

# Raider Nation News

February 1, 2017

## Southern Public Schools Searches for New Superintendent

Southern Schools is in the process of searching for a new superintendent of schools. Mr. Gene Haddix, our current superintendent, will be retiring at the end of June. Mr. Haddix joined Southern in July, 2011, and will have completed his 6th year here.

The Southern School Board has hired the Recruitment Team of McPherson and Jacobson to assist in the process. The consulting team met with staff, students and the public in January and will be narrowing the list of candidates to fit the requests and requirements of our district. The school board and an interview committee will be conducting interviews with the finalists in February. The final decision on Superintendent will be made in late February or early March.

## 100 Days of School!

**Mrs. Tjaden's kindergarten celebrated the 100th Day of School by dressing up like they were 100 years old. What a fun 100th Day celebration!**



# Superintendent's Corner by Mr. Gene Haddix



Dear Students, Parents & Patrons,

The weather in January has been rather strange this year. Not often do you get thunder, lightening, ice and snow in the same storm. As of January 25, 2017, we have missed 2 and one half days of school because of bad weather conditions. We will be making up one day on March 3, 2017. We need at least 176 days of school attendance to meet the credit hours as required by the Nebraska Department of Education. Barring any future dismissals for bad weather, the makeup day on March 3, 2017 will give us 176.5 days of school for this school year. I hope we do not have to use any more days for bad weather in February or March. If we need to miss any more days of school for bad weather, we will be forced to look at Easter vacation for possible makeup days or add them on to the end of the school year.

December and January have been good months for the Raiders. The High School and Elementary School Music Programs have been very good. The Speech Team is preparing for their season. The Wrestling Team has been doing very well at their meets. January has been a busy month on the road for our Basketball teams. I am proud of their dedication and their competitiveness. How exciting it was to have our teams represent Southern Public Schools well at the MUDECAS Conference Tournament. Thanks to the cheerleaders, student body, sponsors and the fans for your support. Keep up the great work, Students, Sponsors & Coaches!! Let's make February even better! Happy Valentine's Day!

Go Raiders!

Mr. Haddix

## From the Desk of Jeff Murphy, Secondary Principal



Along with the many activities that are happening this month, February also means that it is time for our students to be deciding what their schedules will look like next year. Mrs. Goes will be meeting with students to help them decide what classes they will be taking in order to stay on track for graduation and meet state and local requirements. Please take the time to visit with your child about his/her class choices and what his/her plans are for after High School. Talking about their future plans will help students determine what classes they should be signing up for. If you have any questions about classes or scheduling next year, please give Mrs. Goes or myself a call. State testing will also be taking place in the near future. Our staff has been stressing to our student the importance of the NeSA test. Please encourage your child to take these tests seriously, as they do give us an indication as to what we, as a district, need to do a better job of covering in our curriculum.

Mr. Murphy

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



My, how the month has flown by us and we are now into the month of February! We are quickly approaching the testing season. We want to make sure that you begin to have your student getting their rest as we again prepare for state testing, the final MAPS testing and DIBELS testing of the year. I would also like to remind you of a few key dates in February. We have our kindergarten parent orientation night for incoming kindergartners on Febr. 8th at 6:00 pm in the Elementary Gym. Parent/Teacher conferences are scheduled for Febr. 9th. We will have an early dismissal that day at 1:20 pm with conferences starting at 3 pm and running until 8 pm. Make sure that you get your conferences scheduled with your child's teachers. Finally, we have no school scheduled for Febr. 20th, so please plan accordingly. We have several activities scheduled at the secondary, so please come out and support our students!

# Dates to Remember:

Febr. 8 - Kindergarten Parent Orientation Meeting

Febr. 9 - Early Dismissal for Parent Teacher Conferences 1:20/1:30

Febr. 13 - Board of Education Meeting

Febr. 14 - Valentine's Day

Febr. 20 - Presidents' Day, No School

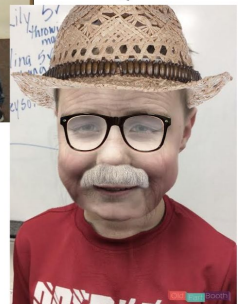
Febr. 27 - Spring Sports Seasons Begin

Febr. 18 - 5th & 6th Grade Instrumental Concert



## Mrs. Breunsbach's Kindergarten

To start off the New Year, we talked and wrote about what each of us could do to make our world a better place. We learned about hibernation, migration, and adaptation. We learned about ice crystals. We made "fake" snow, but we've been playing with the real thing! We learned about Martin Luther King, Jr. and his important words. We celebrated 100 Days of School with special pictures, activities, and noise makers. We learned about arctic animals and wrote reports. We are learning about penguins, also. We are working on addition and writing sentences. Kindergarten is a busy place! See pictures below:



