

the Bulldog

Newsletter

August 2016

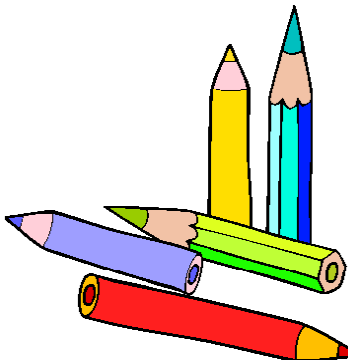


Welcome Back Students and Staff!

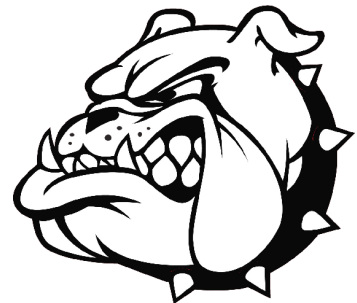
by Mr. David Kraus, Superintendent

Dear Parent(s) and Guardian(s):






On behalf of the Board of Education, our staff, and myself, I want to welcome everyone to the Friend Public School for the 2016-17 school year. The start of a new school year is always exciting for all of us. Students will have new teachers, classes and activities that will help them grow in many ways. August 17th will be the first day back for students. We will have a 12:30 dismissal that day with only elementary being served lunch. Preschool will begin on August 22nd. Please be sure to visit Friend Public School's website which has lots of information as well as the school calendar. "Like" us on Facebook and be sure to see all the exciting things students and staff are doing throughout the year. Our goal is to communicate and promote the learning that occurs daily in our school. We encourage parents to make contact with us, visit our school and attend events throughout the year. If ever you have a question or concern, please know we are here to assist you. The mission of Friend Public School is to inspire all students with passion for learning and to provide quality educational opportunities that will serve the unique needs of all students. I know our staff takes this mission very seriously and strives to make Friend Public School the best it can be. Again, welcome back and we look forward to another great year!!!



First Day of School
TransK-12 August 17
8:10 A.M.
12:30 Dismissal
Preschool August 22
3 yr. old - 8:00 - 11:15
4 yr. old - 12:00 - 3:35



August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	Board of Education Monthly Meeting 7:30 pm SB Practice Begins FB Practice Begins Fall Sports Parent Meeting 7 pm	9	10	11		13
14	Teacher Work Day 7th Grade Orientation 5:30 - 6:00 Cafeteria Elementary Back to School Night 6:30 - 7:30	Teacher Work Day	School Begins TransK - 12 12:30 release Lunch served to Elementary only	SB Scrimmage 5:30 pm 	FB Scrimmage 7:00pm 	SB @ Freeman Invite (Doris Bair - Lincoln) 10am
21	First Day of Preschool Seniors Only Scholarship Night 7 pm Media Center	SB @ Freeman 6:00	24	VB Jamboree @ Lincoln Christian 6:30 (2 sets)	Football vs. Pawnee City 7:00 Football Parent Night	SB @ Seward Invite 9:30am
28	Band & Dance Team to State Fair JVFB vs Exeter-Milligan 5:30	Elementary Literacy Night 6:30-8:00	31	 <p>Thursday Sept. 1 School Pictures</p>		
<h2>Birth Certificates</h2> <p>Nebraska State Law requires each student entering school for the first time or transferring from outside of Nebraska to present the school a raised seal birth certificate. The copy from the hospital does not meet this requirement.</p>						

FRIEND FFA BOOSTERS

*Are you interested and excited about FFA's success and growth in our community?

*Are you a supporter of FFA and Agriculture education?

*Are you a former FFA member or a parent or family member of someone in FFA?

If you answered yes to any of these questions, then please join us for the inaugural year of the Friend FFA Boosters. Individual Membership is \$25, Family Membership is \$50, and Corporate Membership is \$100.

If interested, please complete this form and remit payment to:
Friend FFA Boosters, P.O. Box 67, Friend, NE 68359.

