

# Raider Nation News

March 1, 2016



Scratch, Jr. fun!



Looking at blood!



Making "blood" -- red and white blood cells, platelets, plasma.

## What We Learned in February by Mrs. Breunsbach's Kindergarten

Although February is a short month, we have learned about many things! We studied about groundhogs (do you know they whistle when looking for a girlfriend?), George Washington and Abraham Lincoln, and our teeth. We started our unit on the body systems. So far we learned about circulatory and respiratory systems. Both reading groups are now in RM 2 books! We are working on addition and subtraction. We enjoyed having Mrs. Weyer and the junior high students visit and work with us on the Scratch, Jr. program. Everyone has enjoyed the warmer weather with more outside recesses! Our time in kindergarten is going so fast!



How fast does the blood travel through your body?



Checking for a pulse.

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# Superintendent's Corner by Mr. Gene Haddix



Dear Students, Parents and Patrons,  
Spring Sports officially started Febr. 29th. I know everyone is looking forward to the start of spring and the many activities that occur this time of year. I encourage all students to pick an activity and stay involved. Keep up the good work.

As spring approaches, it is a good time to review the student handbook to refresh your mind on Southern Public School's policies. Please continue to make good decisions based on those policies. Remember, the choices you make might be influenced by others and by things, but the final decision is up to you. Please consider all the options and consequences before you make your choice. Southern Public Schools is concerned about poor decisions that could be embarrassing, life changing, and/or worse. Our goal is for all students to have only good consequences! We hope that this is your goal, too. However, if a bad decision is made, please remember that we still care about you and want to help you work through the natural and man-made consequences of that poor decision. Most people will make a poor choice once in a while, however it is what we learn from those poor choices and plan how to make better ones in the future that counts.

Congratulations to all the students on their achievements! You have achieved so much up to this point in the school year! I am looking forward to the spring and the many activities you will continue to excel in. Go Raiders! Have a Happy Easter!

Mr. Haddix

## From the Desk of Mr. Jeff Murphy, Secondary Principal

Just when you think things will start slowing down because the winter sports season is coming to an end, you look at the calendar and realize that slowing down is not an option. The months of March and April are filled with many activities. Spring sports will be starting practices on Febr. 29 with the first HS track meet on Mar. 26, the first JH track meet on April 9 and the first HS golf meet is on March 23rd. Both the JH Quiz Bowl and HS Quiz Bowl teams have been meeting and preparing for competition that will be taking place over the next several weeks. Mrs. Cordry and her cast have started preparations for the school play, High School Musical, that will be performed on April 1 & 3. SH & JH vocal and instrumental groups will be having several performances coming up as well. All of the above mentioned activities along with the state testing that we are doing at Southern, makes for a very busy spring. Please take some time to come and support our students in the activities that they have worked so hard to be successful in. Here are a few more dates to be aware of as we head into Spring. The Southern Alumni/Patron basketball tournament will be March 19 & 20. This is always a good time and brings back lots of alumni that get together and talk about "how things used to be" or "how good their teams were". It is always fun to reminisce.

There will be no school on March 4, 7, 11, 25, and 28 for various reasons. We will be having school on March 24. This is a change from the original school calendar.

GO RAIDERS!!

Mr. Murphy



## Elementary Principal's Update by Mr. Jerry Rempe

The school year is blowing by very quickly and we will soon be into March. I have some reminders that I need to share with you as we get into March. First, starting on March 16th, students will again be able to wear shorts and sandals to school, weather permitting. Please be sure that they continue to wear weather appropriate clothing as March can still be a nasty month for weather. Secondly, we have several days off coming in March. We have no school on March 4, 7, 11, 25 and 28. We will be having school on March 24 to make up for a snow day. Also, we have the 5th & 6th Grade Vocal Music Concert coming up on March 8 at 7:00 PM at the High School. Our last reminder is that we will begin our state testing on March 21 and it will conclude around April 29. Parents, please try to keep our students' days as normal as possible, which means sleeping, eating and all other routines should be kept on a normal schedule. If you have any questions, feel free to contact the elementary and we will try to answer them for you. Think Spring!!!


