.

If your child is trying to do too much, consider scaling back her activities for a while.

## Make the most of texting

Texting. It's the language of middle schoolers. And it can be a great way to improve communication with your child. Texting can:



- **Keep you informed** of your child's whereabouts and who she's with. And she won't be embarrassed by having her friends hear her talk to her parents.
- **Help your child follow directions.** Texting instructions to her creates a written record she can refer to.

Of course, texting shouldn't replace talking with your child. And be sure you and your child follow the school's cell phone policy.

## Discuss goals and progress

You've helped your child set goals for his classes and he has posted them in a place where he can see them. Now what?

Have regular chats with your child about his progress. Use his goal list as a conversation starter and ask questions such as, "Is there homework in this class?" "When is the next test, quiz or project?" "Did you get any schoolwork back that you can review?"

### Helping Students Learn®

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# Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



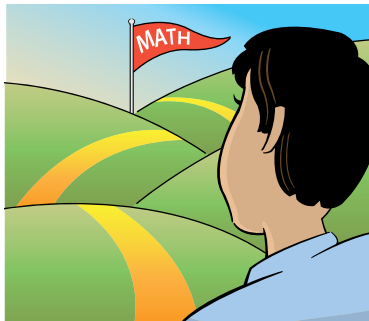
HIGH SCHOOL

February 2017

Title I Cooperative  
Educational Service Unit 10

## Daily study habits can ease your teen's road to math success

Math jobs are on the rise. By 2024, experts estimate that there will be 43,000 more math-related jobs than there were in 2014. But only about 25 percent of high school seniors score proficient or higher in math.



There's no single "magic secret" that will make your teen excel in math. But there are things he can do to improve his chances of success. Share these math studying tips with your teen and encourage him to:

- **Study math every day.** Math learning builds on itself. Your teen should complete homework each night and avoid missing classes.
- **Take notes in class**—and review them each evening. Suggest that your teen write down any questions he has and ask the teacher about them the following day.
- **Ask questions in class.** Remind your teen that if he is confused about how to solve a problem, others in the class may feel the same way.
- **Study old quizzes, tests and assignments.** This will help your teen remember the steps he used to solve each problem. There may be similar problems on the next test.
- **Solve sample problems.** Your teen can find them in his textbook, or he can ask the teacher for sample tests he can take.

Source: "Math Occupations," Occupational Outlook Handbook, Bureau of Labor Statistics, [nswc.com/mathjobs](http://nswc.com/mathjobs); "2015 Mathematics & Reading Assessments," The Nation's Report Card, National Assessment of Educational Progress, [nswc.com/mathgrade](http://nswc.com/mathgrade).



## For better grades, try a little kindness

Research suggests that happy students tend to earn better grades. And what makes them happy? Supportive relationships. Studies have also shown that people who are actively kind to others are happier than those who aren't.

To help your teen build supportive relationships, teach him to be:

- **Compassionate.** He should put himself in other people's shoes, even if he isn't directly involved.
- **Grateful.** Help your teen recognize other people's contributions.
- **Considerate.** Help him think of others' feelings, needs and wants.
- **Forgiving.** Encourage your teen not to dwell on the past.

Remind your teen to avoid being cruel and to think before he speaks about how his words could affect others. For example, if a classmate says, "My binder broke!" your teen's reply should *not* be, "And?"

Source: L. Schiller and C. Hinton, "Happier Students Get Higher Grades in School, Research Says," Time, [nswc.com/happy](http://nswc.com/happy); K. Otake and others, "Happy People Become Happier Through Kindness," *Journal of Happiness Studies*, [nswc.com/happy\\_kind](http://nswc.com/happy_kind).

## Teens still need parenting

Your teen may be racing toward adulthood, but she's not there yet. She still needs your support. To stay connected with your teen:

- **Eat a meal together** every day.
- **Listen to her.** Acknowledge what your teen is saying without passing judgment.
- **Open your home** (and fridge) to her friends, so she'll want to stay close by.