Name: _____

Phone: _____

Email: _____

*****Physical Examinations Required*****

Since 1980, Nebraska State Law requires all kindergartners, seventh graders, and students entering Nebraska (regardless of grade), to have a physical examination by a doctor before school starts, or they must have a waiver signed by their parents asking that their child be excluded from this requirement. A physical examination form is available in the school office for anyone who needs one.

Kindergartners and students entering the state must also have a vision evaluation, which includes testing for amblyopia (lazy eye) and strabismus (misalignment of the eyes).

All students in grades 7-12 planning to participate in athletics are also required to have a physical prior to the start of their first practice. Softball and Football practice begins on August 8th. Volleyball practice begins on August 15th.



	Birth	1 mo	2 mo	4 mo	6 mo	12 mo	15 mo	18 mo	24 mo	4-8 y	11-12 y	13-14y	15 y	16-18 y
Hepatitis B	HepB#1	HepB #2		HepB #3			**HepB Series							
Diphtheria, Tetanus, Pertussis		DTaP	DTaP	DTaP	DTaP				DTaP	Tdap				
Haemophilus influenzae type b		Hib	Hib	Hib	Hib									
Inactivated Poliovirus		IPV	IPV	IPV					IPV					
Measles, Mumps, Rubella					MMR#1				MMR#2	**MMR#2				
Varicella (Chicken Pox)					Varicella					**Varicella				
Pneumococcal		PCV	PCV	PCV	PCV				**PCV					
Hepatitis A					Hep A Series									
Meningococcal											MCV4		MCV4	
Influenza				ONLY 6-23 months at Blue Valley Clinics										
	Range of recommended ages										Catch-up vaccination			

2016-17 Staff Changes

Eric Hauge

is the new secondary science teacher.
Mr. Hauge will also be the
FFA sponsor.

Clayton Moore

is the new K-12 resource teacher

Deborah Sizer

is the new
Transitional Kindergarten teacher

Kelly Kraus

will be teaching 1st Grade

Kristen Brown

will be teaching Title I

Scrimmages

Softball

August 18 - 5:30 p.m.

Football

August 19 - 7:00 p.m.

Volleyball

August 25 - 6:00 p.m.

A sports drink will
admit you to
the
scrimmages.

Back to School Night

Elementary Students

Monday, August 15
from 6:30 - 7:30pm

Visit your classroom & Meet your teacher.

BULLDOGS



7th Grade Families

Mark your calendars now

What: **Seventh Grade Orientation Night**

When: **Monday, August 15, 2016**

Time: **5:30 - 6:00pm**

Where: **Cafeteria**

An informal session to discuss schedules, find lockers, take a tour of seventh grade classrooms and answer any questions about the upcoming secondary experience.

See you on the 15th.