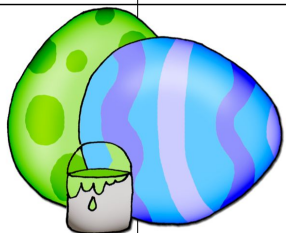
# Southern Public Schools Breakfast Menu

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>Breakfast Burrito</b> <b>Fruit Milk</b>	<b>2</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>3</b> <b>Bagel w/Cream Cheese</b> <b>Fruit Milk</b>	<b>4</b> <b>No School</b>	<b>5</b> <b>USDA is an equal opportunity provider and employer.</b>
<b>6</b>	<b>7</b> <b>No School</b>	<b>8</b> <b>Pancake on a Stick</b> <b>Potato Sticks</b> <b>Fruit Milk</b>	<b>9</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>10</b> <b>Omelet Sausage Links</b> <b>Hash Brown Milk</b>	<b>11</b> <b>No School</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>15</b> <b>Breakfast Pizza</b> <b>Fruit Milk</b>	<b>16</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>17</b> <b>Egg and Sausage Biscuit</b> <b>Fruit Milk</b>	<b>18</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>22</b> <b>French Toast Stick</b> <b>Sausage Patty</b> <b>Fruit Milk</b>	<b>23</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>24</b> <b>Breakfast Bar</b> <b>Potato Sticks</b> <b>Fruit Milk</b>	<b>25</b> <b>No School</b>	<b>26</b>
<b>27</b>	<b>28</b> <b>No School</b>	<b>29</b> <b>Pancake w/syrup</b> <b>Sausage Links</b> <b>Fruit Milk</b>	<b>30</b> <b>Cereal Toast</b> <b>Fruit Milk</b>	<b>31</b> <b>Sausage Gravy on Biscuit</b> <b>Fruit Milk</b>		

# Southern Public Schools Lunch Menu

## March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Taco Corn Choc. Cake Fruit Milk	<b>2</b> Spaghetti & Meat Sauce Garlic Bread Cake w/Cherry topping Fruit Milk	<b>3</b> Ham & Cheese Croissant Sun Chips Teddy Grahams Fruit Milk	<b>4</b> No School	<b>5</b> Fruit & Vegetable Bar Available Daily at Both Buildings
<b>6</b>	<b>7</b> No School	<b>8</b> Raider Burger French Fries Choc. Chip Cookie Fruit Milk	<b>9</b> Beef and Noodles Cornbread Carrots Fruit Milk	<b>10</b> Breaded Beef Patty Baked Potato w/Toppings Bread Fruit Milk	<b>11</b> No School	<b>12</b>
<b>13</b>	<b>14</b> Chicken Patty on Bun French Fries Green Beans Fruit Milk	<b>15</b> Breaded Pork Mashed Potatoes Carrots Sugar Cookies Milk	<b>16</b> Mini Corn Dogs French Fries Rice w/Cinnamon Sugar Milk	<b>17</b> Raider Rib on Bun Potato Wedges Cherry Cake Fruit Milk	<b>18</b> Mac & Cheese Little Smokies Blueberry Muffin Fruit Milk	<b>19</b>
<b>20</b>	<b>21</b> Chicken Tenders Potato Wedges Banana Cake Fruit Milk	<b>22</b> Sloppy Joe Potato Rounds Peanut Butter Cookie Fruit Milk	<b>23</b> Runza w/Gravy Peas Oreo Cookie Fruit Milk	<b>24</b> Supreme Nachos Corn Yellow Cake Fruit Milk	<b>25</b> No School	<b>26</b>
<b>27</b>	<b>28</b> No School	<b>29</b> Grilled Cheese Potato Sticks Cherry Bar Fruit Milk	<b>30</b> Burrito w/Chili Sauce Refried Beans Churro Fruit Milk	<b>31</b> Lasagna Garlic Bread Green Beans Sugar Cookie Fruit Milk		

# Dates to Remember:



March 1 - Jr. & Sr. High Vocal Music Concert

March 3 - Grades 5-12 Instrumental Concert - not on original calendar

March 4 - Spring Break - No School

March 7 - Pioneer Conference Speech - No School

March 8 - 5th & 6th Grade Vocal Music Concert

March 10 - End of the Third Quarter

March 11 - Spring Break - No School

March 14 - Board of Education Meeting

March 19, 20 - Alumni/Patron Basketball Tourney

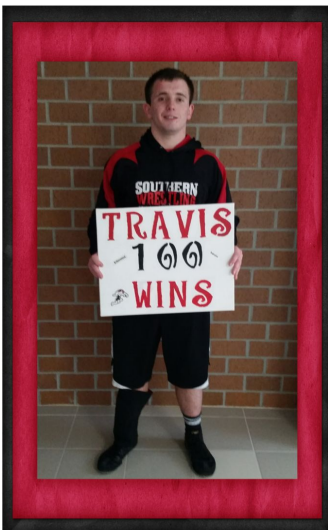
March 20 - Elementary/Jr. High Instrumental and Vocal Music Recital

March 22 - Senior High Pops Concert

March 24 - There will be school in session- this is a change from the original calendar.

