

# A-Blast

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## Growing Great Things

By: Jadeyn Bubak, APS Senior

New this fall semester at Arnold Public Schools is the Ag-Bio science class. This class is an elective course. Currently, seven bright juniors and seniors are taking part in developing their advanced biology skills.

Over the summer, Mrs. Sandager, the Science teacher, made major progress in preparing materials and projects for the upcoming school year. The school received a grant to help purchase Grow Lights and potting materials for the students to utilize.

As the class develops into a business in the coming months, it was important to both Mrs. Sandager and the students to develop their plants with eco-friendly materials.

Throughout the school year so far, the Ag-Bio students have enjoyed a multitude of knowledge-expanding labs. They have performed research on duckweed plants, executed a “murder mystery” lab over macromolecules, and repotted indoor plants.

Junior Carly Gracey has greatly enjoyed her time in the class, “My favorite part about the class so



far has been the labs Mrs. S comes up with. We did a “Growth of Duckweed Lab” towards the beginning of the year, and it was so interesting seeing how fast Duckweed can die or take over a pond. We also built two plant holder shelves for some future planting we’re planning on doing. With that being said, we just replanted some immature plants and are letting them grow in small pots. I’m excited to see what Mrs. S has in store for us in the upcoming months.”

The future looks to hold a great deal of learning and investigating for the students. Expected projects for the class include: breeding fruit flies, water testing throughout the county, studying foreign genetics, and performing animal dissections.

Stay tuned to see any future updates on big projects the class is doing!



Shown above is Carly Gracey with her spider plants she, Colbi Smith, and Logan Peterson potted early in the year.

# A Season of Unknowns

By: Jadeyn Bubak, APS Senior

As the 2020 South Loup Volleyball season begins, new coaching staff will be leading the team.

Over the summer, two new coaches were hired. The staff now consists of Head Coach Desiree Guthrie, long-time Assistant Coach Kim Sallach, and Assistant Coach Traci Kennedy. All the coaches were able to attend at least part of leagues, camps, and conditioning week this preseason.

Assistant Coach Kim Sallach will be the only returning coach this year. Sallach has already set her goals for this year's team. She is driven this season, "To teach players teamwork, work ethic, competitiveness, sportsmanship, and of course volleyball skills in hopes that they develop a love of the game."

Sallach's understanding of the game and volleyball expertise will play a key role in developing the South Loup Volleyball team this year. Having coached all the returning players in previous years, Coach Sallach has high hopes for this season.

"We have many returning letter winners and starters from last year's district runner-up team. Jadeyn Bubak, Calyn Liable, Mya Weverka, Laney Badgley, and Shayla Tickle are the returning starters that will provide experience as well as leadership and athleticism going into this season. With the help of

other letter-winners as well as some younger players, this year's South Loup Bobcat volleyball team looks to be pretty salty!!" reported Sallach.

For new Head Coach Guthrie, volleyball has been a big part of her life since 3rd grade. She played on many traveling leagues and participated in loads of camps throughout her high school volleyball career. After high school, she played at a community college in Kansas for one year, before she had to return home to take care of her family.

Now in her first coaching position, Guthrie is seeing loads of positive qualities in this year's team. "I feel incredibly blessed to have such a fantastic group of

young women to work with. They have welcomed me with open arms. The amount of energy and enthusiasm they have every single day makes my job so much more enjoyable and encouraging. They are teachable, bring an open mind to practice, and are not afraid to ask questions!" said Guthrie.

This year has been far from normal, so Guthrie is choosing to look at the goals for this year's team in smaller increments. She fully believes in the team's potential to make it to state. However, Coach Guthrie also wants to make daily goals and make positive impacts every hour that they are in practice. She recognizes that every single player brings something to the team, and she is driven to develop



Here is the South Loup Volleyball team at their first official practice of the 2020 season! **Back Row: (L to R)** Skylar Ellison, Reagan Cool, Delaney Rogers, Lila Bloomer, Devin Peterson, Tahnna Nokes **Row 3: (L to R)** Josie Reiff, Jocelyn Bailey, Abby Stallbaumer, Taylor Ross, Sharon Jones, Maggie Birkel, Bryn Schwarz, Charli Vickers **Row 2: (L to R)** Lauryn Johnson, Ava Pandorf, Shayla Tickle, Mya Weverka, Irelyn Rosfeld, Kinsey Pflaster, Faith Bierman, Talli Martin, Delaynie Liable, Bailey Schwarz, Jadeyn Bubak, and Calyn Liable. Not pictured are Laney Badgley, Macy Atkins, and Grace Bierman.



The pictures below and to the left show the Lady Bobcats at their summer volleyball camp. Here, they are shown focusing on their blocking. This is a skill that the Bobcats are working on a lot this season.



the position of Nebraska Cattle Rep. with AgriBest Feeds. She has three children, Georgia (3rd grade), Stetson (4th grade), and Jaxon (6th grade) en-

Guthrie stated, "I am so excited to get to know each person better and to somehow make a difference along the way. To be in the gym daily being a part of the sport I love has brought a fire back in life that has been missing for some time. I'm excited to have the opportunity to be a part of two school systems like ours. It is an honor and I pray that I can represent each school with the integrity, passion, and purpose that each school and this program deserves. Thank you for allowing me to come in and join this amazing Bobcat family!"

Coach Guthrie and her family moved to Callaway at the end of July 2019. This move was after her husband, Vince Guthrie, accepted

rolled in school at Callaway.

Along with coaching, Guthrie is working as a Para at Callaway Public Schools. She also continues to manage the books for their mineral business and manage the "homefront" of their farm south of Holdrege, NE. There, they raise cattle, farm with Vince's family, and operate a livestock mineral business.

Also joining the coaching staff this season is Assistant Coach Traci Kennedy. Kennedy's eagerness to try new things is what led her to apply for her first volleyball coaching position. "I am always up for trying new things. I enjoyed playing volleyball in school and thought it would be fun to work with high

school students since most of my time is spent with elementary students," commented Kennedy.

Even though the team is only a couple weeks into the season, Coach Kennedy has already noticed strengths in the girls, "There is great camaraderie and leadership, especially from the upperclassmen. Everyone is eager to learn and puts forth great effort during practices."

As the season progresses, Kennedy is excited to watch the girls develop. Her dedication, positive energy, and knowledge of the game make her well-equipped to be a huge asset and supporter this season.

Kennedy started as the Kindergarten teacher at Arnold Public Schools in the 2017-18 school year. Her husband, Bryson Kennedy, is replacing Mr. Mohr as the new shop teacher at APS this year. Together they have one daughter, Ruby (3 years old), and one dog, Scout.

The year 2020 has no doubt been crazy, something the South Loup Volleyball team has experienced first-hand. With COVID-19 restrictions, coaching staff changes, and new players the girls have been very adaptable to sudden changes. However, with the excellent new coaching staff of Guthrie, Sallach, and Kennedy leading the way this season, there will be big things in store for the Lady Bobcats.

The next SLB volleyball game is scheduled for August 29th at 2:30 at Grand Island Northwest High School vs. the Elm Creek Buffaloes. Stay tuned for updates on attendance restrictions. The game will be on Striv for those who can't attend but still want to support the team.





Bobcats huddle up for the next offensive play. L to R: Jake Halstead, Jacob Heusman, Lance Jones, Brett Halstead, and Sam Cool.

## Bobcat Football Season Opener

By: Lance Jones and Halie Recoy, APS Sophomores.

As the South Loup Bobcat football team welcomes back the 2020 season they return with six letter winners, and 11 returning players.

The former letter winners this year are: Dalton Kunkee, Jacob Huesman, Cooper Atkins, Sam Cool, Brett Hallstead, and Logan Peterson.

When asked about the returning seniors, assistant coach Andy Schwarz commented, “The seniors provide much needed leadership and stability to the team.”