# Pioneer Conference Honor Band

*Tri County High School is new to the Pioneer Conference this year and was the host for Honor Band. Thirteen students were nominated by Ms. Gerdes to participate in the yearly event. Each school nominates a number of students according to their band size. Each school's band rehearses the music before the event. The students spend approximately six hours preparing the music with the clinician and perform it that evening in concert. The clinician this year was Dr. Jay Gilbert, the director of the Doane College Bands. He is also a composer and the band played one of his fanfares. Dr. Gilbert's fanfare was also performed by the Southern High School Band in a competition in Dallas, Texas, in 2012, and received a Superior rating. It is a terrific, well-written composition. The Southern High School band will perform it in concert at the Southern auditorium on February 28th, at 7 P.M. The concert is for grades 5 - 12 students and the guitar classes. Admission is free. See you there!!*

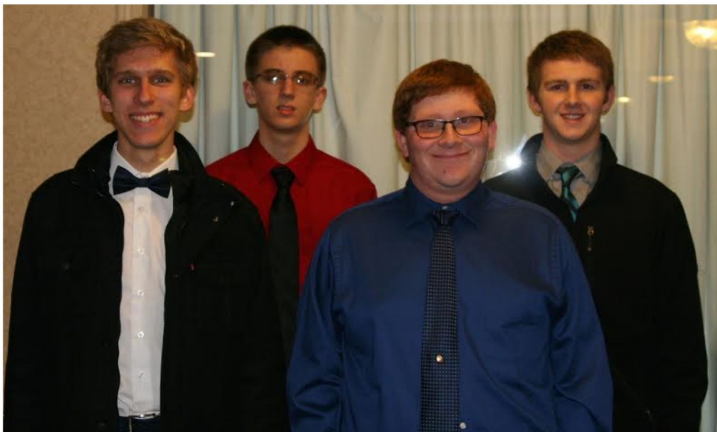
*Participants from Southern were:*

*Flute: Sammie Anderson, Kaylee VanWinkle; Clarinet: Shelby Decker; Bass Clarinet: Aryel Lane; Alto Saxophone: Ava Weiner; Baritone Saxophone: Kyra Maguire; Trumpet: KateLynn Lovell (1st trumpet), Justin Meints (2nd trumpet); Trombone: Lauren Trauernicht; Tuba: Joshua Cundstedt; and Percussion: Nolan Zimmerman, Lydia Davidson, and Jacob VanWinkle.*

## UNK Honor Choir

**Four Southern students were chosen to participate in the UNK Honor Choir on January 23rd. They were Ethan Zvolanek, Pavlo Odonozdreyev, Nolan Zimmerman and Justin Meints. These gentlemen and Miss Mendyk traveled to Kearney on Sunday evening and enjoyed a delicious dinner out, a fun center and a movie before calling it a night. Monday brought an early breakfast before a full day of rehearsal on the UNK campus with students from 110 different school participating in the two bands and three choirs. New this year, students also listened to the UNK Concert Band and UNK Chorus perform during the program. Nolan, Pavlo and Justin were members of the Festival Choir and Ethan performed in the Honor Choir.**

**picture below:**



# Counselor's Corner by Mrs. Patty Goes

Students across Nebraska are preparing for the 2017 NeSA (Nebraska State Assessments) test to be given this Spring. The window of time allowed is March 20 to May 5 for grades 3-8. The tests include reading and math for grades 3-8 as well as a science test for grades 5 and 8. All tests are given in two sessions with about 90 minutes per session. Juniors will be taking the paper & pencil ACT on April 19th. This test includes Reading, Math, English Language, Science and Writing. 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. 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 school website as well as daily bulletins/memos. We try to schedule the tests around Mondays and Friday afternoons. Generally, these times have been proven to be less productive for testing.

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.

