

November 2016

Volume:12

Issue: 3

The Official Magazine of Arnold  
Public Schools

# ARN LD Life

## Bobcat Domination!

The boys powered through the final games of the season, even  
against the tough loss. Find out more tonight!

# Disney Movies: What's Your Favorite?



By

This movie is about a girl named Alice. Alice goes to a party and she sees a bunny, and starts running after him. The bunny goes into this hole. She goes down to look inside, and suddenly her hand slipped and she fell through. All she sees is instruments and books, a lot of different things around her with really loud music. She got to the end and she hit the floor.

She got up, she was so confused and scared, and sees a lot of different doors, and she finds a key lying on the table. Alice goes around trying to find what door the key fits in. She finally found a door, but it was so tiny her head could only fit through it. Alice finds this drink that says, "drink me" on it. She drinks it, she grew small, and she got the key and went out the door. She finds out that she is not in her world anymore. The people she met said that she was in Wonderland.

Mad Hatter gets taken away. Alice goes to the Queen of Hearts, where the Mad Hatter was. She tried her best to get the White

Queen's sword that the Queen of Hearts took away from her a few years ago, she then gets the sword. This is one of the best movies that came out in 2010.

I really love this movie. This movie is good for kids in all ages. The movie Alice In Wonderland is a funny, creative and interesting movie. This movie stars the worlds best and one and only Johnny Depp as Mad Hatter, Mia Wasikowska as Alice, and Helena Carter as Queen of Hearts, and Anne Hathaway as the White Queen. You can find this movie literally everywhere Wal-Mart, Walgreens, King Soopers. This movie is one of my favorites! It's so fun and creative and so interesting I really recommend this movie.

Quotes from the movie; "if I had a world to my own, everything would be nonsense nothing would be what it is, because everything would be what it isn't" – Alice

You're not the same as you were before. You were much more. "Muchier" you've lost your "Muchness". – Mad hatter

"How long is forever? Sometimes, just one second." – Rabbit

"I'm not crazy. My reality is just different then yours." – Cheshire cat

"There is a place, like no place on earth. A land full of wonder, mystery, and danger! Some say, to survive it, you need to be mad as a hatter which, luckily, I am." – Alice



By Zane Kreikemeier

*Toy Story* is one of my favorite animated movies. Two of the main characters are Woody (played by Tom Hanks) and Buzz (played by Tim Allen). The first Toy Story movie was made in 1995.

Most of the movies took place in Andy's room. When Andy brought home a new toy, Buzz Lightyear, Woody was jealous. Buzz had gotten kidnaped by a kid named Sid, and Woody was trying to save him.

Here are some of the quotes said by Buzz and Woody. Buzz says this quote: "to infinity and beyond". Woody says this when you pull his string on his back, "there's a snake in my boot". I think this movie is a good movie for kids at all ages and it is a good family movie.

You can watch it on DVD and buy it or watch it on Netflix. You can also get it from the app store on you smart phone.

Miss. Esther said, "I like how the toys work together and how they take care of Andy."

# Disney Movies: What's Your Favorite? (Cont.)



By Stella Lewis

"Rob? Tsk tsk tsk. That's a naughty word. We never rob. We just sort of borrow a bit from those who can afford it." – Robin Hood

This movie is about an animated Robin Hood and his Merry Men stealing money from Prince John and giving it to the poor.

"It was fun, good for kids, delightful, and a creative way to make the movie," said Eileen Moser. If you ever want to watch Robin Hood, you can find it on Netflix, buy it on DVD, or on VHS. You can enjoy the voices of Ben Bradford as Robin Hood, Phil Harris as Little John, Peter Ustinov as Prince John, Monica Evans as Maid Marian, and so many more.

"It was funny, it had a good moral lesson, it was very colorful and fun, and the different animals made it very interesting," said Clint Lewis.

This movie is one of my favorite movies ever! It shows suspense, humor, action, some romance, and so much more. I recommend the movie Robin Hood for kids and parents of all ages. I hope that you enjoy this movie as much as I do!

"It was a good lesson, but I think it was just taught in the wrong way. Other than that it was a pretty good movie," said Liz Brown.



By Isabelle Zuniga

The movie *The Lion King*, starring Jonathan Taylor Thomas as Simba, the son of Mufasa, the king of the jungle played by James Earl Jones. Simba as a wicked uncle, Scar played by Jeremy Irons, who plots to steal Mufasa's throne by luring father Mufasa and son Simba into a stampede of wilder beasts.

Simba escapes, but Mufasa, his father, was killed. Simba then returned as an adult played by Mathew Broderick after being rescued by a warthog named Pumbaa played by Ernie Sabella and a meerkat named Timon played by Nathan Lane, to take back his homeland from Scar.

With the help of his friends Timon and Pumbaa, Simba takes back his fathers thrown and wants to becomes king.

"Really liked the movie thought it was very cute and sweet" said my mom, Denise Zuniga. Mr. Mohr said, "I like the way that they interpret the movie with someone

other then humans." Jasmine Nelson says, "Love the movie. Thought it was great, best movie ever."



By Shayla Tickle

The movie *G-Force* was made July 19, 2009. In this movie Nicolas Cage, Bill Nighy, Will Arnett, Maria Zambrana, Penelope Cruz, Loudon Wainwright III, Jack Conley, and Steve Kelso all play an important role in G-Force. The movie G-force is about 3 guinea pigs and a mole being highly trained agents. They try to collect a hard drive of an evil plan called Clusterstorm.

When they show the hard drive to the special agents, they find out that it isn't the right file. They run away and get put in a pet shop. *G-Force* is a comedy, action, and an amazing movie for kids. They won't get bored of it. The movie takes place in Arlington, Virginia. You can watch the movie on Blu-ray and DVD.



# Disney Movies: What's Your Favorite? (Cont.)



By Raylee Downing

Do you want to see a live-action, PG-13 movie for 13 years or older? But if you are younger and like adventure, this would be the perfect movie for you, too.

Well if you do, the original 2003 *Pirates of the Caribbean* is like none other. Captain Jack Sparrow (Johnny Depp) arrives at Port Royal in the Caribbean without a ship or a crew. His timing is unfortunate, however, because later that evening, pirates attack the town. The pirates kidnaped the governor's daughter; Elizabeth Swan (Keira Knightley) who is handling a valuable coin that is linked to a curse that has transformed the pirates into the undead. A gallant blacksmith, Will Turner (Orlando Bloom) is in love with Elizabeth, allies with Sparrow in pursuit of the pirates.

I love wonderful movies that have suspense, creativity, romance and much more. Also I adore watching Johnny Depp being a bandit on the run while trying to stay safe in a wonderful boat.

"The special effects make it pop and the makeup actually takes you back to the 18th century; Also if I had to go back to the 18th century, I would know exactly what to wear." – Aunt Gwen. "It's full of

action and history of being in the 18th century. It's scary, but funny at the same time." – Grandma Raye.

"Pirates of the Caribbean has it all; Action, humor, great headlining actors and actresses and a great story line. After all pirates 'arg' great." – Aunt Jody.

"I like Pirates of the Caribbean, because a pirate rescues a girl from falling off a cliff and drowning. Pirates do have a heart. Captain Jack Sparrow tricks the guards and steals the British boat. Jack is also just so Jack." – Sister Gracee  
You can watch it on DVR, Netflix, VHS, or buy it from Amazon, eBay, Walmart, or rent it any other place. I guess reading this might just have you suspicious enough to watch the movie and change the facts about what you thought about pirates that used to roam this land a time ago.



By Faith Bierman

"Oh when they kiss and eat the noodle!" said Melissa Bierman. This is probably the most memorable quote from *The Lady and the Tramp*. But, do you know the rest of the story? Let me fill you in. This is the story of a fun, adventure where Tramp, a dog who lives on the streets, and Lady, a dog who

comes from a wealthy home, fall in love.

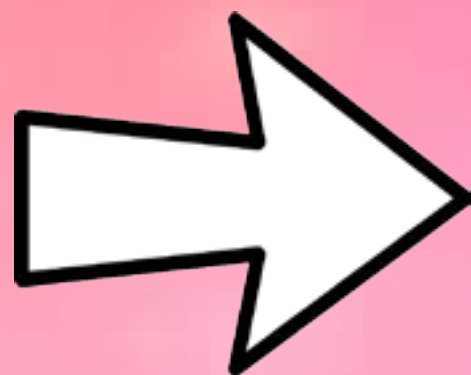
"It shows cat people not understanding dogs, because the owner blames Lady and the Tramp gets in the baby's room anyway!" said Rose Bierman.