## Offer praise that motivates

The right kind of praise can inspire a teen to keep striving. But endless repetition of "good job" won't do the trick. Here are three things that will:



1. **Tie praise to specific actions.** "You used the teacher's comments to revise your essay. Including additional examples made your argument much stronger."
2. **Do it privately.** A quiet word to your teen in the car will mean more to her than a public "Isn't my child great?"
3. **Focus attention** on your teen's own good feelings. "How did it feel to turn in a paper you knew you'd improved?"

Source: R. Lavoie, *The Motivation Breakthrough: 6 Secrets to Turning On the Tuned-Out Child*, Touchstone Books.

## Say 'no' to e-cigarettes

In a survey sponsored by the National Institute on Drug Abuse, 16.2 % of high school seniors reported using e-cigarettes in the previous month. More than half said they did it to "see what it's like."



Teens who use e-cigarettes are more likely to start smoking other tobacco products than those who don't. Be sure to talk with your teen about the dangers of tobacco use. Make it clear to him that when you say "no smoking" you mean "no vaping," too.

Source: "Teens and E-cigarettes," National Institute on Drug Abuse, [nswc.com/e-cig](http://nswc.com/e-cig).

# Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



HIGH SCHOOL

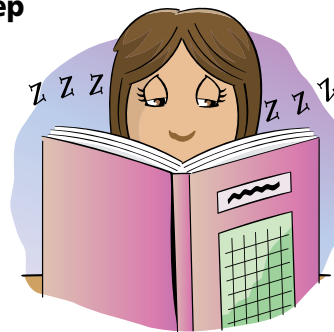
February 2017



## How can I make sure my teen stays awake in class?

**Q:** My daughter has been falling asleep in her first period class. She says the class is boring, and the early hour just knocks her out. What should I do about it?

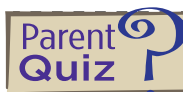
**A:** Studies on the sleep patterns of teens have shown that most teens are not morning people by nature. But they have to get up and get to school anyway.



When your teen sleeps in class, she misses explanations and is more likely to struggle with the material. And if she asks for extra help, her teacher may wonder why she didn't bother to pay attention the first time.

Work with your teen to come up with ways to help her stay awake during class. Here are some ideas to consider:

- **Enforce an earlier bedtime.** Your teen may not like it. But since she isn't meeting her morning responsibilities, she needs more sleep. Don't let her charge her phone in her room at night—she'll be tempted to check it.
- **Help your teen plan** her homework time. By using small bits of "free" time during the day, she may be able to finish earlier in the evening.
- **Encourage your teen to take action in class.** She should ask the teacher if she can sit in the front of the room. Challenge your teen to ask a question in class every day—she'll have to pay attention to know what to ask.



## Are you helping your teen work with a demanding teacher?

High school teachers expect a lot from students—and some are more demanding than others. Are you helping your teen rise to this challenge? Answer *yes* or *no* below:

1. **Have you discussed** your teen's goals for the class? If he wants a good grade, he'll have to work with the teacher.
2. **Have you brainstormed** with your teen about things he can do to show his desire to learn (arrive prepared and on time, ask questions, etc.)?
3. **Have you told** your teen that he'll have to deal with exacting people all his life?
4. **Have you helped** your teen see himself as a capable student who works hard?

5. **Have you urged** your teen to talk to his counselor if he has issues with a teacher?

### How well are you doing?

More yes answers mean you are helping your teen work things out. For each no, try that idea.

"The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year."  
—John Foster Dulles

## Study strategies that work

There may be as many learning strategies as there are students. But research says two common study techniques are highly effective when teens are preparing for tests:

1. **Practice testing.** Activities such as making up tests and taking them, and answering questions in the textbook enhance learning and retention by making students actively recall information.
2. **Spreading study sessions out.** Reviewing the same material in multiple sessions with time in between is more effective than one cram session or a couple of back-to-back sessions.

Source: J. Dunlosky and others, "Improving Students' Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology," Association for Psychological Science, [nswc.com/techniques](http://nswc.com/techniques).