The coaches are excited about the incoming freshmen: Dawson Doggett, Cache Gracey, Trey Connell, Brendan Streit, Rio Remund, Joey Sallach.

Altogether there are 17 players this year also including: Colbi Striet, Jake Halstead, Lance Jones, Kaden Paulsen, and Elijah

Eggleston.

The football team has been implementing a lot of new offensive and defensive techniques. Schwarz, the offensive coordinator, commented, “The offensive line is a strength this year, which should open up a power running game. We will also mix in an option aspect, and misdirection plays.”

Coach Jagler commented about the defensive side of the ball, “The most important thing this week of practice is preparing our coverages for our first game, when going up against Medicine Valleys offensive formations.”

The first game in Medicine Valley is scheduled for Friday 28, at 7:00 p.m. Head coach Mat Jagler said, “You learn a lot about the preparedness of your team during the first game. However I am confident that this team is prepared because of how well practice has been going.”

## Coke Cap Collection

You can help out 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 that 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 <https://www.mycokerewards.com/schools>. Thank you for your support.



# Running into Cross Country



By: Halie Recoy, APS Sophomore

It's the sophomore season for our South Loup Cross Country team. This season we have four returning letter winners including: Heidi Donegan and Megan Donegan from Callaway, Silas Cool and Halie Recoy from Arnold.

All of the returning team members from the 2019 season include: Senior Tanner Brown from Arnold, Juniors Heidi Donegan and Megan Donegan from Callaway, Sophomores Silas Cool and Halie Recoy from Arnold.

The incoming runners for this season are: Landyn Cole, senior from Arnold; Gracie Neth and Logan Recoy, freshmen from Arnold.

“I am very excited for this season. This year we have a full girls team and full boys team at most meets, which allows us to have a

team score instead of only scoring individually.

“My expectation for the new runners is to learn the sport and enjoy being part of the team. Landyn Cole is a Senior and I believe she will do very well this season, even though it is her first year out for Cross Country. She has a positive attitude all the time and continually supports her teammates. She will be a strong competitor this year.

“The returning runners will have a strong impact on this season. They put in the time this summer and I expect huge improvements from last year,” said Nicole Recoy, Head Coach.

The girls also came home as MNAC Champions in their 2019 season. Along with winning MNAC, Halie Recoy placed 4th and

Heidi Donegan placed 5th.

“I was so proud of the runners last year and their success as a team at MNAC and also their individual achievements all season long. We have a great group of kids this year. I am confident that they will have even more to celebrate this year,” said Suzi Campbell, Assistant Coach.

Thursday, August 27, 2020, will be our South Loup Cross Country Team's first meet of the season. They will be traveling to the Burwell Invite at the Calamus golf course. The meet is scheduled for four-o'clock, but it is subject to change because of possible high heat.

“I expect our runners to do well at our first meet. I believe they are more prepared this year for it,” said Recoy.



Cross Country starts their second week of practice L to R: Heidi Donegan, Megan Donegan, Landyn Cole, Tanner Brown, Silas Cool, Gracie Neth, Halie Recoy, and Logan Recoy.

# Introducing Junior High Cross Country

By: Halie Recoy, APS Sophomore  
New to the South Loup's sports programs is Junior High Cross Country. The South Loup Co-op Board voted this summer to include junior high runners.

This season there are a total of nine kids participating. Those kids include: Ella Cool, Ivy Tullis, and Eli Rogers from Arnold, Erin Fitzgerald, Bo Brennan, Uotong Haidle, Greely Hrupek, Carleigh Laible, Caleb Mc-

Fate, and Bryn Eggleston from Callaway.

"I really enjoy cross country! The environment is very fun and supportive. My goal for this year is to become a stronger runner and to make myself better," said Ella Cool.

They will be going to two meets this year. Their first meet is on September 5th in Cozad. Their second meet will be the MNAC meet at Mullen on October 6th.



Callaway JH L to R: Erin Fitzgerald, Bo Brennan, Caleb McFate, Uotong Haidle, Bryn Eggleston, Carleigh Laible, and Greely Hrupek.

# Cross Country at Burwell

By: Halie Recoy, APS Sophomore

The South Loup Cross Country team competed in their first meet on August 27th. Overall they had four medalists, and the girl's team placed 4th.

The girl's medalists include: Landyn Cole placing 1st with a time of 18:14 and Halie Recoy placing 12th with a time of 21:02.

Landyn Cole commented, "I wasn't sure what to expect since it was my first meet ever, but I loved the atmosphere. I think with another full week of training before our next meet, everyone will be well prepared for the next race. My goal for the meet next week is to bring down my second mile time."

The boy's medalists include: Logan Recoy placing 6th with a time of 16:55 and Silas Cool placing 13th with a time of 17:48

"It was definitely a good meet to start the season off with. I hope we can all run even faster at this next meet," Silas Cool commented.

"I was extremely pleased with how everyone

performed. I expect the kids to compete well at the Cozad meet. This will be a tougher meet with quite a few more schools. I am excited to see how the Junior High will compete. With this being their first meet it will be a great course to start their season on," said Head Coach Nicole Recoy.

The South Loup Cross Country team's next meet will be the Cozad invite at the Cozad golf course, Saturday, September 5th; at 9:00 a.m. Junior high will also be attending this meet.



From l to r: Logan Recoy, with his 6th place medal; Silas Cool with his 13th place medal; Landyn Cole with her 1st place medal; and Halie Recoy with her 12th place medal.

"I think that cross country is a very hard, but a very fun sport to go out for. This year I just really want to focus on running and getting into shape," said Caleb McFate.

The Arnold JH kids will practice with high school on Mondays and Wednesdays. Callaway JH will practice with high school on Tuesdays and Thursdays. They don't travel with the high school unless they're going to a meet.

"Overall, I want the students to have fun and work together as a team. Cross country is a hard sport and it takes a lot of determination and commitment. With a positive team by your side, it is also a lot of fun," said Campbell.



Arnold JH L to R: Ivy Tullis and Ella Cool. (Not pictured Eli Rogers.)

# High School and Junior High Cross Country Cozad Invite

By: Halie Recoy, APS Sophomore  
South Loup's Cross Country team ran in their second meet on Saturday, September 5th. Both high school and junior high ran at this meet and they were competing against some Class A and Class B schools including: Grand Island Northwest, Kearney High, North Platte High, and Hastings.

"I was very pleased with how everyone competed on Saturday. I knew going into it that it would be a very tough meet, since most of the schools we were competing against are much larger schools. Overall I felt that everyone had a great day," said Nicole Recoy, Head Coach.

Girls Varsity had one medalist: Landyn Cole placing 20th out of 64 (without Kearney runners) with a time of 22:25. The rest of the team also did well: Halie Recoy finished 45th with a time of 25:29, Heidi Donegan finished 50th with a time of 26:15, and Megan Donegan finished 54th with a time of 26:48.

"The Cozad meet was very competitive but extremely fun to run

at! Everyone ran great, with a lot of us getting personal records," Heidi Donegan commented.

During the girls JV race Gracie Neth finished 34th out of 42 (without Kearney runners) with a time of 32:58.

Boys Varsity finished well with Logan Recoy placing 48th out of 78 (without Kearney runners) with a time of 20:54, Silas Cool placing 51st with a time of 21:11, and Tanner Brown placing 66th with a time of 24:04.

Logan Recoy commented, "It was a tough meet but we all did really well. As a freshman I didn't know what to think, but it treated it as any other meet."

"I was also extremely excited with how the junior high ran. They had a great showing with four placing in the top 20 and two medaling," Nicole Recoy stated proudly.

JH also ran at this meet. The JH girl's team placed and had two medalists. The medalists included: Erin Fitzgerald placing 7th out of 59 (without Kearney runners) with a time of

7:02 and Ivy Tullis placing 9th with a time of 7:05.5. The rest of the girls did extremely well with Ella Cool placing 11th with a time of 7:05.8 and Greeley Hrupek placing 17th with a time of 7:36.