There are many fun characters in this movie! Lady (Barbara Luddy) Tramp (Larry Roberts) Tramp's friend, Boris (Alan Reed) Si and Am the Siamese cats, and many more!

"I like Lady and the Tramp, because it has action, romance and there's a bunch of cute dogs, I really recommend this movie." – RayLee Downing

This great movie came out in 1995. It is great for all ages and is great for young kids. You can find this movie at any store that sells VHS tapes and other rental stores. It is rated PG and has a 5 star rating.

## It's a lot; we know! Keep reading:



# Disney Movies: What's Your Favorite? (Cont.)



By Jayden Hanna

*Sky-high* is a good movie, and I think that you should watch it because it is about superheroes. It was made in 2005 and you can get it in movie stores. One of my favorite parts is when one of the guys lifts up a car. They have to lift cars because it is a superhero school and they have to test how strong they are. There is this one character that can make his arm really long. This one girl, in one part of the movie, got really mad and froze one of the guys. It is a good movie for all ages. You can watch it on Netflix's and you can buy it at Wal-Mart.

In one part of the movie, this girl that is walking up to the school, and the guy that can make his arm long was making fun of her and being mean. The girl that can freeze people has this friend that can shoot out fire from her hand. When the guy was picking on her, the girl's friend said, "Do you want me to shoot him with fire"? Then the girl that can shoot said, "No I have another idea". She froze the guy and he could not move. That was my favorite part.

In another part of this story there is this bus that can fly. When the bus gets there this really strong guy that gets off.



By Reagan Cool

"The *Aristocats* movie is so cute and who doesn't like singing kittens," said Ruth, our school janitor.

In the movie *Aristocats*, released in 1970, the mama cat, Duchess and her three kittens, Marie, Berlioz, and Toulouse, are going to receive a large fortune when their rich owner dies. Edger, her butler, gets jealous and abandons the kittens and their mama, alone in the country. An alley cat named O'Malley and his friends, including the singing cats, come to the rescue to help them find their way back home to France.

"I'm not a cat person but the movie was cute, and the songs are catchy," said Dennise Zuniga.

The songs are so memorable and fun. The kittens can relate to actual children with their adorable amount of sass. It's even fun for grownups with the romantic and funny scenes. It also has cute phrases that you will remember forever.

"Oh my gosh, I love that movie! It's funny and I love singing cats," said Lorraine Wonch.

You can watch this movie with online stream. You could also rent or buy it. I really recommend watching this movie because it was my favorite movie when I was little and it's still my favorite movie.



By Jake Halstead

The movie *Holes* is made in Texas in the middle of a desert. You can get this movie on Netflix and DVD.

The main character's name is Shia LeBeouf. This movie was made in year 2003. Stanley gets sent to a juvie camp. For something he didn't do.

In this movie he gets sent to juvie for something he didn't do. When he was at camp he had to dig holes. His nickname was caveman.

"This ain't a Girl Scout camp."

The movie *Holes* is one of my favorite movies created by Disney. This movie was made in Texas in the middle of a desert. Every day they have to go out into the blazing, hot weather and dig holes. What they don't know is that the warden, (the captain of this camp) is just making them dig because there is a chest that she wants to find. The main character is named Stanley, "Shia LeBeouf". Him and his friend named Zero run out of the camp where there was no water. Then, they look at the mountain and go to climb it. They found refuge on the top of the mountain where there was water and onions they could eat.



# Disney Movies: What's Your Favorite? (Cont.)



By Carly Gracey

The movie *Bolt* is the best movie ever. Penny ends up missing and her dog, Bolt, he travels from town to town looking for her. The movie was made in 2008. The movie takes place in Hollywood and New York.

You should watch the movie because it's exciting. It has a lot of action and you never get bored. My favorite part is when the dog thinks he has super powers but he doesn't. People have been just telling him that his whole life.

"I love how cute the dog is and how interesting the movie is," says Jayden B.

"I like how the dog goes off to find his girl. That means the dog really loved the girl." Says Landon.

Faith said," I love the part

when the girl finds Bolt again then they go and live in a real house."

Bree said," It's the best movie ever!"

This movie is a good movie for young kids and teenagers because the young kids will love all the animals in it. There is a lot of super powers involved in the movie. Little kids love super powers. Teenagers will love the action and the plot of the movie.

You can buy the movie on amazon or watch it on Netflix. On my family's TV at home we have that movie DVR. So there is a lot of places you can find this movie.

## High School Quarter 1

### Honor Roll:

9th Grade

Jace Connell – 4 A's, 3 B's

Kenna Rogers – 5 A's, 2 B's

Max Werner – 7 A's

10th Grade

Leighton Bubak – 7 A's

Jarret Buchholz – 5 A's, 2 B's

Lydia Connell – 6 A's, 2 B's

Cole Gracey – 3 A's, 4 B's

Alexx Starr – 4 A's, 3 B's

11th Grade

Cade Connell – 4 A's, 4 B's

Shaylee Jones – 4 A's, 3 B's

12th Grade

Jennifer Barraza – 4 A's, 2 B's

Jasmine Nelson – 7 A's

Arika Starr – 6 A's, 1 B

Elissa Tilford – 2 A's, 3 B's

## Music Department Gets Some Love.... And A Grant!

By Jasmine Nelson, Senior

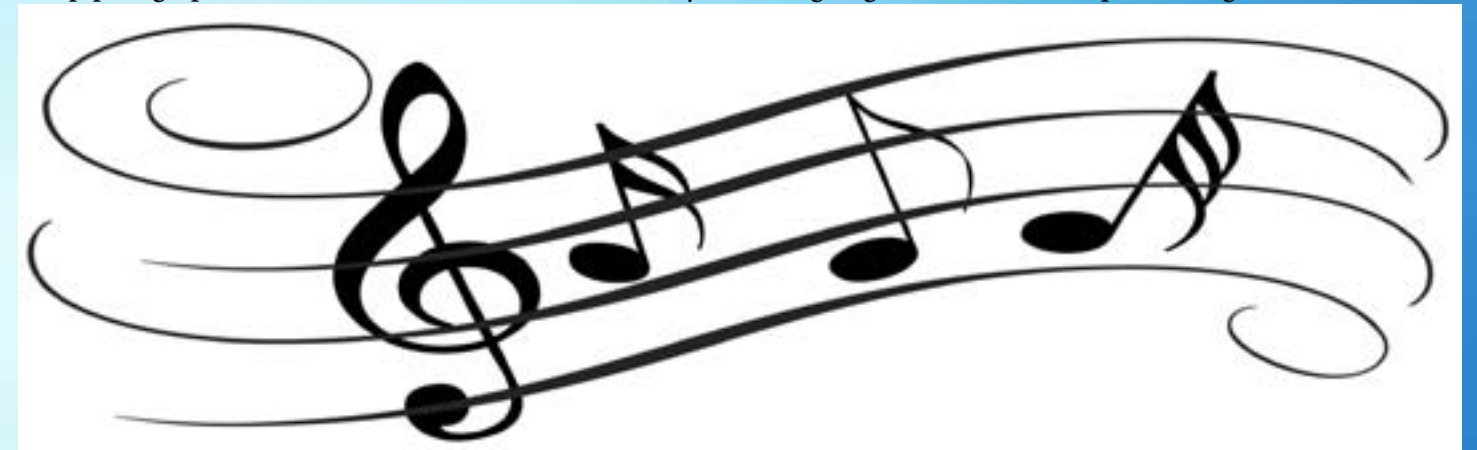
When you're in any part of the music department, you know the true struggle of having insufficient funding for basic necessities. From getting new sheet music to something as simple as reeds for woodwind instruments, the bills keep piling up. With all of these

another two days in September of this year, with possibly some more throughout the year. This will teacher the teachers to use the program.

It touches on everything you need to have with elementary students. They are being aligned

The reason for this grant is that the state of Nebraska wanted to adopt the "National Music Saturdays" grant in order to align all of the older text with newer editions/ Nebraska standards.

The music department has been experiencing low numbers



things to pay for with so little money, how can the program continue?

The music department at Arnold High School (ran by Ms. Chrysanne Bailey) has received a slight solution to this epidemic. Starting with text for grades kindergarten through fourth grade, the department has started to get \$20,000-\$25,000 worth of supplies from the Nebraska Department starting in August. The materials will be replacing the text from 1988 that the school had previously owned. There was set of K-5 music books and all the things that go with it (c.d's, transparencies, etc.)