## Promote creative thinking

Some high school students lose enthusiasm for learning. They may find it harder to be creative or take intellectual risks at school than they did when they were younger.

To revive your teen's love of learning, ask him to help you solve problems around the house. (Can he make a squirrel-proof bird feeder?) There's no downside to being wrong, and he'll build problem-solving skills.

## Shine light on expectations

When you set high expectations for your teen, you provide her with a beacon to help her find her way. To make sure your expectations are clear:



- **Discuss future goals.** Then help your teen plan ways to make them a reality.
- **Talk about the link** between *effort* and *outcome*. Tell your teen you care more that she do her best than that she get all A's.
- **Ask your teen to create routines** for homework and chores. This shows you believe she can get things done by herself.

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# EducationQuest Foundation

# College Planning Bulletin

A monthly college planning guide for Nebraska high school students

March 2017

## Wrapping up your senior year

Seniors...stay on track for college by completing these second-semester tasks:

**Watch your grades.** If you slack off and get poor grades, your college admission could be revoked.

**Complete the financial aid process.** By now, you should have filed your FAFSA (Free Application for Federal Student Aid). If you haven't, apply at [fafsa.gov](https://fafsa.gov).

**Compare financial aid award notifications.** The colleges you listed on your FAFSA will send you notifications detailing the financial aid they're offering. Compare the notifications to determine which school provides the best package.

**Apply for scholarships.** See [ScholarshipQuest](#) at **EducationQuest.org** to find Nebraska-based scholarships and a list of national scholarship sites

**Make your final college selection.** Notify the other colleges so they can take you off their mailing list.

**Pay attention to deadlines.** Be aware of deadlines to accept financial aid and college admission offers, housing deposit, and new-student orientation.

## Juniors...why you should narrow your college choices now

Narrow your college choices soon to prepare for these upcoming activities:

**ACT college entrance exam.** When you take the exam this spring, you'll be asked to provide a list of colleges that should receive your score.

**Completion of the FAFSA** (Free Application for Federal Student Aid). You and your parents can complete the FAFSA beginning October 1 of your senior year. The colleges you list on the form will receive the results.

**Apply2College Campaign.** Early next fall, it will be time to apply to your top college choices. Many high schools will participate in the [Apply2College campaign](#) during which seniors get help during the school day with college applications.

## College fairs happening across the state

EducationQuest is sponsoring five college fairs this spring. These free events provide an opportunity for juniors to narrow their college choices, and for seniors to make their final college decision.

[Lincoln Area College Fair](#) - Sunday, March 19, 1-3 p.m., Southeast Community College

[Grand Island Area College Fair](#) – Sunday, March 26, 1-3 p.m., Pinnacle Bank Expo Center

[Scottsbluff Area College Fair](#) – Sunday, April 2, 1-3 p.m., Western Nebraska Community College

[Omaha Area College Fair](#) – Sunday, April 9, 1-3 p.m., University of Nebraska Omaha Sapp Fieldhouse

[Tri-State Area College Fair](#) (South Sioux City) – Sunday, April 23, 1-3 p.m., Marina Center

Before you attend, register for a barcode at [NebraskaCollegeFairs.org](https://NebraskaCollegeFairs.org). Print the barcode (or download it to your smartphone) and take it to the fair. College reps will scan it to retrieve your demographic information – and you won't have to complete their information cards.

## Juniors: start scheduling your campus visits

Your spring break is a perfect time to visit schools that interest you. Follow these tips for a successful visit:

**Schedule your visits at least two weeks in advance.** Ask for appointments with an admissions representative, financial aid counselor, and a faculty member in your area of interest.

**Visit while the colleges are in session.** You won't get the true flavor during breaks or finals week.

**Be prepared with [questions to ask](#).** It's important for YOU to ask questions, not just your mom or dad.

**Ask the financial aid counselor** how the college may offset tuition costs and about college-based scholarship applications and deadlines.