Pictured left from L to R: Ella Cool and Ivy Tullis competing in their first XC meet.

JH boys also did really well: Eli Rogers placed 38th out of 65 (without Kearney runners) with a time of 7:34, Caleb McFate placed 49th with a time of 7:54, and Utong Haidle placed 50th with a time of 7:56.

The Cross Country team's next meet will be Saturday, September 12th, in Broken Bow at 10:00. JH will not be attending this meet.

# Bobcats XC at Broken Bow



F to B and L to R: Eli Rogers, Caleb McFate, Utong Haidle, Erin Fitzgerald, Ella Cool, Ivy Tullis; (Back Row) Tanner Brown, Heidi Donegan, Megan Donegan, Landyn Cole, Halie Recoy, Gracie Neth, and Logan Recoy.

By: Halie Recoy, APS Sophomore

On Saturday, September 12, the South Loup Junior High and High School Cross Country team competed at the Broken Bow Invite.

The girls team placed 8th out of 12 teams,

and with a time of 21:02, Landyn Cole medaled with a place of 8th -- out of 90 girls that ran.

Halie Recoy placed 33rd with a time of 23:36, Heidi Donegan placed 54th with a time of 25:38, Megan Donegan placed 72nd with a time of 27:41, and Gracie Neth placed 82nd with a time of 30:35.

The boys team did amazing running against 134 boys: Logan Recoy placed 33rd with a time of 19:11 and Tanner Brown placed 113th with a time of 23:44. Unfortunately due to illness, Silas Cool was not able to attend.

# Girls' XC Takes 7th at Ravenna

By: Halie Recoy, APS Sophomore  
The South Loup Cross Country team competed in Ravenna on Thursday, September 17, 2020. They had two medalists and the girl's team placed.

"We had another great day at Ravenna. It was a much tougher course to run on, but the kids were determined and exceeded my expectations for this meet," said Nicole Recoy, Head Coach.

The girl's team placed 7th out of 10 teams and Landyn Cole medaled with a place of 7th out of 65 with a



From L to R: Megan Donegan, Silas Cool, Logan Recoy, Gracie Neth, and Heidi Donegan

time of 22:46.  
The rest of the girl's team did amazing with Heidi Donegan placing 30th with a time of 27:14, Megan Donegan placing 47th with a time of 28:53, and Gracie Neth placing 63rd with a time of 34:08. Halie Recoy was not able to attend the meet due to illness.

Medaling for the boys, Logan Recoy placed 17th out of 111 with a time of 19:36.

Silas Cool also did an amazing job, placing 37th with a time of 21:03.

"I could not be more proud of this year's team and the many accomplishments they have already achieved. They are a hardworking and positive group of student athletes. They have



From L to R: Logan Recoy with his 17th place medal, and Landyn Cole with her 7th place medal.

already had great success this season, and I am expecting to see it continue," proudly stated Assistant Coach, Susie Campbell.

The South Loup Cross Country team will compete at UNK on Monday, September 28th at noon.

## Broken Bow (continued)...

"We set goals for the kids at each mile and everyone worked hard to achieve their goals, which in turn led to better finishing times," said Nicole Recoy, Head Coach.

The JH girls competed against 79 girls and did extremely well. Finishing one-tenth of a second apart, Ella Cool placing 12th with a time of 7:23.82, Ivy Tullis placing 13th with a time of 7:23.97, and Erin Fitzgerald placing 16th with a time of 7:34.

The JH boys also did

really well competing against 86 boys: Eli Rogers placed 56th with a time of 7:53, Caleb McFate placed 59th with a time of 8:00, and Utong Haidle placed 77th with a time of 8:55.

"I thought the junior high ran well. It was a tougher course for them to compete on since it wasn't completely flat, like Cozad," commented Recoy.

The next meet is Thursday, September 17th, in Ravenna, starting at 4:00.

## Activity Passes

- Student: \$20
- Family Passes: \$80
- Adult Passes: \$40
- Senior Passes can be acquired in the school office



Shown to the left is the 2020 Arnold One Act Team! **Back Row (L to R):** Jayden Hanna-Miles, Harmony Borah, Logan Recoy, Trey Connell, Rio Remund, Johnathon Lamphear, Gracie Neth, Landyn Cole **Middle Row (L to R):** Alex Shown, Lance Jones, Delaney Rogers, Drew Vickers, Jesse Connell, Colbi Smith, Logan Peterson **Front Row (L to R):** Assistant Coach Leta Connell, Shayla Tickle, Reagan Cool, Halie Recoy, Colby Streit, Kacee Dvorak, Jadeyn Bubak, and Head Coach Lana Cool. **Not pictured:** Jake Halstead

# Elephant's Graveyard

\*duh duh duh\*

By: Jadeyn Bubak, APS Senior

The Arnold One Act team is starting their 2020 season with the preparation of the production Elephant's Graveyard by George Brant. Auditions have already occurred, and the cast list was revealed as shown on the picture to the left.

In previous years, Arnold's plays tend to have held an assortment of humorous scenes. This season, the play takes a more serious mood. According to Concordia Theatricals, "Elephant's Graveyard is the true tale of a tragic collision of a struggling circus and a tiny town in Tennessee, which resulted in the only known lynching of an elephant."

With so many returning experienced actors, Head Coach Lana Cool knew this powerful play would be a strong piece for her and Assistant Coach Leta Connell's group of actors.

Coach Cool is excited for what this year will bring. "My overall goal is typically the same from year to year: to come together as a team and create something special on and off the stage that we are all proud to be a part of," reported Cool.

Practices have already begun for the year according to Head Coach Lana Cool, "The cast is in the beginning stages of learning characters, blocking and memorizing lines. The crew has been working on a variety of behind-the-scenes details such as sound effects, props, research, and costuming. I'm so pleased with the progress and level of investment from the entire team."

Having great success this year seems in reach as the Arnold Play Production team is building upon great accomplishments from last season. The 2019 team earned

the titles of: NSAA Class D2 State Runner-Up Team, the Outstanding Technical Crew Award at the State competition, NSAA District Play Production Championship Team, and MNAC Play Production Champions.

The Arnold One Acts team's first performance has not been announced at this time. Stay tuned for future updates regarding both dates, times, and attendance restrictions.



# Introducing... the Class of 2033



Shown above is the Kindergarten class enjoying their first day of school!

**Back Row:** (L to R) Jayda Jordan, Kinsley Snyder, Zoelle Tickle, Kirby Vieter, Charlea Fletcher, Paisley Brown, Uriah Schweitzer, Braxton Nansel, and Christian Mills. **Front Row:** (L to R) Peyton Recoy, Jack Bierman, Madi Tucker, Quinlee Weiman, Bridger Teahon, and Quade Dailey. Not pictured is Andrew Dailey.

## Activity Calendar App

Arnold Public Schools is using a new activities application to manage all of our sporting events and school activities. If you would like access to the most updated information, you can download the rSchool App. In the Google Store and in the Apple store search for "rSchool" and you should see an app called "Activity Scheduler" with a blue hat as its icon. (See image to the right.)

It is simple and easy to use.

1. When you first open it you have to do a simple set up.
2. Simply search for Arnold Public Schools and you will find us. Then this week's activities will show.
3. You can also choose the dates you want to see for future events.

This is a replacement for the links that feed into your iCal calendars on iPhones and in to your Google



calendars. This will be more efficient and up-to-the-minute with changes.

You can also use the following link on computers or on internet browsers on your phone to see the school calendars: <https://www.midnebraskaactivitiesconference.org/public/genie/1009/school/1359/>

## Box Tops Is Changing



# Senior Spotlight Bailey Schwarz



**What do you see yourself doing in five years?**

"In five years, I hope to be out of college or in my last year of college. I also hope to have a good idea and a good plan on what I want my life to be like."