There were six teachers that were selected to participate in the "Pusch" program. Ms. Bailey and the other teachers were to receive three days of training last summer,

with the national and state music standards. The school has so far received k, 2,4, and receive 1,3,5, in the first part of december. I enjoy using the materials, the things are appropriate for the grade level. The children seem very engaged and seem to enjoy the songs. It has planned lessons for the children, along with assessments with progress reports.

"There's a lot of attention and connections to art, lots of music to listen to. The program makes connections from the music we're studying to the lives of kids," says Ms. Bailey, while being absolutely euphoric over the grant.

With this grant, we will be receiving more and more materials for the music department, with an emphasis on the elementary texts.

within the past few years, with an astounding four girls in the high school choir (two seniors, two freshmen). With these grants, the school is hoping to draw in more of the children in the grades 8-11 to join music with more contemporary selections and materials.

If you or anyone you know is interested in joining the music program, do so! It's truly an unforgettable experience that has many benefits to it that you can't get anywhere else. These skills include being able to read music, match pitch, and/or play an instrument! It will be a choice you wouldn't regret.



Five boys from the freshman class went to S.T.E.M career day: Jace Connell, Grant Jones, Dylan Nelson, Hunter Weinman, and Dawson Hanna-Miles. They all enjoyed this and thought that they learned a lot about it.

They went to four places on the tour. These places were; Sargent Irrigation, Broken Bow Wind Power Two, BD, and Custer Public Power. When asked if he liked going to these places Grant replied with,

“I liked it a lot. I think we all learned a lot of good things and I liked all the cool machinery.”

The first place they went to was Sargent Irrigation. In this place the boys got to tour all the buildings. In these buildings there are world class machines. This place was the most interesting of them all. Sargent Irrigation was also on the television show “How It’s Made”.

The second place

# STEM

they went to was Broken Bow Wind Power two. Broken Bow Wind Power



two provides a new source of clean electricity and an economic boost to surrounding communities. This place created a lot of jobs for many people helping the economy.

The next place that the boys got to visit was BD. BD makes the most test tubes in the world for

Lexi Starr: Sophomore

medical use. BD is also really big into safety. They also do not use power to get things going. They make all their needles. BD also has a company in Norfolk that makes the most needles. They learned that BD will pay for your college, but then you have to work for them for two years.

The last place that they got to visit was Custer Public Power. They have so many lines that it is almost impossible to be able to see them all in one year. Custer Public Power is geographically the largest rural public power district in Nebraska

serving over 8000 square miles of territory.

The Freshman boys got lucky enough to be able to tour all these places and learn about them all. They think that this will help them decide what they are interested in and what they want to do when they are older.

# BOBCATS RISE TO THE TOP

By Jasmine Nelson, Senior



Above: Bobcats fight their way through the 46-66 loss against Elm Creek with an incredible push throughout the season.

With an incredible season the South Loup Bobcats have taken quite the rise to the top! Starting off the season with a tough 35-31 win against Hemmingford, the ‘Cats have only gone up. With an incredible introduction into class D1, the boys created a great example for players to come. Even with a tough loss against Elm Creek in the most hyped-up game of the season, the boys are proud of how they’ve worked harder than ever. They will take the playoffs against Burwell on October 27th in Arnold. (All photos by Jill Kulp.)



Above: The boys start off the season with one of the first home games being against Ainsworth.



# From the Principal's Desk



Camp S'Morgan was a success!! I would like to congratulate all the students at APS for meeting their 1st Quarter AR Goal. It was certainly encouraging to see students actively reading to meet their goal. I must admit I was very spoiled in my camping experience. I had many visitors that stopped by with food, drinks, and conversation. I was also spoiled with incredible weather. The temperature only dropped into the upper 40's and there was very little wind. It was a very exciting experience and I am very proud of our students for their hard work and commitment to achieving their goals.

October 14th marked the end of the 1st Quarter. Final quarter grades are available online through your PowerSchool account. If you would like a paper copy of your child's grades, please contact Tami in the office.

I would like to thank all those

who attended Parent/Teacher Conferences in September. We had 83% attendance from grades 6-12. K-5 had a rate of 96%. I appreciate you taking the time from your busy schedules to meet with the staff to ensure the success of our students.

The Fall season is now here. As the weather changes and things start to cool off, students in grades K-5 will continue to go outside for recess as the weather permits. Please make sure your child has gloves, stocking caps, and coats to be prepared for colder conditions.

Weather announcements will be via

phone call, text message, and email from our Blackboard Connect program once again this year. Please be sure Tami has your most current contact information. Some messages have already been sent through Blackboard Connect to begin the year, so if you have not received any messages, please let us know.

Operation Christmas Child will be taking place once again this year. If you are interested in donating a table, it will be set up here at school. The packing party will be held November 14th.



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>

# Thanksgiving: What's The Deal?

By Jasmine Nelson, Senior

As we all know, Thanksgiving is a widely celebrated holiday in the United States with food galore. From turkey to mashed potatoes to that sweet ol' pumpkin pie, we've become accustomed to taking that four day weekend. But, how much has the holiday changed since the first dinner in 1621? Let's find out with these five facts!

**Fact #1: The first Thanksgiving was held sometime between September and November, not the third Thursday of Nov. that we're so used to!**



"The First Thanksgiving 1621," painted by Jean Leon Gerome Ferris, circa 1912-1915

**Fact #3: The first Thanksgiving didn't even have any Turkey! They most likely served deer meat as their source of protein.**



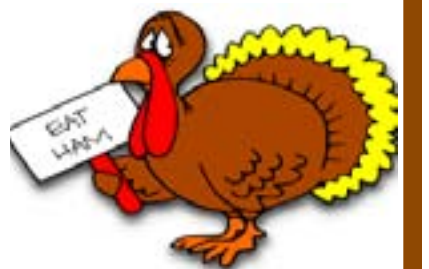
"Oh, deer!"

**Fact #5: The U.S. Continental Congress declared the first national Thanksgiving on December 18, 1777. In 1789, George Washington declared the last Thursday in November a national Thanksgiving as well. Thanks, George!**



**Fact #4:** Thanksgiving wasn't even celebrated nationally until the 1860s. Before this, it was only in the New England region.

HAVE  
A NICE  
HOLIDAY!





# 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!

## 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
December 10, 2016	November 4
February 11, 2017	January 13
April 8, 2017	March 3, 2017
June 10, 2017	May 5, 2017

# Renaissance Home Connect

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

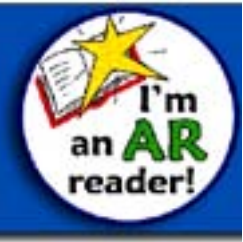
Dear Parents,

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



# Be The Change: HEROs Takes Impact

By Jasmine Nelson, Senior

With the start of senior year, things can get pretty stressful for the average high school student. From FAFSA filing to scholarships to simply getting homework done, it can be a



Above:: Senior Arika Starr getting to know her mentee through a fun activity!

challenge.

To make their days a little brighter, Broken Bow native Jenny Fox introduced the program HEROS. It stands for "Help Envision, Reach Out," and first arrived to Arnold last year. The program is similar to the Team-mates program, only has (in Arnold's case) high school seniors matched with elementary students.

The mentors are supposed to act as a role model and friend to the younger person. The goal is for the mentee to have another person to go to when they want advice, etc., as well as someone to have fun with. The students build a strong bond with each other while doing activities such as reading and playing games.

When the students first found out about the program, they were excited. Each student has had connec-

tions with elementary students on way or another, and this gives them another chance to connect to a few on a deeper level.

"I really like it because I can go down to the elementary and see how things are going down there. It's really different than being upstairs all the time", says Jennifer Barraza.

Each student in the senior class was able to fill out a survey that covers their interests, hobbies, etc. This was used to determine which elementary child they would spend their time with. There were six students that the school thought could use a new friend, and they picked which senior would



Above: Jennifer Barraza with her mentee during the first day.

spend time with who.

The first meeting was not in the slightest bit awkward for any of them, as they had all met beforehand. In the initiative games, they played a game in which they asked simple questions to get to know each other further. They added another element of fun by making homemade pudding "dirt cups" together. That's playing with your food for you!

The students will meet with their mentor once a week. What they do will depend on what the student is doing in their respective classrooms. This year, the students range from kindergarten to third grade.

From reading books together, making crafts, or just having a quality conversation, each person has had a strong benefit from the program.

Co-founder of HEROs Jenny Fox comments that, "HEROs is such an amazing program that allows Junior and Senior High school students to become true role models to young elementary students. I am so proud of how the program has developed over the last two years, the success stories have been so heartwarming and the impact of the program affects not only the elementary students, but the high school students as well."