**Completing scholarship applications should be one of the top priorities for seniors planning to attend college. A family should never pay money for a scholarship search nor a scholarship application. Check out the scholarship websites and announcements on our district webpage by viewing the staff page of Mrs. Patty Goes**

## **The Nation's Report Card and You**

**Soon you may notice some of your classmates receiving hall passes to excuse them from class on March 6th, 2017. You will probably wonder: What are they for? and Where are these students going?**

**These students have been chosen to participate in the National Assessment of Educational Progress, also known as NAEP. You may be thinking that NAEP is just another test, but it's not. NAEP is different than our state assessments because it represents students across the country.**

**Ever heard of The Nation's Report Card? That's NAEP. The assessment results are released as the Nation's Report Card and they help the President, Congress and all of our educators make decisions about how to improve our education system. NAEP is what the general public will hear about on the news when reporters discuss what students are learning.**

**Continued on page 6**

**The actual assessment takes about 120 minutes. During that time, students will take an assessment in mathematics or reading on tablets or in paper booklets. All students will be asked questions about their educational experiences that may be related to performance, such as homework and reading habits. Student scores are anonymous and will not affect student grades or academic records in any way. Instead, they will be combined with the scores of other students to produce results that reflect student capabilities nationwide.**

**Students who are selected to participate in NAEP have an important job to do. NAEP will provide a national snapshot of what students have learned in school, and it is essential that students take it seriously, try their best, and answer all the questions they can.**

**If you would like to see questions or results from past NAEP assessments and learn more about NAEP and why it is important for students, check out NAEP on Twitter and Facebook, or visit <http://nces.ed.gov/nationsreportcard/students>.**

## The Waffleman

The Waffleman visited Southern High on Thursday, Jan. 26th. The Waffleman fundraiser by the Jr. Class for Prom began at 5 pm and ended around 8 pm. A Belgian waffle meal was served for \$6 a plate with children 5 and younger eating for free. 315 paid meals were served during the Southern girls and boys basketball games with Auburn in the High School Commons area. At one point, the line encircled the commons area. The Jr. Class netted \$791 for prom.

See picture at right



## Hoops for Heart is Coming Up in February!

**Heather Schommer from the American Heart Association is coming to Southern Elementary School on Febr. 28th at 1 PM to "kick-off" our 10th annual Hoops for Heart event. Our students in grades 2 through 6 will be hearing her heart healthy presentation. The event will be held in PE classes on March 21 - 25 when the students will do basketball activities.**

**Following this presentation, sponsor envelopes will be handed out to those students who are willing to raise money for our event. As usual, all funds that are raised will be donated to the American Heart Association. This has been a very successful event for us in the past and we are hoping for another successful one this year. The theme for this year is "Join the Zoo Crew" with plenty of zoo animal key chains available for the kids to earn along with other prizes for getting donations.**

**More information is included in the letter they will receive after the Feb. 28th presentation. by Mrs. Beth Willet**

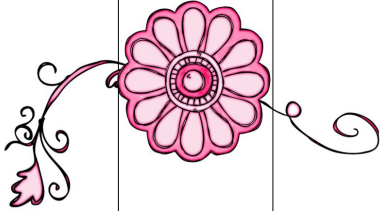

# Southern Public Schools Breakfast Menu

## February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cereal Toast Fruit Milk	2 Pancake & Sausage on a Stick Hash Browns Milk	3 Cereal Toast Fruit Milk	4
5	6 Cereal Toast Fruit Milk	7 Bagel w/Cream Cheese Ham Patty Milk	8 Cereal Toast Fruit Milk	9 Breakfast Bar Sausage Links Milk	10 Cereal Toast Fruit Milk	11
12	13 Cereal Toast Fruit Milk	14 Omelet Hash Browns Sausage Links Milk	15 Cereal Toast Fruit Milk	16 French Toast Stick Sausage Patty Milk	17 Cereal Toast Fruit Milk	18
19	20 No School Presidents' Day	21 Breakfast Pizza Milk	22 Cereal Toast Fruit Milk	23 Blueberry Muffins Ham Patty Milk	24 Cereal Toast Fruit Milk	25
26	27 Cereal Toast Fruit Milk	28 Sausage Gravy on Biscuit Milk				