**"If you could give underclassmen one piece of advice, what would it be?"**

"Stay on top of your schoolwork. It's not that hard and it will save you a lot of stress."

**What is your funniest memory from school?**

"The funniest memory would be when Tanner jumped down over half of the school stairs."

**Who was your favorite teacher throughout school and why?**

"My favorite teacher was my dad, Mr. Schwarz- not just because he is my dad. In his class no one would talk or mess around, so it was easy to stay focused and get work done."

**What will you miss most as you begin your new chapter?**

"I will miss the people, and everyone knowing everyone. I will also miss the help that you get from being in a small community."

**Describe senior year in three words.**

"Different, unknown, and Corona."

**What is your most awkward memory from when you were young?**

"When I was in 4th grade I wore my hair in a low ponytail, parted in the middle and a headband. That was a very awkward and horrible fashion statement."

**Where do you plan to go to college? Do you know what major you want to pursue?**

"I don't know where I want to go to college, but I am thinking about being a mental health counselor or a graphic designer."



**Superintendent and High School Principal**

Joel Morgan

**Elementary Principal and Curriculum Coordinator**

Chanc McIntosh

**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 [nicole.badgley@arnoldpublicschools.org](mailto:nicole.badgley@arnoldpublicschools.org).

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

# Senior Spotlight

## Kylee Lehmkuhler



### **What do you see yourself doing in five years?**

"I hope to have a good job and building my clientele in a small town around Arnold."

### **"If you could give underclassmen one piece of advice, what would it be?"**

"Enjoy your time, but work hard always!"

### **What is your funniest memory from school?**

"Tanner jumping off of the library stairs from over half way up."

### **Who was your favorite teacher throughout school and why?**

"My favorite teacher throughout school was Mrs. Badgley. I didn't love her while I was in her classes but she taught us SO much and she is always there when you need help."

### **What will you miss most as you begin your new chapter?**

"I will miss being around family and not having to pay bills."

### **Describe senior year in three words.**

"Just live life!"

### **What is your most awkward memory from when you were young?**

"Probably the crazy outfits and hair trends in 5th and 6th grade."

### **Where do you plan to go to college?**

### **Do you know what major you want to pursue?**

"I have hopes of attending college at a Cosmetology and Esthetics school in Omaha or Lincoln; I have it narrowed down between two. I plan on getting both my Cosmetology and Esthetics licenses."



## Previous Newsletters

- Link to the school newsletter: <http://www.arnoldpublicschools.org/journalism>
- Links to newsletters prior to the 2015-2016 school year: <https://sites.google.com/a/esu10.org/mrs-badgley/schoolnewsletters>
- Links to historical and alumni newsletters: <https://sites.google.com/a/esu10.org/mrs-badgley/alumninewsletters>

Please give us your feedback by contacting Nicole Badgley at [nicole.badgley@arnoldpublicschools.org](mailto:nicole.badgley@arnoldpublicschools.org).

## School Calendar Link and App for your Phone

We have a new address for the school calendar. You can see all of our sporting events and school activities by going to: <https://www.midnebraskaactivitiesconference.org/public/genie/1009/school/1359>

If you are intersted in having the calendar on your phones, simply search for the rSchool app in the Google Store or in the Apple store and download the app with the blue ball cap titled "Activity Scheduler."



6th Grade Class Officers L to R: Josie Christensen, President; Elijah Freshman Class Officers L to R: Brendan Streit, Secretary Treasurer; Cool, Vice President; and Asa Starr, Secretary.



7th Grade Class Officers L to R: Eli Rogers, President; Serenity Borah, Vice President; and Hayden Myers, Secretary Treasurer.



Sophomore Class Officers L to R: Lance Jones, President; Silas Cool, Vice President; Devin Peterson, Secretary; and Tallianna Martin, Treasurer.



8th Grade Class Officers L to R: Ethan Furne, President; Taylor Hanna, Vice President; and Anna Tullis, Secretary Treasurer.



Junior Class Officers L to R: Reagan Cool, Treasurer; Shayla Tickle, Secretary; Colbi Smith, Vice President; and Faith Bierman, President.

# Class Officers

Senior Class Officers L to R: Bailey Schwarz, Secretary Treasurer; Drew Vickers, Vice President; and Jadeyn Bubak, President.





## Arnold's New Speech Pathology Teacher

By: Talli Martin, APS Sophomore

Arnold's new speech pathology teacher is Mattison Anderson, a recent graduate of UNK, who comes to us from Lexington. This is her first year teaching speech. Originally she wanted to become a classroom teacher, but after her second year in college, she found her new passion as a speech teacher.

Her main focuses for the year are, "I want to get to know everyone and give them the best accommodations to succeed."

There are currently 16 students enrolled in her classes this year. You can find her in the speech room by the lunchroom on Tuesday's and Thursday's every week. Mrs. Anderson loves getting to interact and voice with the kids.

You can find her at the lake in her free time or on the court playing sand volleyball. Also, she enjoys reading a good book and shopping when she can. So if you happen to see her around give her a big warm welcome from Arnold!

## Bobcat Spirit Has a New Leader

By: Talli Martin, APS Sophomore

Ms. Molly Atkeson is the new head cheer coach for South Loup. You all may know her as the first grade teacher here at Arnold.

When an opening came up for the new head cheer coach, Atkeson decided to take on the responsibility. Dancing isn't anything new to her as she was a part of her school dance team at St. Mary's in O'Neil.

This year it was very tough picking who made the team, as all the girls showed off their hard work and skills at tryouts. She ended up picking 9 talented girls. When asked about some of her goals for the season, she proudly replied, "I want to push the girls individually, have good energy, work well, and have fun."

She wants the girls in their future to look back and remember this season.

Devin Peterson, a sophomore at Arnold, commented about her new cheer coach, "I love how open to ideas she is, her positivity, and how sweet she is. She really helps me as she always makes sure I understand the cheers before moving on."

Kinsey Pflaster, a junior at Callaway added, "It's been an adjustment, but things are really coming together well." The fresh squad and their new coach's first appearance will be showcased at the volleyball game on September 8th at Callaway.

The fresh squad and their new coach's first appearance will be showcased at the volleyball game on September 8<sup>th</sup> at Callaway. Make sure to bring your spirit!



## New Art Teacher

By: JayLynn Stienike, APS Senior

Starting off the 2020-2021 school year APS welcomed a new art teacher Miss Berglund in to the district. Katie Berglund was ready for a change when she came here to Arnold Public Schools. After working at 9 different schools at once, she was ready to be at one place and to really get to know the students.

Katie Berglund went to Mid Plains Community College; she then went to UNK, then to UNL. While she was at UNL, her major was Film and News media. She then changed it to Fashion Design, then she graduated with a

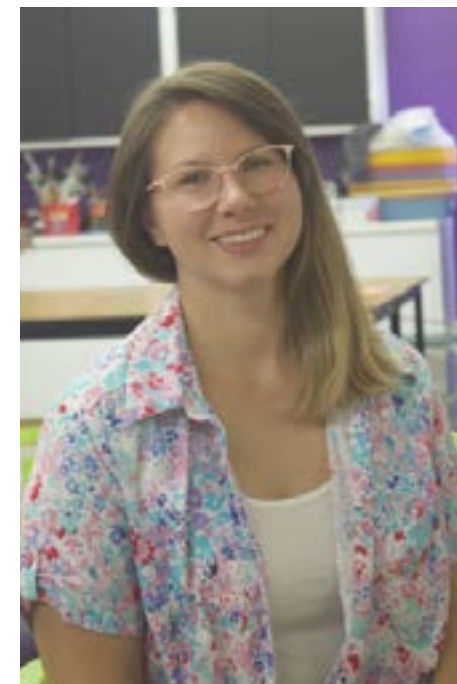
studio arts degree.