The school is hoping for the program to take off even more in the years to come.



Above: Ashton Weinman spending some quality time with her new friend!





By Toni Oberg, Sophomore

### DID YOU KNOW

- That Benjamin Franklin was the first to have the idea of daylight saving!
- That William Willett (London builder) wrote a pamphlet called "Waste of Daylight"
- That daylight saving time is on Sunday, November 6, 2016 at 2:00am; the time will turn back an hour!

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

## Pop Tabs Collection

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



## Activity Passes

Activity Passes, which get you into all home games at Arnold and Callaway, all year, will cost \$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.



# From the Superintendent's Desk

This month the School Board is kicking off our local beef initiative, Arnold Beef Boosters. Tony Eggleston generously donated a 1/4 of beef to raffle to raise funds to begin the program, and brochures and donation information were available during our kick-off event at the home playoff football game versus Burwell in late October. If you would like information on making a cash donation or a beef donation, it is available on the website or at the school office. We are excited to find a way to bring the local economy into our school lunch program to a greater extent.

I have visited with several people about the proposed wind farm west of Arnold. It is my opinion, based on the dynamics of our community, which I perceive to be progressively seeking ways to keep Arnold alive and growing, and the potential for income generated for the school district, which could eventually assist in offsetting the taxpayer burden, if accurate, that this type of endeavor would be good for us. I have often wondered if this locale was missing an opportunity by not inviting wind turbines to be part of our economic structure. However, I am not a landowner, and so I listen to the concerns that have been raised. I believe we should hear our

local voices before we buy in to what outsiders raise as concerns. Our local supporters are smart, educated people and will tell you the truth as they see it. Risks have been taken in Arnold throughout its history that have worked out well. I have seen many communities sadly fade into distant memory for lack of progressive thinking and taking advantage of opportunities when they present themselves. So please, as you consider throwing your hat of support into the ring, visit with the knowledgeable people on this committee who know more about the benefits, the drawbacks, and the potential this wind



farm could bring to Arnold.

The Nebraska Attorney General Doug Peterson will be visiting Arnold on November 3! He will visit with our students in grades 6-12 regarding the constitution and other issues of relevant concern for the youth of Nebraska. His assembly will take place at 10:30, and last about an hour. We look forward to hosting this rare event!

## 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)



# Successful Season

Lexi Starr: Sophomore

The South Loup Lady Bobcats have had a very successful season this year. Unfortunately varsity setter Avery Atkins had a knee injury, but the team continues to persevere through everything.

The girls started out the season with a winning streak and were all thrilled. "The seniors could not be more happy and privileged to be able to play with such a great team, coach, and above all family," Arika Starr said.

All though the team has fell to a few other teams they have learned what they need to work on and how to get the next win!

The seniors and the captains are are hoping to lead their team to state this year! There are many emotions for the seniors and the rest of the team as they finish their last highschool volleyball season. Even if Avery (the starting varsity setter) can not play because she is busy working on a huge recovery, she is a big part as being a leader and captain of

the team.



# Mr. Neth

By Toni Oberg, Sophomore

This month Mr. Neth is in the spotlight, this last month with school pictures (which he did a great job with). Most of his former stu-

dents agree that he is very passionate about what he does.

and knowledge he contributes a lot to the school.

Mrs. Morh says "that when they teamed up for the photography class last year the students got his in-depth knowledge of studio photography".

All and all I would say with his passion



*"Be the change that you wish to see in the world."*  
*M. Gandhi*

# Fall Break

By Toni Oberg, Sophomore

Fall break is going to be busy. Some of you might be hunting or traveling with family, but most of us will probably be juggling all activities that day. I will be at play practice from 12 o'clock to

2 o'clock then at the Halloween around town. There is also the ball volleyball practice in the morning and then in the evening there's a clue school.







## 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.

## 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.



NO  
SCHOOL!  
Fall Break  
October  
28th

## **Breakfast and Lunch Prices**

**Breakfast:** K-12 \$1.30,  
Adults \$1.55

**Grab-N-Go**

**Break Prices:**  
\$0.35- \$0.55

**Ala Carte Choices**

**by Students:**

\$0.50 - \$2.00

**Lunch:** K-5 \$2.30, 6-12  
\$2.55, Adults \$3.55

## **WINTER PRACTICES START NOVEMBER 15!**

If you are participating in Girls/Boys Basketball or Wrestling, the practices will be starting November 15th. Go Bobcats!



ONE ACT  
PERFORMANCE  
DATES ARE AS  
FOLLOWED:

SATURDAY, NOVEMBER 5  
- GOTHENBURG FESTIVAL  
(TIME: TBA)

MONDAY, NOVEMBER 14-  
CALLAWAY COMMUNITY  
NIGHT (TIME: 7PM)

FRIDAY, NOVEMBER 18-  
ARNOLD COMMUNITY NIGHT  
(DINNER STARTS AT 5,  
PLAYS BEGIN AT 7)

TUESDAY, NOVEMBER 22-  
MNAC COMPETITION (TIME:  
TBA)

MONDAY, NOVEMBER 28-  
DISTRICT COMPETITION  
(TIME: TBA)

DECEMBER TBA: STATE ONE  
ACT COMPETITION (TIME:  
TBA)

Early Out  
November  
9th!  
Teacher  
Inservice



Lexi Starr:Sophomore

# Safety

On October 11, the Arnold Fire Department came to the schools to give demonstrations on safety and how things work. First students toured the ambulance where they were shown how all the things in the vehicle work and where everything is at. As Heather was showing the the 4th Grade class how to put on the neck brace, one of the boys said, "My mom was in a car accident and had to wear one of them." The next thing that the kids learned was how an oxygen mask works. Each on got the chance to put it on and see how it feels. All the kids learned how all the buttons work and where everything goes. They also learned what an EMT has to do.

The kids next toured the fire truck. In there they got to put on all the heavy equipment that a firefighter has to wear, the coat, gloves, helmet, mask, pants, and the oxygen mask. Then Duane showed them parts of the fire truck and let them hop on to learn how the buttons work. He then turned the siren on so the kids know what is sounds like. The last thing the children got to tour was the smoke house. They learned the hazards of things in a building and how to be careful around them. The children learned how to get low and crawl when there is a fire or smoke. The younger ones learned the number to call and to always call it if there is a fire, if they see smoke, or if

they think there is a fire. They learned that men, women, and children are the number one causes of fires especially in the kitchen. A major thing that they learned is that everybody loses their senses when they go to sleep and that is why we have fire alarms.

All in all it was a good day full of learning and fun activities. The children are looking forward to it next year! I think the teachers even enjoyed it and are ready for the children to learn about safety again.



The Fourth grade class are learning about the hazards and how to be careful in a kitchen.



Kora getting to try on the helmet.

# 4th Grade Map

By: Mrs. Crow, 4th Grade teacher

The Nebraska GIGANTO Map (that's its new name)

Fourth Graders took a BIG LOOK at Nebraska when the GIGANTO map arrived the last week of September. Measuring twenty-five feet by twenty feet, it allowed students to "walk the rivers of Nebraska", and participate in many other hands on projects. A county scavenger hunt led the students on the search for the 7 counties that are Native American words, the 5 counties that are physical features, 5 counties that are plants or animals, 2 counties that are French words, 3 Revolutionary war generals, 10 civil war generals, 4 Nebraska governors, and 12 counties named for U.S. presidents. Do you know the only county in Nebraska named after a woman? There are also 7 verbs!

Another interesting activity, using giant lego blocks, helped the students see where the bulk of our population lies. This led to a discussion on legislative districts. Once divided into groups in another activ-

ity, the students had to use a variety of "clues" to determine their commodity. Once they guessed their commodity, they were then allowed to place pictures of that commodity on the map. These four groups were corn, beef, soy beans, and wheat. Once the pictures of these products were placed on the map, the students could clearly see the place where each is grown the most. Another popular activity was placing elevation cards. The students quickly noticed that the eastern border of our state

is distinctly lower in elevation than the western border. They also noticed the highest (Panorama Point near Kimball) and the lowest elevation (near Rulo on the Missouri River). We also discussed rain water basins and river flow direction. It's a great hands on way to learn about the geography of Nebraska, and it took them out of the classroom.





# Devil's Den Donation Sparks Education

By Jasmine Nelson, Senior

Ever since its founding in 2011, the Devil's Den Motorcycle Rally has been a great addition to Arnold. Upon its foundation, the members wanted profits to be donated to local organizations. Among them is the SPED/Autism Awareness programs at Arnold

experimenting with them. With the plan being originally introduced by Devil's Den president Mike Nelson, the group knew that it was something they wanted to do. Being a family member of someone with Autism, this especially hit home.