March 25 & 28 - Easter Break - No School

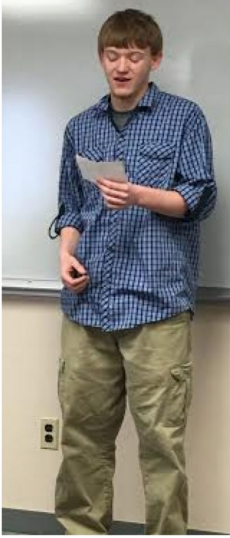
March 29 - Scholastic Banquet



Congratulations to Senior Wrestler Travis Munstermann on his 100 HS career wins!!! Travis bagged his 100th match win during District Wrestling on February 13th.  
(picture at left)



Eleven FBLA members attended the Peru State College Business Contest on February 10th. Students competed in various content areas by taking tests in multiple business subject areas. by Mrs. Jamie Schluter  
Picture above



## Mudecas Speech Contest

Congratulations to the Speech Team! I'm so very proud of each of you! Thanks for a great sunrise to sunset day!

Results for the day are:

**Mariah Canfield & Rozlyn Cole, Duet - 2 Superiors and 6th place.**

**Allison Dunn, Informative - 1 Good, 1 Superior**

**Blake Jackson, Humorous - 2 Excellents**

**Blake Jackson, Informative - 2 Excellents**

**Mariah Canfield, Rozlyn Cole, Luke Creek, Sam Hookstra and Kaylee VanWinkle, Oral Interpretation of Drama- 1 Superior and 1 Excellent**

**Kaylee VanWinkle, Serious - 2 Superiors**

**by Mrs. Sheila Cordry (Pictures above)**

## Upcoming Instrumental Music Events by Ms. Shelly Gerdes

**March 3 - Grades 5 - 12 Instrumental Concert, 7 PM in the High School Auditorium. This concert did not get printed on the school calendar. Groups featured: 5th & 6th grade elementary band, junior high band, senior high band, stage band and guitar ensemble. The band will also be holding a raffle.**

**March 20 - Music Booster Chicken Barbecue and Recital, 11:00 AM to 1 PM**

The barbecue meal can be purchased in the Commons. You can eat in the Commons, take it home, or go enjoy your meal while listening to the students play solos and perform in small groups at the auditorium stage. The band and piano students are preparing for the Crete Music Invitational. This recital gives them the opportunity to play their entry.

**March 29 - Crete Middle School Band Invitational, 4 PM, Crete Public Schools. The junior high band and several instrumental groups and soloists will perform. Several other schools will also participate. This invitational is open to the public. Please contact Ms. Gerdes if you would like to be a sponsor.**

# Wymore Shining Stars Preschool

The Wymore Shining Stars students were busy in February learning about being good friends; we also had fun talking about love. We did a fun experiment with fizzing baking soda hearts and had our own bakery where we were able to "buy" cookies, frosting and toppings to make a yummy cookie to eat at our Valentine's Day party. After all of the Valentine's sweets, we finished off the month learning how to keep our teeth healthy. By Mrs. Manley (pictures below)



## Annual Hoops for Heart Event Set

Our 9th annual "Hoops for Heart" event is rapidly approaching at Southern Elementary. Students in grades 2 through 6 will have the opportunity to participate in basketball activities during their PE classes March 17 & 18 and 21 & 22. Participants this year will have the chance to win Lifesaving Puppies (instead of ducks) as well as other prizes by obtaining pledges with all proceeds being donated to the American Heart Association. Participants may also create their own web page and get donations from friends and family online, which has become an easier way to raise money because it goes directly to the Heart Association.

We've had record-setting years in 2014 and 2015 as our students raised over \$3000! Permission slips and other necessary information will be handed out to students on March 1 & 2. Participation in this event is not mandatory, but I hope you will support your student/s in this endeavor if they are interested in raising money. Heart disease continues to be the #1 killer of both men and women. It's a great way to have fun while raising money for a worthwhile cause!

Thank you! - Mrs. Willet, Elem. PE Teacher



The 8th Grade Classroom Spelling Bee Winners Are:  
L to R, Bottom -Lauren Trauernicht, Braden Klover and Mrs. Cordry. Middle - Dalton Zimmerman & Jacob VanWinkle, Top - Dalton Heard



Take the wheel.  
Help your school.



Go Further

**WHAT:**

You're invited to get behind the wheel of a new Ford vehicle. For every test-drive taken, Ford Motor Company will donate \$20 to your local high school, for a total of up to \$6,000 per event.\*

The more people who drive, the more your school can earn. You do the math.

**WHERE:**

**Beatrice Ford Lincoln**  
4115 N 6th St Beatrice, NE

**WHEN:**

**Friday, March 4th**  
9am-5pm

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**BENEFITING:**  
**SOUTHERN PUBLIC SCHOOLS**  
**OF WYMORE**

[www.drive4urschool.com](http://www.drive4urschool.com)

\*NO PURCHASE NECESSARY. MUST BE 18 YEARS OF AGE OR OLDER WITH A VALID DRIVER'S LICENSE AND VALID AUTOMOBILE INSURANCE. Donation of \$20 per valid test-drive, up to 300 total test-drives, for a maximum total donation of \$6,000 per event. Limit one (1) donation per household.