Mrs. Dickinson & Mr. Dempsey

Back to SCHOOL



August Lunches



Monday	Tuesday	Wednesday	Thursday	Friday												
		Breakfast Bites Hamburger/Bun Seasoned French Fries <i>Fruit & Veggie Bar</i> 12:30 Release 17	Egg Omelet Meaty Nachos Toppings Sandwich Bread <i>Fruit & Veggie Bar</i> 18	Biscuit & Gravy Pepperoni Calzone Marinara Sauce Brownie <i>Fruit & Veggie Bar</i> 19												
Breakfast Pizza Chicken Strips Mashed Potatoes/ Gravy <i>Fruit & Veggie Bar</i> 22	Pancakes Sloppy Joes Potato Wedges <i>Fruit & Veggie Bar</i> 23	Cinnamon Roll Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i> 24	Scrambled Eggs Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i> 25	Strawberry Cream Cheese Strudel Fiestada Mexican Rice <i>Fruit & Veggie Bar</i> 26												
Donuts Mini Corn Dogs Tator Tots <i>Fruit & Veggie Bar</i> 29	French Toast Taco Salad Toppings Bread/Butter <i>Fruit & Veggie Bar</i> 30	Cinnamon Rolls Cheese Calzone Marinara Sauce <i>Fruit & Veggie Bar</i> 31	<div style="border: 2px dashed blue; padding: 10px;"> <div style="text-align: right;">  </div> <h2 style="text-align: center;">Hot Lunch Information</h2> <p>Lunch prices for the 2016-17 school year have been set at the following:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Grades K-6 lunches</td> <td style="text-align: right;">\$2.55</td> </tr> <tr> <td>Grades 7-12 lunches</td> <td style="text-align: right;">\$2.80</td> </tr> <tr> <td>Milk (extra or snack time)</td> <td style="text-align: right;">\$.35</td> </tr> <tr> <td>Extra entrée at lunch</td> <td style="text-align: right;">\$1.00</td> </tr> <tr> <td>Breakfast</td> <td style="text-align: right;">\$1.65</td> </tr> <tr> <td>Adult Lunches</td> <td style="text-align: right;">\$3.40</td> </tr> </table> <p>According to the policy of the Board of Education of the Friend Public School, all meals must be purchased in advance. A student will be notified in writing if and when his/her account has a negative balance.</p> </div>		Grades K-6 lunches	\$2.55	Grades 7-12 lunches	\$2.80	Milk (extra or snack time)	\$.35	Extra entrée at lunch	\$1.00	Breakfast	\$1.65	Adult Lunches	\$3.40
Grades K-6 lunches	\$2.55															
Grades 7-12 lunches	\$2.80															
Milk (extra or snack time)	\$.35															
Extra entrée at lunch	\$1.00															
Breakfast	\$1.65															
Adult Lunches	\$3.40															

Lunch 2016-17 for Grades 7-12

A quick reminder on our new policy dealing with closed campus at lunch. Students will not be allowed to leave campus at lunch. A parent may come and sign them out in the front office but students will not be able to leave the building on their own at lunch.

from Mrs. Dickinson~~~~~Elementary Principal/Guidance Counselor

Welcome to the 2016-2017 school year! I hope everyone is having a wonderful summer. I am looking forward to seeing everyone on August 15th from 6:30-7:30 p.m. for our annual Walk-to-School Night. Please join me in seeing your new classroom and meeting your teacher. Let us all come together and celebrate the beginning of another new and exciting year of learning. School begins on Wednesday, August 17th at 8:10 a.m. and dismissal will be at 12:30 p.m. All required physicals/immunizations are to be completed prior to August 15th. Your child will NOT be allowed to start school without the proper paperwork. This is STATE LAW!!! Preschool begins on Monday, August 22nd. Our 3 year old students will attend the morning session from 8:00-11:15 a.m. Our 4 year old students will attend the afternoon session from 12:00 p.m.-3:35 p.m. School is in session on M-T-TH-F. There is NO preschool on Wednesdays. Transitional Kindergarten begins on Wednesday August 17th at 8:10 a.m. and dismisses at 11:15 a.m. School is in session for these students on M-F. NO BREAKFAST OR LUNCH IS SERVED FOR PRESCHOOL and TK children. They will have a milk and snack break. There have been some minor changes in the elementary for this upcoming year. Mrs. Kelly Kraus will be our new 1st grade teacher and Mrs. Brown will be teaching our Title 1 students. Miss Deborah Sizer will be teaching our Transitional Kindergarten class. Mr. Clayton Moore will be a new resource teacher. He will be working with K-12th grade students and dividing his time between elementary and secondary departments. I welcome Miss Sizer and Mr. Moore to the Friend Bulldog Family!!! Mrs. Nancy Corman-Vossler, Mrs. Wiese and Mrs. Kraus all taught our summer school program in June. We had 26 students attend our program. It was highly successful. I thank these three ladies for being committed to working with our Friend youth to help them maintain the necessary skills to be successful and achieve their goals. I have been busy this summer planning another year full of exciting, productive and memorable learning experiences. We adopted a new reading program that will be implemented this year in grades K-5. We will have a SUPERHERO theme throughout our elementary building. I have planned a Superhero pep rally for the first day of school and I am asking that each student wear their favorite Superhero shirt or outfit. Many exciting happenings lie ahead for everyone. Let us all make it another memorable year at F.P.S. As Friend's Elementary Principal/Guidance Counselor it is my continued honor and privilege to serve the students, staff and patrons of this wonderful school district and community. I hope to see everyone on August 15th.