Public Schools.

Coordinated by a number of teachers at APS, the SPED program helps children with learning disabilities get the quality education they deserve. The funding for this program had been lacking before the donations from the Rally.

The donation wasn't one made of money. Instead, it included many items purchased by the board. One of these items included the "we-do" kits, which are lego-like kits that can be built into robot-type items that can do a variety of things. Some of those things include making a moving racecar, pushing and pulling items, etc. They have not quite gotten the hang of this item yet, but are currently

"We had so many children in our school with special needs, we definitely felt the need to give something back to them. The fact that we have the best teachers for it makes it even better," says Mike, who is the uncle of Alex Streit, one of the many special-needs children at Arnold Public Schools.

The other items included are weighted vests/belt, and ball chairs for the students. There are still two other curriculums being ordered as we speak. This will greatly benefit the special-needs students at Arnold, and give us a better example for years to come.

## 1st Quarter Junior High Honor Roll - 2016

### 6th Grade

Silas Cool – 6 A's  
Devin Peterson – 4 A's, 2 B's  
Halie Recoy – 6 A's  
Annalee Starr – 3A's, 3B's

### 7th Grade

Reagan Cool – 6 A's  
RayLee Downey – 4 A's, 1 B  
Zane Kreikemeier – 2 A's, 3 B's  
Stella Lewis – 5 A's, 1 B  
Colbi Smith – 5 A's, 1 B

### 8th Grade

Sofia Atkins – 4 A's, 2 B's  
Jadeyn Bubak – 5 A's  
Landyn Cole – 5 A's  
Samuel Cool – 4 A's, 1 B  
Kirby Corfield – 4 A's, 2 B's  
Kacee Dvorak – 5 A's, 1 B  
Kylee Lehmkuhler – 5 A's, 1 B  
Bailey Schwarz – 5 A's, 1 B  
Addison Starr – 4 A's, 2 B's

## SENIOR SPOTLIGHT

*Arika Hope Starr*

Birthday: August 11, 1998

Favorite Food: Spaghetti

Favorite song: Feel that Fire

Hobbies: Rodeo and Volleyball

Dream Job: Cosmetologist

Where do you plan to go: Undecided

One Person you look up to: My mom

Favorite High School memory: Leaving

If you were stranded on an island, what three things would you bring with you:

A gun a fire starter and food





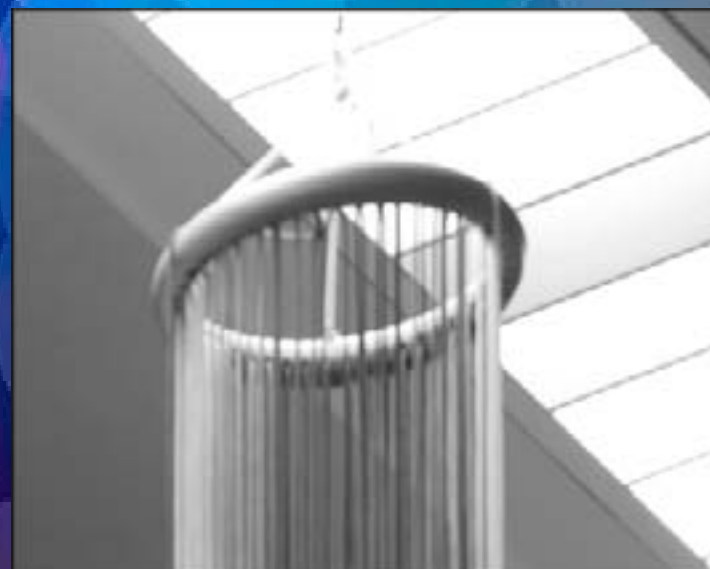
# Top 4 Jokes

By Toni Oberg, Sophomore



## Mystery Photo Challenge!

Last times the Photo was in the back of Mrs. Babgley.



## Junior High Football Tackles The 2016 Season

### 2016 Record (Us, Them)

Anselmo Merna: 24-14

Ansley/Litchfield: 16-8

Twin Loup: 56-34

Sandhills/Thedford: 12-14

Brady: 46-26

With the 2016 season for Junior High bobcat Football coming to an end, the boys had a tremendous season! Starting off with their game in Arnold against Anselmo-Merna, the boys fought long and hard each game. With only one loss the entire season, the boys seem pretty content with their winnings. For the eighth grade, this was their last season before heading up to the big leagues in high school football.

"This year was tough, but as a team we pulled through with only one loss. This year's eighth graders played our hearts out knowing it would be the last time we put on the junior high jersey, and in a year we will be wearing high school jerseys. The seventh graders came in and had a lot to learn and picked it up fast. With Eli Taylor out all season with a broken kneecap, the seventh graders stepped up and gave it their all. It was a great season thanks to Coach Mohr, Coach Lewis, and Coach Weverka. Thanks to them we progressed and got better with every day," says Jesse Connell, who played the position of starting right guard/starting defensive guard for the season.

We are very proud of the boys for pushing through with an incredible season and we can't wait to see the eighth graders in action with the HS team, and seeing the seventh graders progress in their skills. Great job, Bobcats!



Front row: Colby Streit, Eli Taylor, Josh McFate, Carson Mason, Tallon Krego, Bryant Leiper, Logan Peterson, Cooper Atkins and Jake Halstead.

Back row: Drew Vickers, Tucker Kratzer, Sam Cool, Brett Halstead, Reagan Ross, Jesse Connell, Owen Stallbaumer, Dalton Kunke, and Zane Kreikemeier.



# Color War

By Toni Oberg, Sophomore



Freshmen



Sophomore



Junior

# Duo Day





# Keeping it Classy

By Toni Oberg, Sophomore



Toni Oberg



Taten Egelsten / jarret

# Red, White, and Blue

By Toni Oberg, Sophomore



Logan Coleman



Grant Jones



# F'real Friday

By Toni Oberg, Sophomore

F'real Friday, an exciting new incentive that Mr. Morgan began, to recognize students who have been seen lending a helping hand around the school. Throughout the week, teachers nominate students they see doing good deeds Monday-Friday. The drawing happens every Friday after-

noon. "Be the Change," our school's motto is what kindled this great idea. "Be the Change" and you'll definitely be rewarded with a delicious ice cream treat!



# Camp S'morgan

By Toni Oberg, Sophomore

On Wednesday October 26, Mr. Morgan made a daring expedition to the top of Arnold Public Schools. He agreed to camp out on the roof of the school if the students accumulated 2,500 AR points in the first quarter of the school year. The students didn't just reach the goal, they blew it out of the water it by over 1000 points.

Mrs. Moninger was the master-mind behind this

scheme.

Mr. Morgan exclaimed, that "He only agreed to this plan because he thought that 15 points per students was a stretch." Much to his surprise, the students pulled through and he found himself sleeping under the stars.

You might have seen this crazy camper on the News Wednesday night. He was interviewed by KNOP.

Luckily for Mr. Morgan

it happened to be the warmest night in the chilly month October. He didn't even need his heater!



# Helping Students Learn

MIDDLE SCHOOL

Tips Families Can Use to Help Students Do Better in School



November 2016

Title I Cooperative

Educational Service Unit 10

## Share strategies to help your child get more out of studying

In middle school, students are expected to take more responsibility for their own learning. That means they need to strengthen their study skills so they can work independently and effectively.

Practice these study strategies with your child and encourage him to use them when he works on his assignments:

- **Answer six questions.** When reading, your teen should keep these questions in mind: *who, what, when, where, why* and *how*. Answering them will give him a basic understanding of the material. It can also help him create an outline.
- **Learn the vocabulary.** Your child will struggle with an assignment if he doesn't understand the terminology. Encourage him to use a dictionary.
- **Evaluate information.** Many assignments require your child to understand the difference between significant ideas and details. Practice this with your child: "Jim's tears fell on his blue shirt as he walked up to the house." Which is more important, the fact that Jim had a blue shirt on or that he was crying?
- **Compare and contrast.** Your child should think about how things are alike and how they are different. Practicing this skill will help with several subjects. Help him by asking questions like, "How are a cat and a tiger alike? How are they different?"



Source: D. Johnson and C. Johnson, *Homework Heroes*, Kaplan Publishing.

## Support your child's success on tests

When your middle schooler takes a test, your reassuring attitude and the way you support her at home can help her do her best. Before your child's next test, make an effort to:

- **Stay calm.** Your child may be anxious about taking a test. Your anxiety could make it worse.
- **Be positive.** Your child will benefit from hearing things such as, "You studied hard and you are prepared."
- **Know what's expected.** Stay in contact with the teachers to learn things like how far in advance tests are announced, the

format of the tests and whether the teachers provide study guides.