# Southern Public Schools Lunch Menu

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Creamed Chicken on Biscuit Peas Cereal Bar Milk	2 Italian Dunker w/Cheese Corn Frosted Graham Cracker Milk	3 Chicken Quesadilla Spanish Rice Peach Crisp Milk	4 Fruit and Vegetable Bar available daily at each building.
5	6 Runza w/Gravy Corn Oreo Cookie Milk	7 Hamburger Gravy on Potatoes Green Beans Peanut Butter & Jelly Sandwich Milk	8 Breaded Pork Cheese Potatoes Bread Milk	9 Chicken Tenders w/ Sauce Potato Wedges Cherry Cake Milk	10 Omelet Sausage Patty Hash Browns Pancake Milk	11
12	13 Chicken Tetrazzini Broccoli & Cauliflower w/ Cheese Bread Stick Milk	14 Burrito w/Chili Sauce Refried Beans Green Beans Cookies Milk	15 Hamburger Pizza Creamed Corn Chocolate Chip Cookie Milk	16 Raider Burger Curly Fries Pudding Cup Milk	17 Turkey & Cheese Croissant Sun Chips Teddy Grahams Milk	18
19	20 No School Presidents' Day	21 Chicken Fajita w/Cheese Cup Refried Beans Churro Milk	22 Taco w/Lettuce & Cheese Cup Corn Brownie Milk	23 Grilled Cheese Sandwich Potato Sticks Cherry Bar Milk	24 Ravioli Garlic Bread Green Beans Bananas & Strawberries Milk	25
26	27 Polish Dog on Bun Scalloped Potatoes Baked Beans Milk	28 Sloppy Joe on Bun French Fries Peanut Butter Cookie Milk				



# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

February 2017

Southern Public Schools



## SHORT NOTES

### On time every day

Arriving at school on time allows your child to settle in and take full advantage of every learning activity. Let him take the lead on this important responsibility by teaching him to set an alarm. *Tip:* Suggest that he place the clock across the room so he has to get out of bed to switch it off.

### A “mind rehearsal”

Have your youngster “practice” challenging situations in her mind to boost her confidence. Before a cheer-leading competition, for example, she could picture herself nailing her routines. Or if a big test is coming up, she might imagine staying calm and answering questions to the best of her ability.

### Field trip learning

When you sign a field trip permission slip, show interest—you’ll inspire your child to learn more from his outing. Ask him to predict what he will see and learn. Together, look up the destination online or in books, and say something like, “I can’t wait to hear which instrument is your favorite at the symphony.” Then, follow up with him afterward.

### Worth quoting

“Life’s most persistent and urgent question is, ‘What are you doing for others?’” *Martin Luther King, Jr.*

## JUST FOR FUN

**Q:** Why can’t you tell a joke while standing on ice?

**A:** Because it might crack up.



## Great graphic organizers

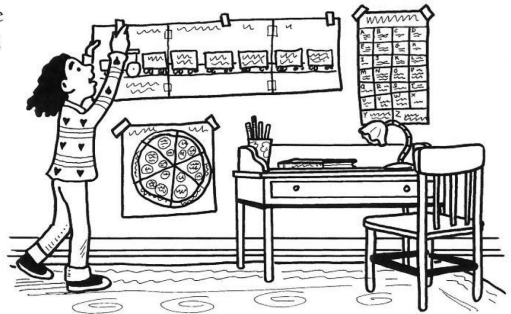
Organizing information in creative ways can make studying more interesting and productive for your youngster. Encourage her to try these graphic organizers—and to invent some of her own!

### Cars in a train

Drawing a train is one way to understand and study steps in a process or events in a sequence, such as the parts of the scientific method or the plot of a novel. Suggest that your child label each train car with a step (“Ask a question,” “Make a hypothesis”) and add a picture to illustrate it.

### Toppings on a pizza

Have your youngster draw a pizza to visualize facts. On each slice, she should write a category of information (*example:* “Lewis and Clark,” “Cartier,” and so on for a quiz on explorers). She can draw toppings (pepperoni, mushrooms) and put a fact on each one. On the Lewis and



Clark “pepperoni,” she might write, “Started in St. Louis” and “Ended at the Pacific Ocean.”

### Letters of the alphabet

Let your child divide a sheet of paper into 26 squares and label them A–Z. Then, she could write a fact that begins with each letter. If her topic is habitats, she can define *desert* in the D square and *rain forest* for R. Being creative with less-common letters will get her thinking more deeply about the material (“Quick temperature drops happen at night in the desert” for Q).♥

## Respect all around

Every day, there are plenty of opportunities for your child to show respect for others. Here are examples.