Mr. Dempsey's Two Cents.....

Where does the time go? It seems as if my summers keep getting shorter and shorter as I battle Father Time. In just a few weeks we kick off the start of the 2016-2017 school year! Practice for FB and SB start on August 8th; VB on August 15th. The elementary back to school night and 7th Grade orientation are both scheduled in the evening on August 15th. We have a few new staff members joining us this year. In the high school Mr. Eric Hauge will be our new science teacher along with FFA Sponsor duties. Joining our Sped department in both the HS and Elementary is Mr. Clayton Moore. The front office administrative assistants will be the same as last year with Mrs. Hulse covering the elementary and Mrs. Segner covering the high school. Ms. Deborah Sizer will be taking over Transitional Kindergarten duties in the elementary. All 7-12 students will receive a letter in the mail that contains their class schedule for the school year. Students will be able to drop and add classes starting August 8 – August 19. There will be drop/add forms in the front office or they can get one from Mrs. Dickinson that requires a parent's signature along with instructor and administrative approval. Parking for students and staff will be the same as in years past. We ask students to use the north parking lot along the Catholic Church and the outer spaces on the east parking lot, these are the paces farthest to the east and south. The front of the school is reserved for staff/faculty and visitors; these are the spaces on Main St. and the inner part of the east parking lot. The first few spaces in front of the school south of the flag pole are reserved for visitors. This year's student planner will be handed out the first day of school. The students will also receive forms that need to be signed and returned to school no later than Friday August 19. A quick reminder on our new policy dealing with closed campus at lunch. Students will not be allowed to leave campus at lunch. A parent may come and sign them out in the front office but students will not be able to leave the building on their own at lunch. Those planning on participating in a fall sport or activity (JH or HS) are reminded you need to have a physical examination. New students and incoming 7th graders you also need to have a physical and make sure you are current on your immunization. Students will also have to pay the participation fee. As always if you have questions or concerns please feel free to contact me at anytime. Enjoy your last few days of vacation and I will see you in about a month if not sooner.

School Census

We need your input!

School District Member:

PLEASE FILL OUT THE FORM ON BACK EVEN IF YOU DO NOT HAVE CHILDREN

Each year the school is required by State Law 79-578 to take a census of the school district during the month of June. The main purpose is to locate all children between the ages of birth to 21.

We ask your cooperation in filling out and returning the form on the next page. Please drop the form off at the school office in Friend or mail to : Friend Public Schools, P.O. Box 67, Friend, NE 68359. The report must be submitted to the State of Nebraska by July.

The information collected is confidential and will not be made available to the public. This information is a necessary part of the formula to determine the amount of State Aid received by the school district. It is also used to obtain a list of incoming kindergartners and to project future enrollment. College students under the age of 21 should be listed if they live at home during the summer.

If you are moving, please return the completed form with your moving date written on the form. If you know who will be living in your present home, we would appreciate the information.

If you have any questions, please call the school office at 402-947-2781. Your cooperation is greatly appreciated.