- **Promote attendance.** Your child can't do well on tests if she doesn't go to school regularly.

After a test, remember: If your child generally does well, there is no need to panic about one poor test result. Just say, "I'm confident you'll do better next time. Let me know if you want me to help you review."

## Encourage real-life writing

To help your child improve her writing skills, give her useful and fun ways to practice. Here are two:



### 1. Write a holiday letter.

Ask your child to recap the year for your family's end-of-year letter. Offer suggestions, then let her decide what to write.

### 2. Start a family blog.

Encourage your child to set it up and update family and friends about your activities.

## Consider the sources

Finding sources of information is a key part of any research project. Share these tips to help your child do research:

- **Look for up-to-date,** reliable sources.
- **Evaluate internet sources** carefully. Are their creators advocating for a certain cause or perspective? Sites ending in *.gov* or *.edu* are generally reputable choices.
- **Go to the library.** Not all helpful books and articles are available online.
- **Document everything.** Note the sources of all information.

Source: R. Fry, *How to Study*, Cengage Learning.

## Point toward a bright future

Studies show that one way to boost academic achievement is to help your child see that doing well in school is about more than getting good grades—it's about being able to reach goals for the future, such as college and a career.



Middle school students are too young to have their life paths set in stone. But they are at a great age to begin thinking about the future and planning ways to get there. And though it may not always seem like it, they take their parents' guidance seriously.

Source: N.E. Hill and D.F. Tyson, "Parental Involvement in Middle School: A Meta-Analytic Assessment of the Strategies That Promote Achievement," *Developmental Psychology*, American Psychological Association.



## Q&A How can I revive my child's desire to succeed in school?

**Q: My daughter was excited about starting a new school year. She planned to study and work hard. But she's already slacking off. How can I keep her motivated to do well?**

**A:** It's impossible to force middle schoolers to care about school. The more you try to control your daughter, the less motivated she's likely to become. So, try using a positive approach:

- **Believe in your child!** Talk to her about her special talents and what she might be able to do in the future.
- **Help her set specific learning goals.** Make sure some of them are achievable in the short-term. The great feeling that comes from reaching a goal can inspire her to reach for the next one.
- **Praise effort.** Notice when and how long she works on an assignment.
- **Ask your child to share what she knows.** What can she tell you about the book she is reading? Can she show you a different way to solve a math problem?
- **Support extracurricular activities.** Kids who see themselves as successful in one area may feel motivated to succeed in the classroom.

You may also need to solve specific problems. Is your child afraid of looking foolish in front of the class? Let her practice in front of you. Is she tuning out because the work is too hard or too easy? Does she need a tutor? Reach out to her teachers for their perspective.



## Parent Quiz

### Do you take a stand against cheating?

Surveys have found that a majority of middle school students admit to having cheated in school. Are you addressing the issue of cheating with your child? Answer *yes* or *no* to the questions below:

\_\_\_ **1. Do you set an example** by being honest yourself?

\_\_\_ **2. Have you reviewed** the school honor code with your child? Talk about why it's important to follow it.

\_\_\_ **3. Do you discuss** types of cheating—copying, getting exam questions early, texting answers, etc.—and reinforce that they are *all* wrong?

\_\_\_ **4. Do you make it clear** to your child that copying passages from the internet and saying it's his own work is cheating?

\_\_\_ **5. Do you talk** with your child about the consequences of cheating?

#### How well are you doing?

*More yes answers mean that you are teaching your child not to cheat. For each no, try that idea.*

*"All children need to grow up believing that what they are heading for is reachable and worth seeking. Then it will be."*

—Mel Levine

## R ratings and alcohol risk

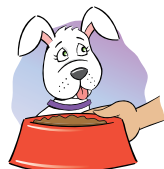
Research has shown that middle schoolers whose parents let them watch R-rated movies are more likely to try alcohol than those who aren't allowed to watch them. To limit your child's risk:

- **Know the content** of any movie your child is going to watch.
- **Consider whether alcohol use** is depicted when deciding whether or not to let your child watch an R-rated movie.
- **Talk to parents** of your child's friends about your views on these movies.

Source: S.E. Tanski, M.D. and others, "Parental R-Rated Movie Restriction and Early-Onset Alcohol Use," *Journal of Studies on Alcohol and Drugs*.

## Routines feed responsibility

Don't abandon routines just because your child is now in middle school. Routines are valuable tools for fostering responsibility and getting things done. If your child knows exactly when he's expected to study, feed the dog and get ready for bed, he's more likely to do all those things.



## Expect emotional thinking

It doesn't matter how grown-up your child acts—it will be years before she can think like an adult. Her brain is not yet wired to stop and think, "I'd better cool it, because I might get in trouble." Emotional thinking usually wins out over rational thinking at this age. To help prevent problems:

- **Have your child practice** instant responses, such as asking for a break and walking away, or counting to 10.
- **Set firm rules** and stick to them.
- **Don't take her angry comments** personally.

Source: K.R. Ginsburg, M.D. with M.M. Jablow, *"But I'm Almost 13!" An Action Plan for Raising a Responsible Adolescent*, Contemporary Books.

### Helping Students Learn®

Published in English and Spanish, September through May.

Publisher: L. Andrew McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.

Production Manager: Pat Carter.

Translations Editor: Victoria Gaviola.

Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.

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P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com • ISSN 1527-1021

Title I Cooperative  
Educational Service Unit 10

## Effective class notes give your teen a built-in tool for studying

Ask high school students if they take notes in class, and most will tell you they do. But look in their notebooks and you'll probably see lots of doodles and random words.

Students who can capture lectures and discussions in their notes have a valuable review tool at test time. And studies show that those who take handwritten notes remember material longer than those who use a computer. The Cornell system is one effective method of note-taking. Share its steps with your teen:

- 1. Before class:** Draw a line down a piece of notebook paper, about 2 inches from the margin, creating two columns. Then draw a horizontal line a few inches up from the bottom of the page.
- 2. During class:** Take notes in the right column, writing down the ideas as the teacher presents them. Skip lines to show the end of an idea. Use abbreviations for commonly used words.
- 3. After class:** Review the notes. Then, in the left column, write a phrase, date or question that conveys the main idea in the material to the right. At the bottom of the page, write a brief summary of the points on the page.

When it's time to study, your teen can cover up the right column. Using the phrases in the left column as a reminder, she should restate the information in the right column. Then she can study the page summary.

Source: "The Cornell Note-taking System," Cornell University Learning Strategies Center, [nswc.com/cornell](http://nswc.com/cornell); R.L. Hotz, "Can Handwriting Make You Smarter?" *The Wall Street Journal*, [nswc.com/pen](http://nswc.com/pen).



## A strong work ethic gets the job done

A strong work ethic—a set of values that include reliability, dedication and pride in one's work—not only helps teens succeed in school, it is an essential part of being career-ready.

Many managers say that today's teens aren't as employable as teens were in the past. Some teens act as if the work is beneath them, do the bare minimum or lack responsibility.

To foster a work ethic that will serve your teen in the classroom and the workplace:

- **Be a role model.** Show your teen that you take your job seriously. Keep a positive attitude.

- **Give him responsibilities.** Assign chores. Expect your teen to be responsible for his actions. If he misses a deadline, for example, it is his responsibility to talk with the teacher about a solution.

- **Stress delayed gratification.** Remind your teen that he should work first and then play. Expect him to finish his paper before he goes out with his friends.

## First, read the pictures

Graphics in textbooks are there for a reason. "Reading" these visuals will give your teen a head start on reading the text.



When looking at a chart, photo, graph or other visual, your teen should ask himself: Why is this here? What does it show? How does it relate to the text? Does it make it easier to create a mental picture of the material?

## Sleep is vital for learning

Research shows it's just as important for your teen to get a good night's rest after a day of learning as it is the night before a test. Here's what you can do to help her wake up ready to learn:

- **Promote a bedtime routine.** Dimming the lights and avoiding bright screens right before bed can make it easier to fall asleep.
- **Don't let your teen sleep** all weekend. Limit sleeping-in to two hours past normal wake up time.
- **Encourage exercise.** Exercise—completed at least a few hours before bed—will help your teen sleep soundly.

Source: "Teens and Sleep," National Sleep Foundation, [nswc.com/zzzs](http://nswc.com/zzzs).