- **At home...** The dinner table is a great place to start. Teach your youngster to thank the cook. He’ll show respect for the person’s time and care in preparing the food.
- **In school...** Encourage him to be respectful of other children’s backgrounds by learning greetings in the languages they speak at home.
- **In your community...** Explain that shoppers respect store employees by not creating extra work for them. If you decide you don’t need an item in your cart, help your child return it to where it belongs. After you load groceries into your car, have him walk with you to return the cart.♥



## Keep screen time in check

Do you worry that your child spends too much time in front of a screen? Do you wonder how he could best use technology? Consider this advice for helping him to balance screen time with other activities and to make the most of the time he does spend on electronics.

**Aim for a mix.** Together, look for ways to balance screen time with schoolwork, active play, and



family time. Make rules about where and when your youngster uses a computer, tablet, smartphone, or video game (say, in the living room after homework is finished). Have him set a timer while he uses a device—when it goes off, it's time to go out and play or help you prepare dinner, for example.

**Use technology as a tool.** Encourage your child to regard a device as a tool to use for specific purposes. He might download an astronomy app to help spot constellations in the night sky or a birding app to identify bird calls during a hike. He'll learn to rely on technology for real-life purposes.♥

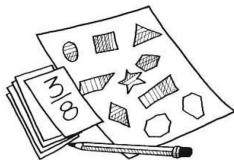
### ACTIVITY CORNER

## Fraction art

Your youngster can practice identifying and representing fractions by creating this colorful mosaic with you—fraction by fraction.

#### Materials:

pencil, paper, index cards, crayons



- Let your child draw 10 geometric shapes on a sheet of paper, such as circles, squares, rectangles, triangles, trapezoids, and pentagons.
- On separate index cards, have her write any 12 fractions (examples:  $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$ ,  $\frac{2}{6}$ ,  $\frac{3}{8}$ ). Shuffle the cards, and stack them facedown.
- Take turns flipping over a card (say,  $\frac{3}{8}$ ). Pick a shape, and color in that fraction on the shape (draw lines to divide it into 8 equal parts, and color 3 parts).
- When you've used all the cards, shuffle and keep going. Continue until you've filled as many shapes as possible.

*Note:* If you get a fraction that isn't available to color, turn over cards until you select one you can use.♥

#### OUR PURPOSE

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

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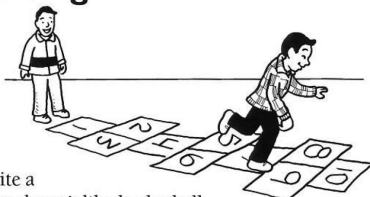
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## A plan for problem solving

When your child faces a problem, having a solid plan can help him figure out how to solve it. So whether he's had a disagreement with a friend or has fallen behind on his schoolwork, suggest this approach.

- Identify the problem.** Let him write a quick summary of what's wrong. ("Elliott doesn't like basketball, but that's what I usually play at recess.")
- Imagine the ideal solution.** For instance, he probably wants to remain friends and still play basketball.
- Figure out alternatives.** Encourage him to brainstorm solutions. Examples: "Offer to play with Elliott at recess every other day." "See if he wants to find something to play that we both like."
- Choose a solution.** He could pick the solution he likes best or that he thinks is most likely to work.
- Evaluate.** Have him try out that solution and ask how it went. If it didn't work, then he can consider another alternative from his list.♥



### PARENT TO PARENT

## Overcoming shyness

My daughter Gabrielle has always been shy and quiet around people she doesn't know well. This year, her teacher told me she was worried because Gabrielle rarely speaks in class.

We met with the school counselor, who had some good advice. For example, I'm trying to let Gabrielle speak for herself rather than jumping in to "rescue" her. When someone asks her

name, I smile at her and wait instead of saying it for her. I'm also encouraging her to order her food in restaurants and to speak up at places like the hair salon and the dentist's office.

The counselor helped Gabrielle set a goal of raising her hand to answer a question at least once a day. We're having fun practicing by playing school at home—and her teacher just sent home a note saying she's seeing a little progress!♥



# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

February 2017

Southern Public Schools



## FAST TAKES

### What is quark?

If your child likes Greek yogurt, he may also enjoy quark. This creamy cheese is packaged and eaten like yogurt, and it's similar in taste and texture—just slightly less tangy. To avoid added sugar, buy plain quark, and have your tween stir in berries or cut-up fruit.

### Stay fit, raise money

Active fund-raisers can be fun for your teen and her classmates. Together,



brainstorm ideas she could bring to her team or school club. For example, stu-

dents might take pledges to participate in a dance-a-thon or hula-hoop-a-thon. Or they can get a workout by holding a car wash.