Sincerely,

Mr. David Kraus

Superintendent

State of Nebraska School Law

79-578, CLASS I, II, III, IV, VI SCHOOL DISTRICT; OR I SECRETARY; SCHOOL CENSUS; DUTY TO TAKE; TIME ALLOWED. The secretary of a Class I, II, III, IV, or VI school district shall take, or cause to be taken by some person appointed for the purpose by a majority vote of the school board, the census of the school district and then make, or cause to be made, a list in writing of the names of all the children belonging to such district, from birth through twenty years of age, together with the names of all the taxpayers in the district. A copy of this list, verified by oath of the person taking such census or by affidavit appended to or endorsed on the list, setting forth that it is a correct list of the names of all children belonging in the district from birth to twenty years of age and that it reflects such information as of June 30, shall be maintained as provided in section 79-524 (Laws 1881;1889; 1931;1949; 1957; 1967; 1976; 1978; 1990; 1991; 1992; 1996; 1999)

Residents of Household:
(Last Name, First Name)

Street Address _____

Mailing Address _____

City _____

Phone _____

Below list all persons in the household under 21 years of age

Name	Birthdate			Male	Female	Place of Birth
	Mo.	Day	Yr.			

Thank you for all of your support and assistance.

Kindergarten

- (4) boxes of 8 Pack Crayons
- (1) 24 pack of #2 yellow pencils
- (15) large glue sticks
- (2) pink erasers
- (1) pair of scissors
- (4) 2 pocket folders

Red, Yellow, Green, Blue

- (1) box Zip-Lock bags
Girls: Gallon size Boys: Quart Size
- (3) containers of clorox wipes
- (1) bottle of hand sanitizer
- (2) boxes of Kleenex

Grade 1

- (1) Backpack
- (1) 24 pack of #2 yellow pencils
- (3) Boxes of 8 pack crayons
- (1) 8 color watercolor paint
- (15) Jumbo glue sticks
- (2) Boxes of Kleenex
- (3) Containers of Clorox wipes
- (1) Bottle of hand sanitizer
- (1) Box of Zip-Lock baggies

*Girls: Sandwich size
Boys: Gallon size*

Grade 2

- Crayons (16 count or more)
- Pencils (24 pack of #2 yellow)
- (2) glue sticks
- (1) big box of Kleenex
- Colored pencils
- Markers
- (1) Scissors
- (1) Spiral Notebook
- (2) Erasers
- (1) pkg. loose leaf paper
- (2) 2-pocket folder
- (2) container of clorox wipes
- (1) bottle of hand sanitizer
- (1) 12 inch ruler
- 1 inch 3-ring binder

Grade 3

- (3) large boxes of Kleenex
- (3) containers of Clorox wipes
- (6) #2 pencils (not labeled)
- (2) red pens
- (1) binder
- (3) notebooks - (labeled with student's name)
- (1) pencil box - (labeled with student's name)
- (2) erasers
- (4) large glue sticks (not labeled)
- (1) box crayons
- (1) pkg. colored pencils
- (1) pkg. washable markers
- (1) SCISSOR (labeled with student's name)
- (4) pocket folders (labeled with student's name)
- (1) 12"/30cm ruler (labeled with student's name)
- (4) odorless dry erase markers (not labeled)

2016-17

Friend Elementary Supplies



Grade 4

- (12) pencils
- crayons or markers
- (2) big boxes of Kleenex
- (2) spiral notebooks single subject
- (1) big eraser
- (2) red pens
- (4) Odorless Dry Erase Markers
- (1) container of clorox wipes
- (2) Glue Sticks
- (3) 2-pocket folders
- (1) one-inch binder

Grade 5

- (4) single subject spiral notebooks - wide ruled
- (6) #2 pencils
- (4) red pens
- (2) large boxes facial tissue
- (1) large eraser
- (1) box crayons or colored pencils
- (1) box markers
- metric/standard measurement ruler
- (4) odorless dry erase markers
- (1) whiteboard eraser or old sock
- (4) 2-pocket folders
one each Red, Blue, Yellow, Green
- (1) large glue stick
- (1) scissors
- (1) large container of clorox wipes

Grade 6

- Pencils
- Red pens
- (2) large boxes of facial tissue
- Colored markers
- Pocket Calculator
- Metric/inch Ruler
- Protractor
- Lined Notebook Paper or Spiral Notebook
- Scissors
- Glue Stick
- (4) odorless dry erase markers
- (1) inexpensive earbuds