Miss Berglund didn't know she wanted to be an art teacher until she was a paraprofessional. She went back to school and got her teaching degree to become an art teacher.

Miss Berglund has always been in love with art; her father was an artist. She finds the students and staff to be very nice people.

Miss Berglund said, "Being an art teacher is my way of sharing my knowledge of art and helping students experiment and find their niche."

Her main goal is that she wants her students to **remember** by the end of the year that "Everyone can be an artist, it's just finding what art fits them best."



Something Miss Berglund says she looks forward to the most is building relationships with her students. She's very excited to be here at Arnold Public Schools.

## BobcatVolleyball5-peatSevenValleysTourney



On Saturday, September 12, the Lady Bobcats won six straight sets to become the Seven Valleys Tournament Champions for the 5th year in a row.

To win this title the Bobcats had to first defeat the Twin Loup Wolves, the Anselmo-Merna Coyotes, and the Mullen Broncos.

Despite there being no spectators, the Bobcats came together, found their own energy, and rose to the occasion.

### 2020/2021 ACT TEST DATES

OCT	DEC	FEB
<b>Test-10, 17, 24, 25</b>	<b>Test-12</b>	<b>Test-6</b>
Early Registration Sep 17	Early Nov 6	Early Jan 8
Late Registration Sep 25	Late Nov 20	Late Jan 15
APR	JUN	JUL
<b>Test-17</b>	<b>Test-12</b>	<b>Test-12</b>
Early March 12	Early Nov 7	Early Nov 18
Late March 26	Late Nov 21	Late Nov 25



Left to right; back: Faith Bierman, Reagan Cool, Landyn Cole, Kylee Lemkuhler, Jadeyn Bubak, Front: Carly Gracey, Colbi Smith, Bailey Schwarz, Kacee Dvorak, Eli Taylor

## Honor Society Induction

By: Talli Martin, APS Sophomore

After waiting four long months we finally got to induct the new National Jr. Honor Society and National Honor Society inductees on Tuesday September 8<sup>th</sup>.

Family members tuned into zoom and the whole school watched from the stands.

President Jadeyn Bubak opened the induction out with a nice speech

Landyn Cole, Bailey Schwarz, and Kacee Dvorak explained how you could get into the prestigious program.

If you didn't know the Jr. Honor Society is for grades 6<sup>th</sup>-9<sup>th</sup>, and the Honor Society is for grades 10<sup>th</sup>-12<sup>th</sup>.

Arnold's newest members of the Honor Society were sworn in first. This included the following students; Colbi Smith, Faith Bierman, Eli Taylor, Reagan Cool, and Carly Gracey.

Then president of the National Jr. Honor Society Ella Cool, graduated and inducted new members from the Jr. Honor Society.

Anna Tullis, Riata Remund, and Taylor Hanna-Miles put into words just how hard you have to work to be apart of this organization.



President of Jr. Honor Society, Ella Cool giving Jr. Honor Society opening speech.

Sophomores Lance Jones, Halie Recoy, Devin Peterson, Clay Whittuhn, and Silas Cool all graduated from Jr. Honor Society.

Following that the new members picked were Brook Bierman, Paxton Bierman, Serenity Borah, Hayden Myers, Eli Rogers, Crew Whittuhn, and Logan Recoy.

All in all it was a great day for an induction!



Left to right; Back: Clay Wittuhn, Silas Cool, Lance Jones. Front: Halie Recoy, Devin Peterson



Left to right; back: Paxton Bierman, Crew Wittuhn, Eli Rogers, Haden Myers, front: Serenity Borah, Brook Biemanman



Left to right; Gracie Neth, Charli Vickers, Logan Recoy, Delaney Rogers



## No Shorts

## October-March



## Jake's Horses and Harleys Reading Adventure

Earn 12 Points of AR  
in one calendar month  
and you will earn  
a Personal Pan Pizza  
or Salad Bar





The seniors were shoveling the asphalt out of the skid steer and on to the side of the track. Pictured above: Landyn Cole, Logan Peterson, Tanner Brown, and Mr. Kennedy.



Jesse Connell, Logan Peterson Landyn Cole, Eli Taylor, and Sam Cool move the asphalt shavings around with shovels from the skid steer.

## 2020-21 Senior Service Project



Aaron Edwards donated the skid steer so the seniors were able to move the asphalt.

By: JayLynn Stienike,  
APS Senior

On Wednesday, August 26th, while the 3rd-11th grade students of Arnold Public Schools were taking their annual fall MAPS tests, the senior class escaped to the track. It wasn't

all fun, however, as they were hard at work. A majority of the seniors spent the morning laying asphalt along the track and filling any missing holes where the asphalt had eroded. At the same time, the other half of the class was walking along the football field digging up markers for this year's football season. No matter how hot the temperature rose, they all participated and got the job done.

## Senior Spotlight Sam Cool

**What do you see yourself doing in five years?**

"In five years, I see myself as having graduated college, and have gotten a steady job."

**"If you could give underclassmen one piece of advice, what would it be?"**

"Do your best in everything you do. It really does matter."

**What is your funniest memory from school?**

"I have had many fun memories from high school. I can't single out just one as my favorite."

**Who was your favorite teacher throughout school and why?**

"Mr. Mohr was my favorite teacher. I learned a lot from him."

**What will you miss most as you begin your new chapter?**

"I will probably miss my family the

most and having a lot of my expenses paid for."

**Describe senior year in three words.**

"Can I leave?"

**What is your most awkward memory from when you were young?**

"One of my most awkward memories from when I was young was in preschool. It was pajama day and as a preschooler I didn't want everyone to see my pajamas so I wore jeans. I also didn't think it was appropriate to see other people in their pajamas because 'GROSS.' I was really embarrassed and just sat outside the preschool room and cried."

**Where do you plan to go to college? Do you know what major you want to pursue?**

"I am currently not for sure on what college I will be attending. As of right now I am looking at majoring in Criminal Justice."



## Homecoming 2020

### HalloweenMonday

Get in the spirit and wear your Halloween costume of choice.



### ClassWarsWednesday

7th - Favorite Celebrity  
8th - USA  
9th - Hunting/Camo  
10th - Denim  
11th - Tropical  
12th - PJ's  
Faculty - WWE

### Spirit Firda

Find your bobcat gear!



### ImportantTimes

- Volleyball v. Pleasanton JV @ 4:00 pm, Varsity to follow
- Football v. Pleasanton @ 7:30
- Coronation immediately following the football game
- Dance @ the Callway CC from 10:00-12:00

### ThrowbackTuesday



Strut the hallways with clothes and accessories on from any past decade.

### Cowboys v. aliens Thursday



Get decked out in either cowboy or alien attire for an ultimate showdown.



## 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 Heather at the school office by phone 308-848-2226.



## Breakfast and Lunch Prices

**Breakfast**  
**K-12: \$1.60**  
**Adults: \$1.80**

**Grab and Go**  
**\$0.45-\$0.65**

**Lunch**  
**K-5: \$2.70**  
**6-12: \$2.95**  
**Adults: \$3.90**

**Ala Carte Choices**  
**\$0.40 - \$2.50**

## Links to School Calendars:

- The Activity Calendar: <https://www.midnebraskaactivitiesconference.org/public/genie/1009/school/1359/>
- The Lunch Calendar: <https://www.arnoldpublicschools.org/lunch-calendar>
- On the announcements tab, scroll to the bottom

# Senior Spotlight Cooper Atkins

*What do you see yourself doing in five years?*

"I would like to be back in a small Nebraska community working at Arnold Insurance Agency."

*"If you could give underclassmen one piece of advice, what would it be?"*

"Everything in life happens for a reason, so don't take it so seriously."

*What is your funniest memory from school?*  
"I have a lot of stories I shouldn't tell."

*Who was your favorite teacher throughout school and why?*  
"Mr. Mohr, because I could go to the shop and do whatever I wanted."