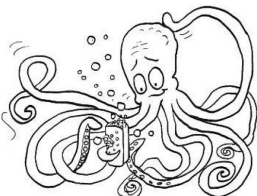
### Did You Know?

Many teenagers do not get enough fiber in their diets. Since most of the fiber in fruit is in the skin, encourage your child to eat whole apples, pears, and peaches rather than peeling them. Suggest whole fruits over applesauce or diced-fruit cups, too.

### Just for fun

**Q:** What's the hardest thing about being an octopus?

**A:** Washing your hands before meals!



## Habits that boost energy

Twens and teens need plenty of energy to power through their busy days. Encourage your child to develop habits like these that will give him energy to learn and stay active.

### Plan regular meals

Skipping meals could leave your teenager feeling tired and unfocused. Have him eat breakfast—at home or at school—so he's alert for morning classes. Then, eating a nutritious lunch will help him avoid a mid-afternoon slump. Also, help him come up with healthy after-school snacks that will keep him going for homework and activities.



### Choose foods wisely

Foods that take longer to digest provide lasting energy. These include whole grains, green vegetables, and legumes (beans, peas). For an energy-rich breakfast, your child might eat whole-wheat toast and a black bean and cheese omelet topped with mango salsa. A power snack could be snap peas dipped

in hummus. On the other hand, cookies, candy, and chips provide only a temporary boost of energy—and also give a hefty dose of sugar or fat with little in the way of vitamins, minerals, or fiber.

### Get enough sleep

Teenagers need 8–10 hours of sleep a night, but most do not get that much. Electronics are a big culprit—have your child silence his phone or tablet and place it in another room before he goes to bed. Help him set a regular bedtime, and suggest that he turn in 30 minutes early to wind down with a book or music. ●

## Ready to work out

Whether your child is meeting a friend for a morning run or heading to an early sports practice, she can prepare the night before with these ideas.

● **Pack a gym bag.** She could include a headband or ponytail holder, a towel, a water bottle, and a clean outfit. Suggest that she place the bag by her bedroom door along with her socks and shoes so she's all ready to go.

● **Sleep in workout clothes.** Wearing a T-shirt and sweatpants to bed saves your teen a step in the morning. Plus, they're comfortable! ●

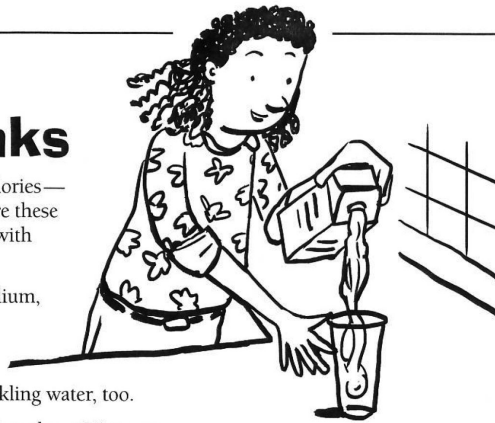


# Cheers to healthy drinks

Drinks can be a major source of calories—including empty ones from soda. Share these tips for healthy beverage alternatives with your teen or teen.

**Water.** With zero calories, fat, and sodium, water is your teen's best bet. Let her experiment to see how she prefers to drink it—icy cold, cool, or at room temperature. She might try sparkling water, too.

**Milk.** One cup of regular nonfat milk has about 25 percent of the calcium your child needs every day for strong bones.



Or look for calcium-fortified soy, coconut, or almond milk. In addition to drinking milk plain, she could put it in smoothies or use it instead of water when making oatmeal.

**Juice.** Read labels carefully to choose 100 percent juice—“fruit drinks” actually contain very little fruit. And because even real juice is high in natural sugar and calories, have your teenager limit it to a glass a day. *Tip:* Suggest that she dilute 1 cup of juice with 1 cup of water. ♡

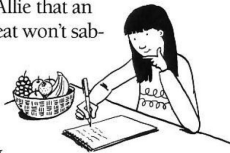
## PARENT TO PARENT

### Progress, not perfection

I'm thrilled that my daughter, Allie, is trying to eat healthier these days. But she puts a lot of pressure on herself to be perfect. When she “cheated” and ate a candy bar last week, she got upset and said she'd have to eat salad all week to make up for it.