FRIEND PUBLIC SCHOOL
PO Box 67
Friend NE 68359

August 1, 2016

Dear Parent/Guardian:

Children need healthy meals to learn. Friend Public School offers healthy meals every school day. Breakfast costs \$1.65; lunch costs \$2.55 for elementary and \$2.80 for secondary. **Your children may qualify for free or reduced price meals.** Reduced price is \$.30 for breakfast and \$.40 for lunch. If your child(ren) qualified for free or reduced price meals at the end of last school year, you must submit a new application by 28th of September, 2016, in order to avoid an interruption in meal benefits.

This packet includes an application for free or reduced price meal benefits and a set of detailed instructions. Below are some common questions and answers to help you with the application process.

1. WHO CAN GET FREE OR REDUCED PRICE MEALS?

- All children in households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR) are eligible for free meals.
- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may receive free or reduced price meals if your household's income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

2. HOW DO I KNOW IF MY CHILDREN QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY? Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail Friend Public School, David Kraus, Superintendent.

3. DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD? No. *Use one Free and Reduced Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: Michele Johnson-Clouse, FPS, PO Box 67, Friend NE 68359, 402-947-2781.

4. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE ALREADY APPROVED FOR FREE MEALS? No, but please read the letter you got carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Michele Johnson-Clouse, FPS, PO Box 67, Friend NE 68359, 402-947-2781 immediately.

5. CAN I APPLY ONLINE? You are encouraged to complete an online application instead of a paper application if your school district makes this option available. The online application has the same requirements and will ask you for the same information as the paper application. – NOT AVAILABLE

6. MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE? Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.
7. I GET WIC. CAN MY CHILDREN GET FREE MEALS? Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
8. WILL THE INFORMATION I GIVE BE CHECKED? Yes. We may also ask you to send written proof of the household income you report.
9. IF I DON'T QUALIFY NOW, MAY I APPLY LATER? Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.
10. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION? You should talk to school officials. You also may ask for a hearing by calling or writing to: David Kraus, FPS, PO Box 67 Friend NE 68359, 402-947-2781, d.kraus@friendschool.org
11. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN? Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced price meals.
12. WHAT IF MY INCOME IS NOT ALWAYS THE SAME? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
13. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT? Household members may not receive some types of income we ask you to report on the application, or may not receive income at all. Whenever this happens, please write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zeroes. Please be careful when leaving income fields blank, as we will assume you meant to do so.
14. WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
15. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY? List any additional household members on a separate piece of paper, and attach it to your application. Contact Michele Johnson-Clouse, FPS PO Box 67, Friend NE 68359, 402-947-2781 to receive a second application.
16. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for SNAP or other assistance benefits, please go online to ACCESSNebraska.ne.gov or call 1-800-383-4278.

If you have other questions or need help, call 402-947-2781, ext 210.

Sincerely,

Michele Johnson-Clouse

Michele Johnson-Clouse
Business Manager

Instructions for Completing the Free & Reduced Price School Meals Family Application

For households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR), follow these instructions:

- Part 1:** List each child's name, the school they attend and their grade.
Part 2: Enter household's Master Case Number if the household qualifies for SNAP, TANF or FDPIR.
Part 3: Skip this part.
Part 4: Complete this part. An adult must sign the form.
Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals.

For households with FOSTER CHILDREN, follow these instructions:

If all children in the household are foster children:

- Part 1:** List all foster children, the school they attend and their grade. Check the box indicating the child is a foster child.
Part 2: Skip this part.
Part 3: Skip this part.
Part 4: Complete this part. An adult must sign the form.
Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals.

If some of the children in the household are foster children:

- Part 1:** List all children, including foster children, the school they attend and their grade. Check the box if the child is a foster child.
Part 2: If the household does not have a Master Case Number, skip this part.
Part 3: Follow these instructions to report total household income from last month.