**Find helpful college-search resources at EducationQuest.org**

- ["Selecting a College"](#) section walks you through college selection steps.
- ["About Nebraska Colleges"](#) provides cost and contact information for Nebraska colleges.
- [College Profiles](#) has information about colleges in Nebraska and across the country.

## Don't forget to apply for EducationQuest's Scavenger Hunt Scholarship!

Apply **by March 31** for EducationQuest's *Scavenger Hunt Scholarship*. You could earn \$500 toward your college education! Here's how it works:

1. If you haven't already, complete a profile in [ScholarshipQuest](#) at **EducationQuest.org**. *ScholarshipQuest* is a scholarship search tool with over 2,000 Nebraska-based awards.
2. If you are a Nebraska resident in grades 9-12, you will see the *EducationQuest Scavenger Hunt Scholarship* as one of the scholarships that will appear on your results page.
3. "Scavenge" around the EducationQuest website to find answers to questions in a survey.

EducationQuest will draw a winner from those who answer all questions correctly. The winner will receive \$500 to invest in a NEST 529 College Savings Plan.

## March "To Do" List

### Seniors

- \_\_\_ If you haven't already, [complete your FAFSA](#)!
- \_\_\_ Expect financial aid award notifications.
- \_\_\_ Continue applying for [scholarships](#).

### Juniors

- \_\_\_ [Register](#) by March 3 for the April 8 ACT.
- \_\_\_ [Register](#) by April 7 for the May 7 SAT.
- \_\_\_ Attend the [college fair](#) in your area.
- \_\_\_ Schedule campus visits.



# March 2017



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

**Breakfast:** K-12 \$1.30

Adults: \$1.55

**Grab and Go:** \$0.35-0.55

**Lunch:** K-6 \$2.30, 7-12

\$2.55, Adults \$3.55

**Ala Carte Choices** by

Students: \$0.50-\$2.00



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 B: Egg and Cheese Omelet, Toast L: Cheese Pizza	2 B: Breakfast Pizza L: Spaghetti, Bread Stick	3 B: Poptart, Yogurt, Fruit L: Fish Sandwich, Tri-Tater
6 B: Cereal, Toast L: Chicken Patty on a Bun, Oven Fries	7 B: Combo Bar, Toast L: Stromboli	8 B: Donut, Yogurt L: Meatballs, Mashed Potatoes, T-Roll	9 No School	10 No School
13 B: Cereal, Toast L: Ham and Cheese on a Bun, Baked Beans	14 B: Pancake on a Stick L: Creamed Chicken on a Biscuit, Jello	15 B: Biscuits and Gravy L: Breaded Beef Patty, Mashed Potatoes, T-Roll	16 B: Egg and Cheese Sandwich L: Pepperoni Stuffed Sandwich	17 B: Bagel, String Cheese L: Fish, Macaroni and Cheese
20 B: Cereal, Toast L: Hot Dog on a Bun, Oven Fries	21 B: French Toast, Fruit L: Beef and Noodles, Mashed Potatoes, T-Roll	22 B: Pancakes, Sausage L: Taco, Refried Beans, Churro L: No HS lunch served Noon dismissal	23 B: Oatmeal, Toast L: Pizza	24 B: Blueberry Muffin Yogurt L: Sandwich, Tri Tater
27 B: Cereal, Toast L: Sloppy Joe on a Bun	28 B: Waffles, Sausage L: Super Nachos, Cinnamon Roll	29 B: Cinnamon Roll, Fruit L: Chicken Nuggets, Scalloped Potatoes, T-Roll	30 B: Egg and Cheese Taco, Fruit L: Salisbury Beef, Mashed Potatoes, T-Roll	31 B: Breakfast Cookie, Fruit L: Cheese Quesadilla, Refried Beans

For free help with college planning, contact EducationQuest Foundation:

<b>Omaha</b> 402-391-4033 888-357-6300	<b>Lincoln</b> 402-475-5222 800-303-3745	<b>Kearney</b> 308-234-6310 800-666-3721	<b>Scottsbluff</b> 800-303-3745 ext. 6654
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Your Journey to College Begins with Us





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