I assured Allie that an occasional treat won't sabotage her efforts. So instead of focusing on one candy bar, I suggested that she write down the healthy changes she's made. Allie wrote that she's eating more vegetables, choosing lean cuts of meat, and limiting fried foods.

Reading about the new routines she has adopted made her feel better. I think Allie is realizing that staying healthy is about progress—not perfection. ♡



## ACTIVITY CORNER

### Find your family sport

Start a new family tradition by choosing a physical activity that everyone can enjoy. For inspiration, consider:

✓ **Jump rope.** Try weekly jump rope sessions. See who can jump solo the longest, or try double Dutch together.

✓ **Inline skating.** Lace up your skates and strap on helmets for regular trips around the neighborhood. *Idea:* If you go on vacation or travel to visit relatives, take or rent inline skates to explore routes in other towns.

✓ **Pickleball.** Kind of like tennis, badminton, and Ping-Pong all rolled into one, this game is fun for all ages. Players use small paddles to hit a plastic ball back and forth over a net. Play indoors or outdoors, singles or doubles. You might even invite grandparents, aunts, uncles, or cousins to join you. ♡



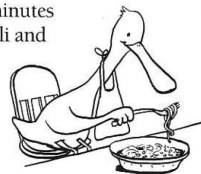
## In the Kitchen

### Pasta-licious

Pasta dishes are delicious and satisfying. For each of these recipes, cook 1 lb. of your favorite noodles according to package directions.

#### Pesto chicken and broccoli (serves 6)

Add 2 cups fresh broccoli florets to pasta water during the last 3 minutes of cooking. Drain. Toss broccoli and pasta with 2 tbsp. olive oil and ½ cup pesto sauce (homemade or store-bought). Stir in 2 chopped cooked chicken breasts. Top with Parmesan cheese, if desired.



#### Tomato-y Cajun pasta (serves 6)

Heat 2 tbsp. olive oil in medium skillet, and saute 1 tsp. minced garlic. Add 1 28-oz. can peeled whole tomatoes. When the sauce is bubbly, mash with a fork. Reduce heat, and simmer

for 5 minutes. Stir together cooked pasta, tomato sauce, 1 tsp. Cajun seasoning, and 1 cup shredded mozzarella until the cheese melts. Sprinkle with 1 chopped green onion. ♡

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# Parent Support = Student Success

Experts agree: Showing support at home for your youngster's education leads to success in school and a good attitude toward learning. Here are important ways you can motivate your child to do well.



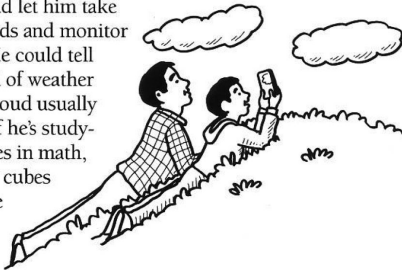
## Talk about learning

### Check backpacks

Taking an interest in what your youngster is learning at school shows him that you believe education is important. His backpack is full of clues. Go through it together, and look over papers and books he brings home. Focus on learning, while also keeping an eye on grades he's receiving. For example, ask him to read a poem he wrote or to explain how he solved a math problem. *Note:* Be sure to sign any required paperwork, and have him return it to his bag so he can hand it in on time.

### Find real-world connections

Whether you're at home or out and about, look for activities that let your child make real-life connections to what he's studying in school. Say he's doing a weather unit in science. Go outside, and let him take photos of clouds and monitor the weather. He could tell you what kind of weather each type of cloud usually indicates. Or if he's studying solid shapes in math, see how many cubes and spheres he can spot on a walk.



do—plus, homework is a great springboard for discussions about school. If she gets stuck while she's working, ask questions to get her unstuck, rather than telling her the answers. Try: "Is there an example in your textbook that might give you a clue?" Also, check to make sure her homework is done each day, but don't correct it. Her teacher needs to see mistakes to find out what your child doesn't understand or where she needs extra help. Finally, when she studies for a test, offer to quiz her.

### Set the stage

Show the entire family that homework is a priority. Together, find a spot away from distractions like the TV or siblings. It should have good lighting and be stocked with supplies (paper, pencils, calculator, dictionary). Then, let your youngster decorate a sign that says "Homework in progress. Talk to you later!" to post when she's working. *Tip:* Make sure electronic devices are silenced or in another room. If your child uses a device for homework, she should close unrelated windows and apps.