# Counselor's Corner by Mrs. Patty Goes

Students across Nebraska are preparing for the 2016 NeSA (Nebraska State Assessments) tests to be given this Spring. The window of time allowed is March 21 to May 6. Grades involved are 3 - 8 and 11 as well as a science test for grades 5, 8, and 11. All tests are given in two sessions with about 90 minutes per session. Grades 5 - 8 and 11 will have a third Reading test this year as the state is wanting the students to practice on some test questions for new and improved future tests. All three reading sessions will be 60 minutes each for those grade levels. Southern students have been preparing all year for these tests but will have extra attention given in the classroom instruction during the month of March on the test language and computer skills for testing. It takes all of us together to encourage our students to perform to the best of their ability on these tests.

\*Families can help the students maintain a regular schedule of sleep during the weeks before the tests as well as the weeks of the tests.

\*Proper nutrition is important for the brain to be able to perform at its best.

\*Keeping the body hydrated with water allows the brain to function at its best.

\*Schedule family appointments around the test schedule to allow the student to attend during the class testing session because make up sessions put extra stress on the student.

All students involved must take all the tests during this window of time so even if a student is sick during the test, they will have to take the test when they return to school. We review student scores to determine curriculum changes as well as school improvement goals. We need everyone involved to encourage our students to do their best. For more information on the NeSA tests, please visit the Nebraska Department of Education website and choose assessments.

**Specific dates and times for each grade level will be announced on the website as well as daily bulletins/memos. We try to schedule the tests to avoid Mondays and Friday afternoons. Generally, these times have been proven to be less productive for testing.**

College Access is offering a college visit to all 8th graders on March 2. They will be traveling to SCC in Beatrice. All 10th graders will be traveling to UNL on March 8. All 9th graders will be traveling to Peru State College on April 14. Juniors will be taking some small group college visits during the month of March once they narrow down their choices for college.

Seniors planning to attend college should be completing their FAFSA and submitting final documents to the colleges of their choice. Education Quest has tutorials on their website if you need help completing this document.

Counselor's Corner Continued:

Congratulations to **Emily Meints** for being selected as a David Distinguished Scholar at UNL. Emily was also accepted into the UNK Honors program as well as being awarded a Board of Regents at UNK. Emily was also awarded a Regents at UNO.

Congratulations to **Madison Bennett** as she has been selected to the Nebraska Emerging Leaders program at UNL and has received a Kinman Oldfield Scholarship at UNL. Madison was also awarded a scholarship from the College of Journalism and Mass Communications at UNL.

Congratulations to **Mariah Canfield** for being awarded the Loving Compassionately Scholarship from Nebraska Christian College.

Congratulations to **Rozlyn Cole** for being awarded the Tower Scholarship and the Bearcat Advantage from Northwest Missouri State. Rozlyn was also awarded the Archway Scholarship to Nebraska Wesleyan. Rozlyn was chosen as the first place winner in the Voice of Democracy at local VFW post #1077 Beatrice.

Congratulations to **Tiffany Elliott** for being awarded the Archway Scholarship to Nebraska Wesleyan.

Congratulations to **Jalan Fields** for being awarded the Freshman Merit Award and the Green and White Advantage to Northwest Missouri State.

Congratulations to **Jon Acton** for being awarded the Elks Vocational Scholarship.

### Computer Programming with Scratch, Jr.

The 8th graders joined Mrs. Breunsbach's kindergarten classroom on Febr. 16, to demonstrate how to use the computer coding program Scratch Jr. The 8th graders learned the Scratch program during their Digital Design class during the first semester. The students then took their knowledge and applied it to the junior version so that they could help teach the kindergartners. Together, the students were able to create many different digital stories using basic computer coding. The 8th graders will make a return visit to Mrs. Tjaden's class in March. If you would like to get the App, it is free and the kids love it! This App allows students to problem solve, be creative, and learn coding.



# Standardized Testing Q&As

These days, children are taking more standardized tests, and the pressure to do well is often high. Here are answers to common questions about the testing environment, along with a collection of test-taking tips.



**Q** What's the purpose of standardized tests, and how will they help my child?

**A** A standardized test is intended to measure how much your youngster has learned in a school subject, such as reading or math. It's also one tool schools use to see how well their academic programs are working—and what changes they could make to help students get the best possible education. For example, if a lot of children struggle with essay questions, the school might make some adjustments to the way writing is taught.