## Teach steps to smart choices

The part of your teen's brain that deals with impulse control won't be mature until he's in his 20s. To help him think through his decisions now, teach him to:

- 1. Identify** the problem.
- 2. Think** of as many solutions as possible.
- 3. List** the positive and negative outcomes for each solution.
- 4. Make** the decision and carry it out.
- 5. Evaluate.** Did his solution work? What changes should he make next time?



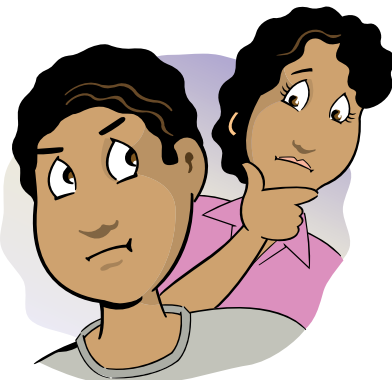


## Q&A Is it too late to teach my teen how to behave?

**Q:** My 10th grader has always gotten his own way. When he was younger, he pitched tantrums and I gave in. Now he's totally rebellious. He calls me names and refuses to do what I ask. His teachers are as frustrated as I am. What can I do now to help him get his behavior under control?

**A:** All teens go through periods of rebelling against authority. But your son has moved beyond what's acceptable—at home and at school. It's not too late to turn things around. Here's how:

- **Set up basic expectations.** Focus on things such as speaking respectfully to others.
- **Discuss consequences.** Tell your teen he'll face consequences for misbehavior. These should be roughly proportional to his actions. (Taking the car without permission isn't the same as calling someone a name.)
- **Enforce consequences** when your teen tests the limits. This may be tough, but stay calm and remember that he needs a parent, not a friend.
- **Meet with your teen's teachers.** You and the teachers need to agree on tactics and present a united front.
- **Seek support** for your teen and yourself. A friendly boss, a Big Brother, a mentor or a coach may help you both navigate this road.



## Parent Quiz Are you helping your shy teen feel more confident?

Nearly everyone has felt shy at one time or another. But some teens are shy in any new situation. That makes it harder for them to make friends and participate at school. Are you helping your shy teen cope? Answer *yes* or *no*:

1. **Do you take** time to show your teen that you love her?
2. **Do you help** your teen role-play challenging situations?
3. **Do you encourage** your teen to try activities she might enjoy, such as solo sports?
4. **Are you helping** your teen find volunteer opportunities? Helping others makes teens feel good about themselves.
5. **Do you work** with your teen's teachers to find solutions if her shyness causes problems at school?

### How well are you doing?

More yes answers mean you are helping your teen gain confidence and social skills. For each no, try that idea.

*"If you tell the truth you don't have to remember anything."*  
—Mark Twain

## Smooth the road to college

Managing his college applications is your teen's responsibility, but there are ways you can help. Your senior should be:

- **Finalizing** his list of colleges. Encourage your teen to work with the counselor to choose a range of schools.
- **Writing** and editing college essays. Help him schedule time to do his best work.
- **Applying** for financial aid. Learn more about the FAFSA (Free Application for Federal Student Aid) at [fafsa.ed.gov](http://fafsa.ed.gov).
- **Asking** teachers for recommendations. Have him prepare a short résumé of his activities to make the job easier.

Source: *College & Career Readiness: What Parents and Students Need to Know and Do Now*, The Parent Institute.

## Proofreading makes perfect

Remind your teen that no matter how much time she spends researching and writing a paper, her work isn't finished until she's proofread it.



Encourage her to proofread slowly. Our eyes tend to fill in missing letters or words. She should also read her paper aloud—her ears may catch what her eyes skip over.

## Concentrate on honesty

Surveys of high school students have found that the majority lied to their parents and teachers. But your teen doesn't have to follow the pack! To promote honesty:

- **Expect it.** Say, "In this family, we think it's important to tell the truth."
- **Make it easy.** Your teen needs to feel comfortable telling you the truth. Say things like, "I'm disappointed in your behavior, but I appreciate your honesty."
- **Live it.** Kids develop their habits from watching their parents.

Source: "The Ethics of American Youth: 2012," Character Counts! [niswc.com/honesty](http://niswc.com/honesty).

### Helping Students Learn®

Published in English and Spanish, September through May.

Publisher: L. Andrew McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.

Production Manager: Pat Carter.

Translations Editor: Victoria Gaviola.

Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.

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P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • [www.parent-institute.com](http://www.parent-institute.com) • ISSN 1527-103x

Tips Families Can Use to Help Children Do Better in School



November 2016

Title I Cooperative  
Educational Service Unit 10

## Nurturing your child's self-respect encourages respect for others

Respectful behavior makes classrooms peaceful and supportive places to learn. A child's ability to show respect depends on a key ingredient: a sense of self-respect. If children don't value themselves, they will find it hard to value and respect other people. They will also have trouble following the rules.

But how do you develop your child's sense of self-respect? Consider these factors:

- **Competence.** It feels great to be good at things. Give your child lots of chances to learn and practice skills—everything from reading to playing sports to doing chores.
- **Accomplishments.** Notice and compliment her progress. "You've read three books this week. Impressive!"
- **Confidence.** Encourage your child to stay positive through challenges. Display a "you can do it" attitude. Help her see mistakes not as failures, but as opportunities to learn.
- **Independence.** Let your child make age-appropriate choices. For example, "Would you like to organize your closet today or tomorrow?"
- **Support.** Show that you accept, appreciate and love your child for who she is. Ask about her day. Listen to her answers.
- **Imitation.** If you have self-respect, your child is more likely to have it, too. Be kind to yourself and believe in your worth.



## Start habits for success now and later

Help your child develop effective homework habits in elementary school and you will set him up for success in middle and high school. To do it:

- **Set and enforce a study time.** Some kids need to blow off steam right after school, while others prefer to finish homework right away. Choose a time that works best for your child—and stick with it.
- **Teach time management.** Long-term assignments are perfect opportunities to teach the value of planning. If your child has to write a report, for example, have him split the project into parts and set a deadline for each one.
- **Create a study space.** Make sure your child has a comfortable place to work that is free of distractions, such as the TV. Stay nearby to supervise.
- **Compliment success.** Say things like, "You worked hard and it shows!" or "Doesn't it feel great to be finished? Now we can do something fun!"

## Get creative with spelling

Your child will have a great time building her spelling confidence when you give her a variety of fun things to write with.



Encourage her to practice writing spelling words using paint or crayons. Let her shape them with play dough or pipe cleaners. You might even spray shaving cream on a cookie sheet and let her write in it with a finger.

## Build reading excitement

Kids with a desire to read develop strong reading skills. But some kids just aren't interested. Here are three ways to show your child that reading is rewarding:

1. **Sign your child up** for a pen-pal program. He'll look forward to reading the messages and letters he receives.
2. **Take a field trip.** Ask your child to go online and read about sights in your area. Visit one and let him be your "tour guide" on a fun outing.
3. **Reward good behavior** with "reading coupons" good for 30 minutes of reading with you or for an extra trip to the library or bookstore to select a book.

## This math looks delicious!

Grocery store ads are great tools for helping your child practice math facts. Have her cut out ads with pictures of foods she likes. Then:



- **Ask her to create and solve** word problems with the ads. "Mia bought one pound of bananas for 60 cents. How much change would she get from one dollar? What would two pounds cost?"
- **Practice estimating.** Give your child a few of the ads and have her estimate the total price of all the items in them.

Source: "Tuesday Teacher Tips: Grocery Store Ads," DreamBox Learning, [niswc.com/bananas](http://niswc.com/bananas).



Q&A

How can I help my child remember facts he reads?

**Q: My son reads the text before test time, but he can't always seem to recall the facts. How can I help him improve his memory?**

**A:** Your child is not alone. Fortunately, there are many memorization tricks that can help kids learn and recall facts. Here are a few to try with your child:

- **Grouping.** Have your child study similar things together. Instead of memorizing the capitals of every state in the country at one time, for example, he can divide them into regions and memorize each region.
- **Acronyms.** To memorize a list, he can make a word, name or sentence out of the first letters of the items. For example, *Roy G. Biv* for the colors of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, Violet).
- **Images.** Your child can draw or imagine a picture of what he's studying. Then during the test, he can recall his picture.
- **Singing.** Your child can replace words in a familiar song with facts he needs to remember.
- **Recitation.** Have your child repeat the facts he is trying to learn out loud and focus on the meaning of what he's saying.
- **Personalization.** Encourage your child to connect information to his life. The date of a historical event might also be a relative's birthday.



Parent Quiz

Are you making attendance a priority?