## Support homework

### Be a resource

Ask your youngster to explain homework assignments to you. This will help her remember and focus on what to



## Create routines

### Read aloud daily

Reading aloud to your youngster for at least 20 minutes every day is one of the most important keys to his success. Many parents read bedtime stories, but you could also read a wake-up story in the morning, hold a family read-aloud after dinner, and carry books in the car to read on the go. Choose a variety of reading materials, including fiction, nonfiction, children's magazines, and poetry.

### Plan a healthy lifestyle

Routines that keep your child healthy also support academic achievement. If he is well rested, he'll be more likely to arrive at school ready to learn, so make sure he gets 9–11 hours of sleep. And good nutrition will give him the energy he needs to focus in class. Have him start each day with a healthy breakfast at home or in school. Regular physical activity—at least an hour a day—promotes good health, too. Take family bike rides, shoot baskets together at a playground, and set an example by regularly exercising yourself.

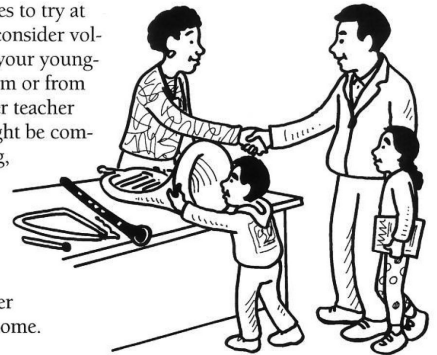
## Communicate with the school

### Stay in contact

Parent-teacher conferences allow you to sit down one-on-one with the teacher and talk about how to support your child's education. You can stay in touch between conferences, too, by sending notes or emails. If you have a concern about your youngster, ask for a time to meet or talk on the phone. *Tip:* It's nice to contact the teacher when things are going well, too. Sending a note about a classroom activity your child enjoyed or a positive comment she made about school is a good way to maintain a strong relationship.

### Participate in events

Attend literacy nights, PTA or PTO meetings, math fairs, and special events to get to know school staff and learn information that can help you help your youngster. Introduce yourself to the media specialist, the school counselor, and the music teacher. Take notes about activities to try at home. Also, consider volunteering in your youngster's classroom or from home. Tell her teacher what you might be comfortable doing, such as reading one-on-one with students or making learning center materials at home.



## The power of expectations

Children pick up on what parents expect from them—and they're likely to rise to the occasion. Try these suggestions for setting and communicating high, but reasonable, expectations for your youngster.

- **State your expectations.** You can be direct ("I expect you to finish homework before you get screen time") or indirect ("When you graduate from high school and go to college..."). Communicate your expectations regularly so your child knows them.
- **Be realistic.** Your youngster will be more apt to meet expectations if they're within her reach. Say several of her report



card grades dropped. It may be more reasonable to expect her to bring them up by one letter grade rather than two.

- **Make attendance a priority.** Let your child know that you expect her to attend school all day, every day, unless she's sick or there's a family emergency. Show her that you value attendance by scheduling vacations and, when possible, medical appointments outside of school hours.

*Note:* If you have more than one child, try to communicate high expectations suited to each of them.

## Home & School CONNECTION®

# February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 6:30pm BBB (JH) @ Fairbury	<b>7</b> Sports Booster, Supper 4:00/6:15pm GBB (JVW) Home vs. Lewiston 5:00/8:00pm BBB (JVW) Home vs. Lewiston	<b>8</b> 6:00pm Kindergarten Parent Orientation Meeting @ Elementary	<b>9</b> Early Dismissal Elementary 1:30pm, HS 1:30pm Parent Teacher Conferences (3:00-8:00pm)	<b>10</b> GBB & BBB Pioneer Conference Tournament @ Pawnee City Pioneer Art Exhibit @ Pawnee City	<b>11</b> ACT Test Date 9:00am BBB (JH) Home Southern Invite 9:00am GBB (HS) @ Johnson County Central Invite
<b>12</b>	<b>13</b> 7:30pm Board Of Education Meeting	<b>14</b> Valentine's Day	<b>15</b> Peru State Business Contest	<b>16</b> GBB Sub-Districts	<b>17</b> 6:15/8:00pm BBB (JVW) Home vs. Pawnee City	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
		Presidents' Day - NO SCHOOL		BBB Sub-Districts	BBB District Finals	
<b>26</b>	<b>27</b> Spring Sports Season Begins BBB District Finals	<b>28</b> 7:00pm 5th-12th Grade Instrumental Concert				

JANUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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29	30	31					29	30	31				

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