**Q** How can my youngster prepare for standardized tests?

**A** Attending school, learning, and working hard all year are the best preparation for any test. Before a standardized test, your child can prepare by paying close attention during in-class reviews and by trying hard on practice tests. These will give him an idea of what material the tests will cover and what the test format will be. They'll also remind him of information about topics he has studied this year (or in previous years) that he may have forgotten about.

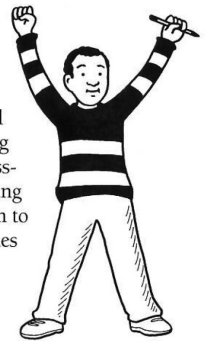
**Q** I've been hearing a lot about the Common Core State Standards. How will they affect tests this year?

**A** Your youngster may notice a few differences, such as more writing and more multi-step math problems. Common Core-aligned tests also include *performance tasks*—items that ask students to apply what they have learned and to use problem-solving and

critical-thinking skills. For example, instead of reading a passage and answering questions about it, your child might be asked to read two passages and write a letter from one main character to the other. Or rather than answering multiple-choice questions about a bar graph, she may be given data to create a graph of her own. *Note:* To find out if your state is one of those using new Common Core-aligned tests, ask your youngster's teacher.

**Q** My child gets anxious before big tests. How can I help?

**A** Reassure him that it's normal to feel nervous and that lots of kids are feeling the same way. Suggest that he use stress-relief techniques like stretching or taking a few deep breaths. It may comfort him to take a favorite book to read if he finishes a section early (and if it's allowed). Also, let him know that while you expect him to try his hardest, it's okay if he doesn't know all the answers or have time to answer every question. *Note:* Watch for complaints of stomachaches or headaches, and talk to your youngster's school counselor if you're concerned.



*continued*

**Q** What can I do to make sure my child feels her best on test day?

**A** A good night's sleep (10–11 hours) and a healthy breakfast are important every day—and especially on test day. To help your youngster stay focused and alert, she should eat both protein and carbohydrates, such as hard-boiled eggs, oatmeal topped with blueberries, and milk. Also, have her dress in layers so she can get comfortable in case she feels hot or cold.



procedure and any tools during practice tests so he's confident on test day.

**Q** Can you suggest some general test-taking tips to share with my youngster?

**A** The first thing is to read the directions carefully. She wouldn't want to answer all three essay questions if the instructions say to choose two. Also, encourage her to work at a steady pace and not to linger on questions she is struggling with. Instead, she can circle or flag the question, continue working, and come back to it. If she's filling in a bubble sheet that's separate from the test booklet, she should stop every few questions to make sure the number of the question matches the number on the answer sheet. Finally, suggest that she double-check her work if she has time.

**Q** My youngster will take standardized tests on a computer this year for the first time. What's different about this method?

**A** Some computer-based tests give all students the same questions in the same order. Others give different questions based on whether a student's previous answer was right or wrong. Also, the test may include on-screen tools, like a calculator, a highlighter, and a ruler. A test may even give students the option of crossing out answer choices they know aren't correct. Your child can familiarize himself with the



## Types of questions

Different kinds of questions call for different strategies. This advice can help your child.

● **Multiple-choice.** Your youngster should read the question and try to come up with an answer before looking at the possible responses. Then, if his answer is listed, there's a good chance it's right. However, it's important for him to read and consider all the choices before picking the best one, since there may be one or more that are *almost* right. *Tip:* If he doesn't know the answer, he can narrow down his options by crossing out choices that are obviously wrong.

● **True/false.** Encourage her to read the entire statement carefully, since just one word can make a seemingly true statement false. Discuss words that tend to appear in false statements (*absolutely,*

*always, certainly, never*) and those that often indicate a true statement (*occasionally, usually, most, probably*).

● **Short-response.** Remind your youngster to focus on what is being asked and to address all parts of the question.

It may help him to highlight or underline key words in the question. *Example:* "Pick two Native American tribes, and compare and contrast their houses."

● **Essay.** Planning is key. Writing the essay will be easier if your child gathers and organizes her thoughts first. She might use a planning strategy that she learned in school, like making an outline or a web. *Note:* She should allow time to proofread her essay, since careless mistakes can cost her points.



# Home & School

Working Together for School Success

CONNECTION<sup>®</sup>

March 2016

Southern Public Schools



## SHORT NOTES

### Car chats

If you carpool, your child's conversations with the other kids can shed light on what's happening at school or with activities. Later, use what you heard to start a conversation. ("You mentioned something about a new science club. Is that an activity you'd be interested in?")

### Double-check homework

Looking over completed assignments carefully will help your youngster turn in her best work. She should check for skipped questions and math errors like adding numbers instead of subtracting them. Suggest that she pay attention to mistakes she often makes. Then, she could write reminders ("Put my name on my paper!") to post in her homework area.