Making sure that your child attends school every day—and on time—is a fundamental part of helping her succeed in school. Are you promoting good attendance habits? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Do you tell** your child that you expect her to go to school every day?

\_\_\_ **5. Do you keep** your child home if she is truly sick? This helps others avoid absences.
- \_\_\_ **2. Do you refuse** to accept weak excuses? Not feeling like getting out of bed isn't a good reason to stay home.

**How well are you doing?**  
*More yes answers mean you are establishing good attendance habits. For each no, try that idea.*
- \_\_\_ **3. Do you help** your child set an alarm clock so she has enough time to get ready?

**“There is no denying it. When our children go to school, we go too.”**  
—Dorothy Rich
- \_\_\_ **4. Do you schedule** medical and dental appointments for your child outside of school hours whenever possible?

Work on working together

Class discussions, group projects and group activities all require students to work with one another. In order to succeed, your child needs to have strong social skills. To reinforce these skills at home:

- **Talk about what it takes** to be a friend—being honest, kind and a good listener, etc. Role-play with your child.
- **Practice cooperation.** Do projects together, such as planning a family meal.
- **Teach your child** to be a good sport, whether he wins or loses.

Power down screen time

Small changes can have a big impact when it comes to keeping your child's recreational screen time under control. You can:

- **Set limits.** Make sure she has time for homework, reading, family and play.
- **Turn the TV off** if no one is watching.
- **Keep electronic devices** out of your child's bedroom.

Source: “Generation M2: Media in the Lives of 8- to 18-year-olds,” Kaiser Foundation, [niiwc.com/reduce](http://niiwc.com/reduce).

Give thanks—in writing

This is a great month to have your child think about his reasons for being thankful. Help him put his thoughts into writing to make a family keepsake. Here's how:



- **Brainstorm together.** Ask your child to name something he's grateful for. He might say, “I'm thankful for our dog.”
- **Have him write** his statement on a piece of paper. Next, he should write all the reasons why he's thankful for the dog.
- **Have him draw** a picture at the bottom of the page.

Repeat this activity with everyone in the family. Staple all the pages into a book the whole family can read.

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P.O. Box 7474, Fairfax Station, VA 22039-7474  
1-800-756-5525 • [www.parent-institute.com](http://www.parent-institute.com) • ISSN 1527-1013

ARNOLD BEEF BOOSTERS



A Collaborative Effort between  
Arnold Public Schools, the  
Community Foundation, and our  
Local Producers



BENEFITS

Nutrition Facts		% Daily Value*	
Beef, ground, 85% lean meat / 15% fat, broiled *			
Amount Per 1 serving (3 oz) (85 g) *			
Calories 213			
Total Fat 13 g		25%	
Saturated fat 5 g		25%	
Polyunsaturated fat 0.4 g			
Monounsaturated fat 6 g			
Trans fat 0.9 g			
Cholesterol 77 mg		25%	
Sodium 61 mg		2%	
Potassium 270 mg		7%	
Total Carbohydrate 0 g		0%	
Dietary fiber 0 g		0%	
Sugar 0 g			
Protein 22 g		44%	
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	12%
Vitamin D	1%	Vitamin B 6	15%
Vitamin B-12	36%	Magnesium	4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

There are many benefits to healthy protein in the diet of our kids. In addition to nutrition, this program will help students understand the big picture that Agriculture plays in our economy and our school.

ARNOLD PUBLIC SCHOOLS  
405 N HASKELL ST  
ARNOLD, NE 69120



Arnold Beef Boosters is an initiative of Arnold Public Schools to bring healthy, locally raised beef into the school cafeteria. This program must operate within the guidelines of the National School Lunch Program, so portion sizes will not be impacted.







All donations of animals made to the school for our Beef Booster Program will be subject to inspection by a committee consisting of a school board member, a local veterinarian, and a local producer. Once you have filled out your letter of commitment, a member of the committee will be in touch to schedule an inspection. After inspection, arrangements will be made for you or for another individual connected to the program to transport the animal to a USDA approved facility with the appropriate procedures in place to ensure the animal will be approved for and prepared according to government standards for school lunch consumption.

## HOW WILL DONORS BE RECOGNIZED?

Donors will be recognized on a sponsor board displayed in a prominent location in the school near the cafeteria. Donations valued at \$25 or higher will earn a spot on the sponsor board.

Donation levels will be recognized as follows:



BEEF BOOSTER LEVEL: \$25-\$249

BRONZE LEVEL: \$249-\$499

SILVER LEVEL: \$500-\$999

GOLD LEVEL: \$1000 +

WE GREATLY APPRECIATE ANY AND ALL DONATIONS TO THIS PROGRAM. SMALLER CASH GIFTS WILL BE USED TO PROCESS THE DONATED ANIMALS OR PURCHASE A LARGER FREEZER TO CONTAIN THE DONATED BEEF. ALL GIFTS ARE DONATED THROUGH THE COMMUNITY FOUNDATION, WHICH WILL PROVIDE DONORS WITH A RECEIPT OF CHARITABLE GIVING. PLEASE CONTACT YOUR TAX PREPARATION SPECIALIST FOR DETAILS REGARDING THE TAX BENEFITS OF YOUR GIFT.

Arnold Community Foundation  
a local branch of the Nebraska Community Foundation  
PO Box 376  
Arnold, NE 69120

Arnold -Breakfast and Lunch Menus

# November 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 B: Pancake on a Stick, Fruit L: Chicken Strips,Tri Tater, T-Roll	2 B: Breakfast Burrito L: Pizza Pocket	3 B: Breakfast Pizza, Fruit L: Meatloaf, Scalloped Potatoes, T-Roll	B: Donut, Yogurt	4
7 B: Cereal, Toast L: Hotdog on a Bun, Baked Beans	8 B: Pancakes, Fruit L: Breaded Pork Patty, Mashed Potatoes, T-Roll	9 B: Breakfast Taco L: Chicken and Rice, T-Roll	10 B: Egg-N-Cheese Omelet L: Chili, Cheese Stick, Cinnamon Roll	11 B: Blueberry Muffin, Cheese Stick L: Sloppy Joe on a Bun, Potato Rounds
14 B: Cereal, Toast L: Corn Dog, Sweet Potato Puffs	15 B: Waffles, Sausage L: Turkey Dinner	16 B: Egg and Cheese Sandwich L: Pizza	17 B: Combo Bar L: Spaghetti	18 B: Bagel, Yogurt L: Chicken Patty Sandwich, Tri-Tater
21 B: Cereal, Toast L: Hamburger on a Bun, Baked Beans	22 B: Oatmeal, Toast L: Super Nachos, Cinnamon Roll	23 B: Breakfast Cookie L: Sandwich, Tri-Tater	24 B: No School Happy Thanksgiving!	25 B: No School
28 B: Cereal, Toast L: Burrito, Refried Beans	29 B:French Toast L: Creamed Chicken and Biscuit, Jello	30 B: Biscuits and Gravy L: Pizza Quesadilla	<b>Did you know?</b> Apples float in water because they are 25% air.	



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.



Arnold Public Schools/South Loup - November 2016

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 1:00 PM Mid Plains Representative 6:30 PM VB Sub-Districts @ Broken Bow vs Central Valley	2 FB Playoffs - 2nd Round	3 VB District Finals	4 9:00 PM B JH WR @ Sutherland Invite	5 Gothenburg One Act Festival
6	7 1:00 PM CCC Representative Here	8 FB Playoffs - Quarter-finals 7:00 AM School Board Meeting	9 1:30 Dismissal - Teacher Inservice 7:45 AM Faculty Meeting 8:00 AM Lions Club Hearing and Vision	10 State VB 2:00 PM B JH WR South Loup Invite @ ARN	11 State VB 10:00 AM Veterans Day Program	12 State VB
13	14 FB Playoffs - Semi-Finals Start of Winter Practice OCC 8-2 1:00 PM Northeast Representative Here 7:00 PM Callaway One Act Community Night	15 Health Career Day 1:00 PM NCTA Representative Visit	16 1:00 PM Smiles Dentist Visit	17 Educationquest Speaker for 9th and 10th 2nd Hour	18 1:00 PM B JH WR @ MV Invite 7:00 PM Arnold One Act Community Night	19
20	21	22 TBA Conference One Act in Sargent 1:30 PM K-2 Bullying Program 2:20 PM 3rd-5th Bullying Program	23 2:30 Dismissal - Thanksgiving	24 No School - Thanksgiving Break	25 No School - Thanksgiving Break	26
27	28	29 1:00 PM B JH WR @ S-T Invite	30 District One Act in Thedford			



**Arnold Public Schools**  
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