*What will you miss most as you begin your new chapter?*  
"My friends and being able to see the ones I grew up with every day."

*Describe senior year in three words.*  
"Fast real fast."



*What is your most awkward memory from when you were young?*  
"Let's just say I use the bathroom a lot, and these are some of the stories I shouldn't tell."

*Where do you plan to go to college? Do you know what major you want to pursue?*  
"I plan on attending the University of Nebraska Lincoln to pursue a degree in business economics."

## Create Your Own App: School Websites Can Download To Your Phone Use the School and SLB Site Without a Web Browser

What is a progressive web app? Why do I need one? How will this help me?

These are all questions that were asked when we figured out that the school's web site and the South Loup sports web sites now have a progressive web app.

A progressive web app "turns a web site into an app on your phone, and allows the user to have all the capabilities of the web site in this one spot."

This means that the calendar on the web site, and the individual sports calendars will be on your phone.

One of the best benefits is that the calendar and the web site are supposed to function even when you are offline or in weak service.

Progressive Web apps are "designed so they are capable, reliable, and installable."

The progressive web (PWA) has been completed for the Arnold Public Schools web site as well as the South Loup sports web site. (You will need to create a PWA for each.) It's very simple to install on your phone.

"This will make the website easily accessible from mobile devices and also allow them to view the site offline. (They will have needed to visit the site and pages once before it's accessible offline)," said Kristi Dvorak, web developer

"Once installed, the app will download every page that you visit so if you want to see something offline you will have to visit it online first."

Here are some directions for those of you who are new to Progressive Web Apps. share with anyone who needs it.

### For Chrome on Android

1) Visit the site.

- 2) Click add to Home Screen at the bottom if prompted (skip to step 5).  
3) If not prompted (or you have hit the x before), then click the three dots in the upper right.  
4) Click the "Add to Home Screen" button.  
5) Now it should install to your phone you can drag it around like any normal app.

### For Safari on iPhone

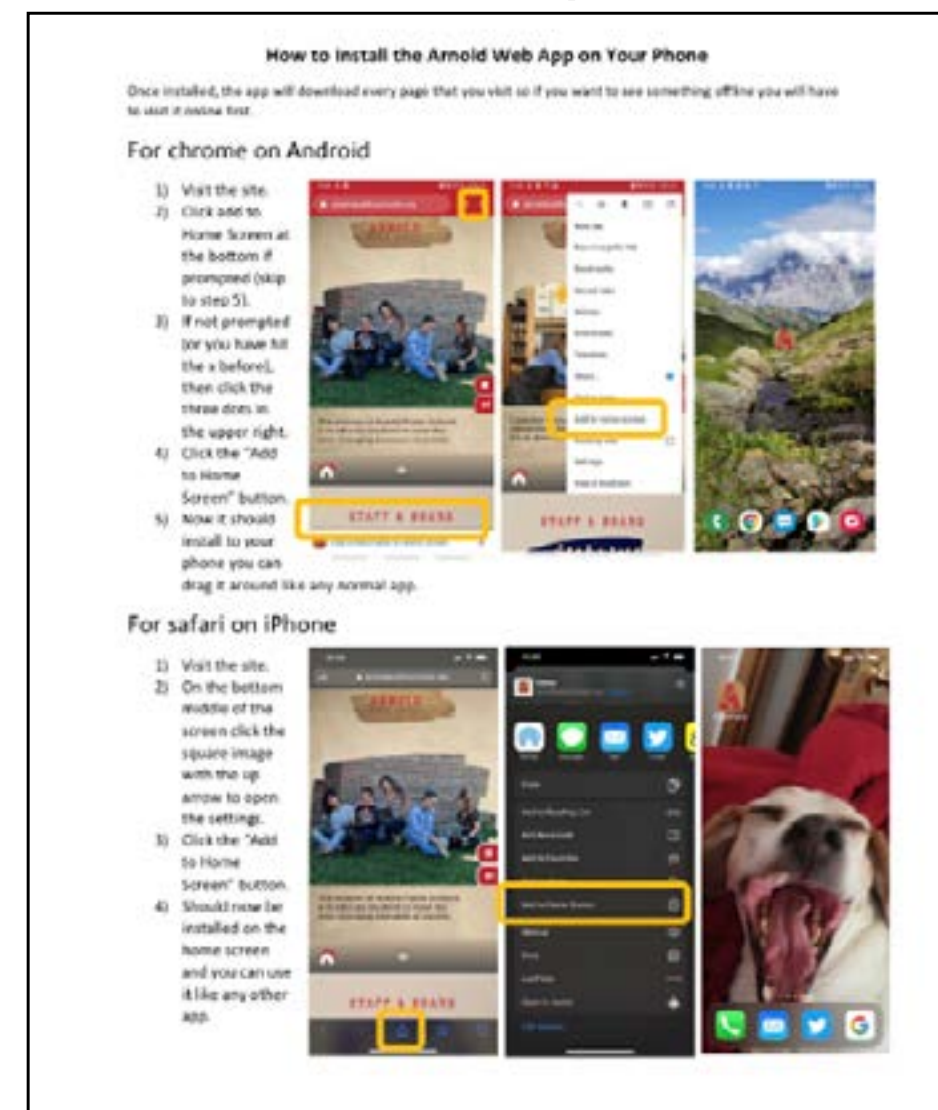
- 1) Visit the site.  
2) On the bottom middle of the screen click the square image with the up arrow to open the settings.

image with the up arrow to open the settings.

3) Click the "Add to Home Screen" button.

4) Should now be installed on the home screen and you can use it like any other app.

Aren't you glad I didn't define a progressive web as "a type of application software delivered through the web, built using common web technologies including HTML, CSS and JavaScript. It is intended to work on any platform that uses a standards-compliant browser"?



# Reading is Magical!

The first quarter reading challenge has a new sparkle this year!



*Who will shrink?  
Be cut in half?  
Disappear?*

- Earn 1,500 AR points (school-wide) for the magician to experiment on Mr. McIntosh
- Earn 3,000 points for the magician to do a trick on Mr. Morgan

As each elementary student reaches an individual challenge, he or she can earn a magic trick that he or she can learn and perform at home for his or her families. Each student can earn up to 6 different tricks as he or she tries to reach the Morgan Challenge.

The K-12 individual challenge involves classroom leaders getting turn to be the magician's assistant for a trick.

The date for the magician to visit will be announced as the students reach their goals.



## EARN CASH FOR OUR SCHOOL

NO MORE CLIPPING. ALL YOU NEED IS YOUR SMARTPHONE.

The NEW and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to our school's earnings online.

LOOK FOR  
THE NEW  
LABEL:



### HERE'S HOW IT WORKS:



#### BUY BOX TOPS PRODUCTS

You can find Box Tops on hundreds of products throughout the store.



#### SCAN YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



#### EARN CASH FOR OUR SCHOOL

Box Tops earnings are identified and automatically updated at BTFE.com.

You do not need to clip or send Box Tops labels to school.



## BOX TOPS CLIPS ON PACKAGES

Traditional Box Tops clips are being phased out of production but may continue to be found on many products throughout the store as packages transition to the new Box Tops labels. You can still clip these and send them to school. Please make sure each clip has a valid expiration date.



SEE PRODUCTS & LEARN MORE ABOUT  
THE BOX TOPS APP AT [BTFE.COM](http://BTFE.COM)

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THE ALL-NEW BOX TOPS IS HERE!  
DOWNLOAD THE APP:



# From the Superintendent's Desk

Our school year is off and running and I am very pleased that we find ourselves in session on a daily basis with minimal disruptions due to restrictions. I would like to thank everyone for their flexibility and understanding as we operate within the guidelines of our return to school plan. I recognize sacrifices have been made because of this and your cooperation is greatly appreciated. The important thing to remember during all this is at we are doing our best to keep our students, staff, families, and community safe during this time, and because of your efforts we are still in school and kids are still participating in activities.