### Which group am I in?

As your child gets older, you may notice him placing more emphasis on how he fits in with peers. Explain that it's natural for youngsters to form groups, but it's nice to be friends with a wide variety of people. For example, he might have friends in class, friends from soccer, and neighborhood friends.

### Worth quoting

"You can observe a lot just by watching." Yogi Berra

## JUST FOR FUN

**Q:** Can a kangaroo jump higher than the Empire State Building?

**A:** Of course. The Empire State Building can't jump!



## In real life: Beyond screen time

Today's children—and parents—are spending more and more time in front of computers, tablets, smartphones, and TVs. And that means fewer opportunities to interact as a family. Try these steps for cutting back on screen time and increasing the amount of time you enjoy together.

### 1. Track habits

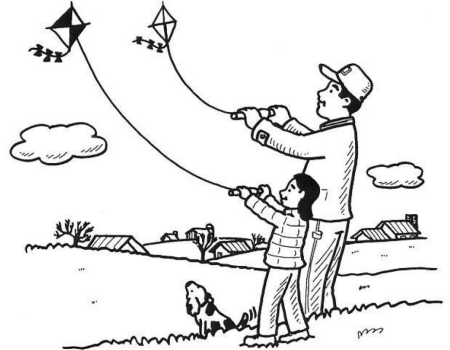
A little screen time here and there really adds up. For one week, have each person carry a small notebook to log usage. Every bit counts—your youngster might write "Music video on laptop, four minutes," and you could write "Facebook on phone, two minutes."

### 2. Set ground rules

Share your logs to see how you spent your screen time. Then, come up with rules to help you cut back, and ask your child to write them down. Her rules might include doing homework first, turning off screens an hour before bed, and not using devices in the car. A whole-family rule could be no screens during meals.

### 3. Brainstorm alternatives

Together, think of screen-free activities for home and on the go. *Examples:* Fly kites, play hangman on restaurant napkins, read aloud to each other from magazines in the doctor's office. *Tip:* Post the list. Have your child refer to it regularly—and add ideas to it, too. ♥



## RE + MANIA


Encourage your youngster to explore word parts and sounds by making his own *rebuses*, or puzzles that use pictures, symbols, and letters to represent words and phrases.

Take turns making rebuses for each other to figure out. For instance:



 +  = tree house

 +  + U = I love you

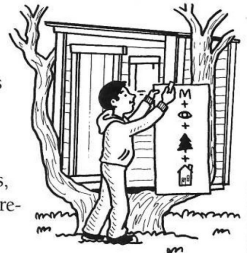
Suggest that your youngster say words aloud to get ideas. He will hear word parts that may help, such as *arrow* in *wheelbarrow*:

 + B + →

Mention that he can subtract letters, too! What does he think this one means?

 - s + 

Answer: *unlock*



# How to talk about report cards

Report cards are one way that teachers communicate with parents about how their youngsters are doing. Use these ideas to discuss grades with your child.

**Start out positive.** First, ask your youngster to tell you about his report card. Have him show you something he is proud of, such as maintaining a good grade in writing or bringing up his social studies mark. Then, point out something positive you noticed.



**Focus on the future.**

If your child gets a low grade, or a grade that drops from last quarter, discuss ways he could improve. He may need to get help from his teacher, or he might have to put in more study time. Pay attention to effort grades, too. Maybe your youngster's math grade stayed the same

but his effort grade went up. He'll appreciate hearing, "You're really trying in math. Keep up the good work."

*Note:* Avoid paying your child or giving him prizes for grades. Instead, help him focus on the built-in rewards of doing his best. ("Your reading grade improved—soon you'll be able to read that new series you saw at the library!")♥

## Q & A Understanding state tests

**Q:** My daughter will be taking "performance-based" tests this month. What are these, and how can I help her prepare?

**A:** These tests ask students to perform tasks based on information they're given. For instance, your daughter may have to read a graph, answer questions about it, and then create her own graph. Or she might need to read two nonfiction articles on the same topic and compare the facts in them.



## ACTIVITY CORNER Pin the magnet on the map

Where in the world is Iceland? How about South Africa? This version of Pin the Tail on the Donkey will help your youngster learn locations on a map.

Hang a world map on the refrigerator, and stand with your backs to it. One person names a continent or an ocean. Each player takes a turn closing her eyes, spinning around, and trying to place a refrigerator magnet on the correct location. *Variation:* Call out countries or states, and have players "pin" small sticky notes onto them.



Who came the closest? Let your child use a length of string or a ruler to measure the distance from each person's magnet to the place. Older students could use the map's scale to calculate how many miles away it is. The person who wins that round picks the next spot.♥

## PARENT TO PARENT Parent volunteering: A first-time experience

I recently changed to the second shift at work, and the first thing my son Tony said was that now I could be a classroom volunteer like some of his friends' parents. I figured it was too late in the year, but I sent a note to the teacher anyway. I was glad when he called and said he'd love to have my help.

It turns out that my ability to speak Spanish and my sewing skills have come

in handy. First, I worked with a group of Spanish-speaking students who are learning English. Now I'm sewing costumes for the class play.

Mr. Brown told me that even if my hours at work change again, he has ways for me to lend a hand. Tony was happy to see me at school, and he and his classmates are excited about wearing the costumes in the play.♥



### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated  
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# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

March 2016

Southern Public Schools



## FAST TAKES

### Try interval training

Interval training—or switching between different paces while exercising—is a great way to build endurance. Have your child try this routine: To warm up, run at an easy pace for 10 minutes. Then, sprint for 30 seconds, return to baseline for 30 seconds, and repeat 9 times. Cool down with another 10 minutes of easy running. This approach works well for walking and swimming, too.

### Did You Know?

Our bodies need about 20 minutes to realize that we're full. Encourage



your tween to eat slowly so her brain has time to catch up with her stomach. Enjoying pleasant conversations between bites is a nice way to pace meals so she can better recognize when she's full.

### Nutrition at your fingertips

It's simple for your teen to check nutrition information on a smartphone. Apps like *Fooducate* let him scan the food product code or look it up by name right at the store. Details pop up on everything from the calorie count to trending recipes. *Tip:* Find other nutrition apps by searching "healthy eating apps."

### Just for fun

**Q:** Why couldn't the athlete listen to his music?

**A:** Because he broke the record.



## More cooks in the kitchen

There are so many benefits to cooking with your child. Perhaps the greatest one is that it gives you a chance to teach him healthy habits he can use his whole life. Consider these ideas.

### Find favorites

A good place to begin is with familiar meals. Ask your teen or tween to list five favorite meals, and then make one together each week.

As he gets more comfortable in the kitchen, he could take on more responsibility. For instance, have him fix dinner for his siblings on nights you work a late shift.

### Use shortcuts

Show your teenager how cooking can fit into his busy schedule. He might use frozen onion pieces or cut-up vegetables from the grocery store salad bar to save chopping time. Or he could start with a rotisserie chicken rather than raw meat.

*Tip:* Let your child invite friends to help with prep and stay for dinner.



### Be creative

To keep things interesting, suggest that your teen choose a theme when he cooks. He might select an ingredient, such as garlic or lemons, to include in each dish. Or maybe he'll center his meal on a country like Italy or Japan. Also, you could encourage him to put his own spin on recipes, perhaps making pasta into a pie or tucking roasted vegetables into sandwiches.

*Idea:* Look for a cooking class you can take together through your local recreation center or at a cooking school. ●

## Lights, camera, action!

Here's another idea to get your tween or teen excited about homemade meals—film her own cooking show! Try these steps.

1. Ask your child to choose a recipe.
2. Have her measure all the ingredients into separate small containers before you start to film. *Tip:* You can explain this is something professional chefs do—it's called *mise en place* (French for "put in place").
3. As you film, your teen should describe the cooking techniques. ("Now I'll brush the marinade onto the fish fillets.") Encourage her to point out healthy cooking tips, such as cutting down on oil or adding extra vegetables.
4. Watch the show together, invite friends for a viewing, or send a copy to Grandma! ●



# Strength training

Your child can use her own body weight—no weights or machines required—to do strength training. Suggest these exercises to focus on different parts of the body.

**Arms.** Standing with legs hip-width apart, extend your arms straight out to the sides. Do small arm circles clockwise for 30 seconds and then counterclockwise for 30 seconds. Repeat twice more.

**Legs.** With your back against the wall, slide down until your knees are bent at a 90-degree angle, like you're sitting. Hold this "wall-sit" position for 1 minute.



**Back.** Lying on your stomach, lift up your arms in front of you and raise your legs in a "superman" position. "Clap" your hands and feet together at the same time. Lower down. Repeat 8 times.

**Stomach.** Lie on your back with your arms on the floor straight above your head. Slowly bring your legs into your chest, and at the same

time, lift your shoulders and move your arms to hug your legs. Return to the starting position, and repeat 5 times. ●



## Q & A Standardized-test fare

**Q:** My daughter has standardized tests this month. What should she eat to help her do her best?

**A:** Eating a nutritious breakfast can help your daughter feel energized during the test, while also boosting her brainpower and memory.

Suggest that she eat a balanced breakfast every day—not just on test day—that includes protein, dairy, produce, and carbohydrates. She might like Greek yogurt with chopped almonds and cut-up apples, for instance. Or for something warm, she may enjoy a whole-grain tortilla filled with shredded chicken, cheese, and sliced tomatoes.