You may have seen an informational video posted regarding our breakfast and lunch program. The USDA has extended their summer food services program through December 31st, 2020 or until funds are exhausted. During this time, student breakfasts and lunches are free of charge. Seconds and Grab N Go items will still be charged to each student's account. Thank you Heather, Rose, and Lea Ann for all their efforts to provide us our meals and opportunities for these programs.

On September 8th, the Arnold Board of Education approved the 2020-2021 budget. The total property tax request was \$3,286,871. This request was down \$102 from the 2019-2020 property tax request. With increased costs and additional administration coming from the general fund, the additional expense was offset by reducing our special building request. By doing this, we were able to prevent the total tax request from increasing. Thank you to the school board for their hard work in this process to keep costs down. I would also like to thank the district for your continued support of Arnold Public Schools and trusting us to make methodical, fiscally responsible decisions for the district.

I must say that there has been nothing more satisfying than having students back in the building as scheduled this school year. This building is not meant to sit empty for 5 months and I'm glad to see classes in session!



# From the Elementary Principal's Desk



Arnold Public School was able to open its doors to students August 13th. The teachers and administration are very excited to have our students in our building. Over the last few weeks we have had a few new children join us. Our current enrollment is 175 total students, with 87 K-5 and 88 kids in 6-12th.

High School activities have started and our administration is following Covid guidelines to make sure students are able to continue to have those opportunities. We appreciate the community cooperation and understanding during this unfortunate time. Those guidelines do vary from each school district and those can always be viewed on the community Schoology page prior to attending events.

The One-Act-Play has been chosen and the cast has been selected. The play is Elephant's Graveyard by George Brant.

There are 23 total participants, 13 cast members and 10 crew members. These kids have been working very hard to learn parts and lines and have practice before school.

Arnold students are also in a battle to reach this quarter's Accelerated Reading goal. This is a K-12 group effort to reach 3,000 AR points. If students reach this goal Mr. Morgan will be a volunteer for the magician that will conduct a magic show for the students. They have already reached their goal to do something to me... maybe they will cut me in half... maybe they will make me disappear... who knows... they'll have to come and see on October 23rd. Along with students' interest in reading, our Book Fair was held Sept. 10th-17th in the High School Library. Students had the opportunity to look through the books and purchase one if desired.

Some other interesting highlights that the students at APS are going are:

High School students are learning how to use a sewing machine in Art class. Students are making colored masks that are different colors for each grade level.

The 5th grade students and Mr. Neth are using the School House Graphics 3D printer to make several interesting items. The one item I was able to see was a functional Script Text.

The Kindergarten class is learning the alphabet and the sound of each letter. Students create interesting crafts that represent the letter of the day. For the letter "T" the students colored and cut out tractor hats. There must be a lot of John Deere farmers in the area.

The High School shop kids have also been very busy. Seniors were able to fill in the holes around the track. Another shop class has been reshingling part of the shop.

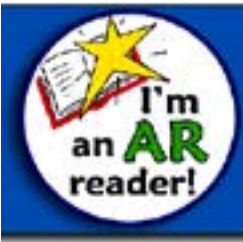
There are many great things the students are doing this fall and I am excited to be a part of it. Just as a reminder to APS students, the dress code states no shorts are to be worn October 1-April 1.

Arnold Public School Staff has been working very hard this fall to continue to educate and create opportunities for students to learn and become involved in new interests. I hope all parents had the opportunity to attend Parent-Teacher conferences and meet our wonderful staff that is involved in your student lives. I hope this letter finds everyone doing well.

Chanc McIntosh  
Arnold Elementary Principal - Curriculum Coordinator

## 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 for 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.

# EducationQuest Foundation College Planning Bulletin

A monthly college planning guide for Nebraska high school students

## October 2020

### Virtual College Fair is September 27-30!

Attend a college fair from the comfort of your couch! The EducationQuest Virtual College Fair is September 27-30. To register and to find details, visit [eqf.org/collegefair](http://eqf.org/collegefair).

During the four-day fair, you can visit college booths, chat with college reps, and watch live or recorded sessions on topics such as college admission, paying for college, and finding scholarships.

The college fair will be “open” the following days and times, but college booths and recorded sessions will remain available until Dec. 1.

Sept. 27 – 2:00 p.m. to 8:00 p.m. CT  
Sept. 28 – 8:00 a.m. to 2:00 p.m. CT  
Sept. 29 – 1:00 p.m. to 8:00 p.m. CT  
Sept. 30 – 1:00 p.m. to 8:00 p.m. CT

See you at the fair!

### It’s FAFSA time!

Seniors...beginning October 1, you and your parents can complete the 2021-22 FAFSA (Free Application for Federal Student Aid). The FAFSA is the application for federal, state, and college-based financial aid.

Follow these tips to prepare:

Create a Federal Student Aid Account for you and one for a parent at [studentaid.gov](http://studentaid.gov).

Attend a Virtual Financial Aid Program to learn about the FAFSA and types of financial aid. When you attend, register for a \$500 Financial Aid Program Scholarship! To find details about school-based programs, click here. To learn about statewide Financial Aid Programs, click here.

Review the FAFSA Checklist at [EducationQuest.org](http://EducationQuest.org) for items you’ll need to complete the FAFSA.

See FAFSA Tools at EducationQuest.org for helpful resources.

For free virtual help with the FAFSA, call EducationQuest to make an appointment:  
Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.

### Seniors, are you ready to Apply2College?

This fall, several Nebraska high schools are holding Apply2College events to help seniors complete college applications. Whether or not your school is participating, here are tips and resources to help you prepare for the application process.

### October “To Do” List

#### Juniors and Seniors:

\_\_\_ Attend the EducationQuest Virtual College Fair Sept. 27-30.

\_\_\_ Attend a Financial Aid Program to learn how to pay for college.

#### Seniors:

\_\_\_ Create a Federal Student Aid Account at [studentaid.gov](http://studentaid.gov) for you and one for a parent.

\_\_\_ Complete the FAFSA on or after October 1.

\_\_\_ Complete college applications. If your school is hosting an Apply2College event, participate!

\_\_\_ Register by Sept. 25 for ACT tests on Oct. 10, 17, 24, or 25.

\_\_\_ Register by October 7 for the November 7 SAT.

### For free help with college planning, contact EducationQuest Foundation:

Omaha	- 402-391-4033
	- 888-357-6300
Lincoln	- 402-475-5222
	- 800-303-3745
Kearney	- 308-234-6310
	- 800-666-3721
Scottsbluff	- 800-303-3745
	- 308-708-7199, ext. 6654

### EducationQuest.org

Follow us on Facebook, Twitter and Instagram for a chance to win a \$500 scholarship!

Your Journey to College Begins with Us

# Helping Children Learn

Elementary School  
September 2020

Tips Families Can Use to Help Children Do Better in School

Title I Cooperative Educational Service Unit #10

## Encourage reading by modeling the many reasons to read

It's a fundamental truth of parenting: Children learn by example. Whether you want your child to tell the truth or eat her vegetables, modeling the behavior is the best way to get her to follow suit.

This is also the case with reading. To help your child form helpful reading habits, show her how you read often to:

- **Learn things.** Say, “I’m trying to learn about a new strategy we might use at work. This article explains how other businesses use it.”
- **Find information.** Do you need to fix an appliance at home? Show your child how you read a manual to learn how. When you want to find a new recipe, show her how you search online or in a cookbook index.
- **Have a good time.** When your child sees you reading for pleasure or to relax, she will realize that reading isn’t just for school or work.
- **Pass time when waiting.** Bring something to read everywhere you go. Ignore TV screens in waiting rooms and pull out a book. Play audiobooks in the car on long drives.
- **Connect with others.** When you read something interesting, read a little out loud. Print or cut out an article you think your child would enjoy and leave it on her bed. Show her that reading is something fun to share.