Keep in mind that a balanced meal doesn't mean a big meal. In fact, a large breakfast could make her sluggish and sleepy. Then, along with healthy breakfasts, she should eat nutritious lunches and dinners to help her stay alert and at her best throughout the testing period—and beyond. ●

### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Teen Food & Fitness™ is reviewed by a registered dietician. Consult a physician before beginning any major change in diet or exercise.  
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## ACTIVITY CORNER

### Getting active with chores

Doing tasks around the house not only teaches responsibility, it also gives your tween or teen a chance to squeeze more exercise into his day. Here are active ways he can help out:

- Have him pitch in on laundry day. There's a lot of movement in sorting clothes and towels, moving them from washer to dryer, and folding and putting them away.
- Ask him to remove dead branches or leaves from shrubbery and trees. Depending on the season, your child could also shovel the walk, mow, or rake the lawn. *Note:* Encourage him to do yardwork for neighbors who need help.
- Give him a scrub brush and mild cleaner to remove mildew and soap scum from shower walls. He can also wash down bathroom sink surfaces and mop the floor.
- Wiping down kitchen cabinets, stovetops, and counters uses a lot of elbow grease. Your teen will also get a workout from sweeping and mopping the floor. ●



## In the Kitchen

### Eggs for dinner

Eggs are not just for breakfast! Full of protein and other nutrients, eggs are great for dinner, too.

#### Shakshuka

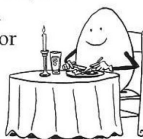
In a skillet, saute ½ cup each diced onion and bell pepper in 1 tbsp. olive oil until soft. Stir in ½ tsp. each chili powder, cumin, and paprika. Add 1 28-oz. can whole tomatoes, and break up tomatoes with a wooden spoon. Simmer for 7 minutes. Mix in 5 oz. crumbled feta cheese. Using the back of the spoon, make 6 "dents"

in the mixture. Crack an egg into each. Bake at 375° until the eggs are set, 8–12 minutes.

#### Spinach-egg casserole

Heat 1 tsp. olive oil in a skillet, and cook 4 cups fresh spinach until wilted. Spread spinach in a 9" pie dish coated with cooking spray. Sprinkle with 1½ cups shredded low-fat cheddar cheese.

In a bowl, whisk together 4 eggs, 4 egg whites and 1 tbsp. Dijon mustard. Pour into the dish. Top with ¼ cup thinly sliced green onions. Bake at 375° for 30 minutes or until lightly browned. ●





# March 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>FEBRUARY</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	<b>1</b> Jr. & Sr. High Vocal Music Concert - HS Auditorium 7:00 pm	<b>2</b>	<b>3</b>	<b>4</b> Spring Break - No School  BBB State Tournament @ Lincoln Nebraska State Bandmasters	<b>5</b>
<b>6</b>	<b>7</b> No School Pioneer Conference Speech @ Southern	<b>8</b> NWEA Testing Begins Grades 3 - 10 5th & 8th Grade Vocal Music Concert - HS Auditorium 7:00 pm	<b>9</b>	<b>10</b> End Of 3rd Quarter	<b>11</b>  BBB State Tournament @ Lincoln	<b>12</b> District Speech Contest TBA
<b>13</b> Daylight Savings Time Begins	<b>14</b> 4th Quarter Begins Board Of Education Meeting 7:30 pm	<b>15</b>	<b>16</b> National School Breakfast Week March 7 - 11	<b>17</b> St. Patrick's Day Pioneer Conference SH Quiz Bowl @ NC Lourdes	<b>18</b> NWEA Testing Ends Grades 3 - 10	<b>19</b> Alumni/Patron Basketball Tourney
<b>20</b> Alumni/Patron Basketball Tourney Music Booster Chicken Barbecue 11:00 am-1:00 pm Elementary/Jr. High Instrumental & Vocal Music Recital In Auditorium 11:00 am-1:00 pm	<b>21</b> State Testing Math, Reading & Science Grades 3 - 8 & 11 Begins Pioneer Conference JH Quiz Bowl @ Diller-Odeh	<b>22</b> SH Pops Concert - HS Auditorium 7:00 pm	<b>23</b> TR Pioneer Conference @ Crete	<b>24</b> State Speech @ Keamey  Calendar Change: School will be in session	<b>25</b>	<b>26</b>
<b>27</b> Easter	<b>28</b> Easter Break - No School GO (V) @ Auburn 9:00 am	<b>29</b> Crete Middle School Band Invitational 4:00 pm Scholastic Banquet 6:30 pm	<b>30</b> MUDECAS SH Quiz Bowl @ SCC beatrice	<b>31</b> TR (V) @ Thayer Central 11:00 am	<b>APRIL</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	

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