### Help your child be an active learner

The COVID-19 pandemic has brought many changes to learning in 2020, and it is likely that will continue. But one thing has not changed. Students who take active responsibility for their own learning get more out of it. To foster this responsibility in your elementary schooler, encourage him to:

- **Get ready to learn.** That means getting enough sleep, eating a healthy breakfast and being prepared with necessities like pencils, paper and a positive attitude.
- **Stay organized.** Help your child create a system for organizing assignments, returned work and other materials.
- **Keep trying.** Support your child as he faces challenges with learning, assignments and tests. Tell him that persistence pays off, and help him think of different strategies he can try to tackle problems.

### Take a balanced approach

Parents have taken on more teaching this year than ever before, and your support of your child's learning is essential. Turning everything you do with your child into a lesson, however, can backfire.

Kids love to do activities with their parents, but not if they feel like they're always in class. So do some things together just for fun. Let your child try out her own ideas and learn from the results. Enjoying your time together is also an important way to support your child.



### Relieve stress about school

This year's unprecedented events may have your child feeling anxious about school. To ease his mind:

- **Reassure him** that he is up to the challenge of new situations and new work.
- **Put grades in perspective.** Is he doing his best? Is he learning? Let him know that's what counts.

### Find time for family fitness

A recent study shows that as early as age seven, children's physical activity levels start to decline. This is a problem. Not only does exercise reduce stress and risks of serious health problems, research shows it also aids learning. Compared to inactive peers, children who get regular exercise:

- **Are better listeners.**
- **Have better handwriting.**
- **Have better hand-eye coordination.**

To keep your child fit and learning well for years to come, help her set—and stick with—a healthy exercise routine now.



Source: “Decline in physical activity often starts as early as age 7,” [ScienceDaily.abcnews.com/subjective](http://ScienceDaily.abcnews.com/subjective).



## How can I be involved if I can't help during the day?

**Q:** I work during school hours, and I can't just take time off to participate in a school activity. What else can I do to stay involved and support my child's education?

**A:** Research shows that parent involvement improves children's educational outcomes. But taking part in a school class or activity is only one of many ways to make a difference. Many things you can do at home can have a big impact on your child's learning.

First and most importantly, let your child know that school is a top priority. You can do that several ways:

- **Set high expectations.** Tell your child that you know he can do well in school, and you expect him to work hard. Offer praise when he does.
- **Talk about school subjects** with your child. Ask him to tell you about what he's learning. Offering positive comments, like "That sounds really interesting. I hope you'll tell me more," can motivate him.
- **Review your child's work,** and schedule enough time each day for him to do assignments. Stay nearby, if possible, while he works.
- **Work with other school parents.** Join the parent-teacher organization. You'll learn about what's going on and what families can do to help.



## Are you shifting into school routines?

Establishing routines at home can ease your child's adjustment from a more relaxed summer schedule to the busier school year. Are you creating patterns that help your child make the shift? Answer yes or no to the questions below:

1. Have you set a bedtime for your child that lets her get nine to 12 hours of sleep?
2. Have you set aside at least 20 minutes a day for family reading time?
3. Have you made evening checklists of the preparations your child should make for the next morning?
4. Have you designated a spot where your child should keep supplies and items needed for school so there is no time wasted looking for them?

5. Have you posted a family calendar where she can record assignments and activities?

### How well are you doing?

More yes answers mean you are establishing a structure to smooth the return to school. For each no, try that idea.

"Write it on your heart that every day is the best day in the year."  
—Ralph Waldo Emerson

## Focus on study skills

Helping your child develop his study skills is a key way to make sure he has a productive school year. For a start:

- **Set a regular study time** and place. Choose a time when your child is alert, and a spot that is comfortable and free of distractions.
- **Teach your child** to make a daily to-do list. As he crosses completed assignments off, he'll feel a sense of accomplishment.
- **Encourage him** to restate the main idea of assignments in his own words.

## Brains need downtime

Studies show that even when kids' brains are in a "resting" state they are still active. What's more, a little mental downtime can help consolidate learning. To give your child's brain a chance to recharge:

- **Have her take** a short break after every 15 to 20 minutes of homework or study.
- **Let her be bored** sometimes. Challenge her to figure out how to fill her time without relying on screens.

Source: L. Walden, Ph.D., "How Grouching Off Helps Kids Learn," *The Atlantic*, <https://www.theatlantic.com/idea/grouching-off-helps-kids-learn/>

## Set the stage for teamwork

You and your child's teacher are partners. By staying in touch and working together, you can keep small issues from becoming big problems. Make it a point to:

1. **Share information** about your child and about changes at home.
2. **Read all notes** that come from school. Fill out and return forms and questionnaires promptly.
3. **Ask questions!** If you are confused about anything school-related, ask the teacher to explain.



### Helping Children Learn®

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Educational Service Unit #10

## Help your teen make a smooth transition into a new school year

The COVID-19 pandemic changed the last school year in ways no one could have predicted. As a result, the start of the new year will be a time of transition for all students. Some will be coping with losses or family struggles. For ninth graders, everything will be new. It's likely that some things will be different than your teen expected.



To support your student, help her create structure and habits she can rely on. Here are some ways:

- **Help her establish a schedule.** Work with her to plan the time she needs to fulfill all her responsibilities. Encourage her to keep track of everything on a calendar.
- **Set aside some tech downtime.** Students are relying more than ever on technology to do schoolwork. Make sure your teen's free time includes screen-free time for exercise, mealtime conversations and creative thinking.
- **Promote effective study habits.** Set a regular study time when your teen is most alert. Have her check her grades on quizzes and assignments regularly. If she feels like she's falling behind, encourage her to talk to her teachers about getting help right away.
- **Ask about school every day.** How does your teen feel she is adjusting? Let her know you are available to talk.



## Develop your teen's ability to persist

Like life, school is full of tasks that will challenge your teen. It's then that his persistence and determination will come into play.

Your teen will do better academically if he learns to push himself and see hard assignments through to the end. Complex projects will seem less overwhelming. To encourage him:

- **Recognize progress.** Say things like, "You're really coming along with that."
- **Teach your teen** to cheer himself on. Positive self-talk, such as "I am going to keep trying until I get it," can motivate effort.
- **Set an example.** If you've been putting something off, say, "Today, I'm going to work on this until I finish it."
- **Ask questions.** If your teen seems about to give up, help him think of other strategies to try. Could he ask a classmate for help? Look for a video tutorial? Ask the teacher to suggest a resource?
- **Celebrate** when your teen sticks with and completes a hard task.

## Ask encouraging questions

Conversations between parents and teens can sometimes get stuck in familiar ruts. If your questions tend to sound like criticism ("Is that really the best you can do?"), try to focus instead on the behavior you'd like to see. "What are some things you can do to bring up your math grade?"



## Silence works for studying

Music has been shown to boost mood and help people cope with anxiety. But should your teen study with music playing? According to one reading comprehension study, the answer is no.

Researchers asked groups of students to learn new material under different conditions, then tested them on it. The students who studied in silence got higher grades than the ones who studied to music—no matter what type of music it was.

Mastering new content takes focus and attention. Encourage your teen to save the tunes for times when he's not studying.

Source: N. Pechure and H. Currie, "Does listening to preferred music improve reading comprehension performance?" *Applied Cognitive Psychology*, John Wiley & Sons, Ltd.

## Look toward the future

What does your teen enjoy doing? What is she good at? To guide her journey toward a satisfying future, help her discover hidden strengths and interests. Suggest that she:

- **Read** widely on a variety of topics.
- **Talk** to adults about their jobs, and to friends about hobbies.
- **Try** new things, like joining a new club at school, or signing up for an online class.
- **Research.** Have her search online for careers that seem interesting and find out what preparation is involved.



# Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



HIGH SCHOOL

September 2020

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Educational Service Unit #10

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