Column 1 – Household Members: List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

Column 2 - Gross Income and How Often it was Received: Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

Earnings from Work includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

Do not include income from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

Public Assistance/Child Support/Alimony includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
- Veteran's benefits (VA benefits), Strike benefits
- Child support payments, Alimony payments

Pensions/Retirement/All Other Income includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

Household Size: Enter the total number of people in your household.

Social Security Number: The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

Part 4: Complete this part. An adult must sign the form.

Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals.

For ALL other households, follow these instructions:

Part 1: List all children, the school they attend and their grade.

Part 2: If the household does not have a Master Case Number, skip this part.

Part 3: Follow these instructions to report total household income from last month.

Column 1 – Household Members: List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

Column 2 - Gross Income and How Often it was Received: Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

Earnings from Work includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

Do not include income from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

Public Assistance/Child Support/Alimony includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
- Veteran's benefits (VA benefits), Strike benefits
- Child support payments, Alimony payments

Pensions/Retirement/All Other Income includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

Household Size: Enter the total number of people in your household.

Social Security Number: The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

Part 4: Complete this part. An adult must sign the form.

Part 5: This part is optional and does not affect your children's eligibility for free or reduced price meals.

Computing Income for Self-Employed Individuals

Individuals who are self-employed or engaged in farming may experience variations in cash flow and cannot easily report a monthly income. These individuals may use their 2015 U.S. Individual Income Tax Return Form 1040 to report self-employment income for the free and reduced price meal application. The income to be recorded is income derived from the business venture less operating costs incurred in the generation of that income. Deductions for personal expenses, such as interest on home mortgages, medical expenses and other similar non-business items are not allowed in reducing gross business income.

USDA announced that **losses** (negative numbers) on the lines listed below can be used to determine the **total** income for this attachment. If the total income is a negative number, it must then be recorded as zero on the application in the category labeled "All Other Income".

Zero income resulting from the use of Form 1040 does not require follow-up.

Please note: Line **7** cannot be reported as current income. Income from wages or salaries must be reported on the application for the most recent month.

Line **22** (total income) and line **37** (adjusted gross income) may not be used for purposes of applying for free and reduced-price meals.

The required information for determining the allowable income from self-employment is to be taken from the **2015 U.S. Individual Income Tax Return Form 1040**.

Line 12, Business Income (or loss)	_____
Line 13, Capital Gain (or loss)	_____
Line 14, Other Gains (or losses)	_____
Line 17, Rental Real Estate, etc.	_____
Line 18, Farm Income (or loss)	_____

NOTE: If any members of the household have income from wages or salary, the gross income from last month must be reported on the application form.

This attachment is used only to report income from self-employment and/or farming.

Total of above lines: _____ **equals annual self-employed income***

If the total of the above lines is a negative number, it must be changed to zero before it is transferred to the application.

* This figure can be reported on the application under "Earnings from Work."

Free & Reduced Price School Meals Family Application – complete one application per household Attachment C: 2016-17

Part 1: Children in School			
List names of all children, including foster children, in school. If all children listed are foster, skip to Part 4 to sign the form. (First, Middle Initial, Last Name)	Check box below if a foster child	Name of School Child Attends	Grade
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

Part 2: Assistance Programs – SNAP, TANF or FDPIR Benefits

Enter **MASTER CASE NUMBER** if household qualifies for SNAP, TANF or FDPIR:
 (Social Security numbers, Medicaid numbers and EBT numbers are not accepted.) Skip to Part 4

Part 3: Total Household Gross Income – You must tell us how much and how often.

1. Household Members List everyone in the household, current income each person earns in whole dollars (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's personal use income must be listed.	2. Gross Income (before taxes) and How Often it was Received					
	Earnings from Work before deductions		Public Assistance, Child Support, Alimony		Pensions, Retirement and All Other Income	
	Income	How often	Income	How often	Income	How often
Total Number of Household Members: _____ (Children and Adults)	Last four digits of Social Security Number (SSN) of the adult signing this form: XXX – XXX – _____					Check if no SSN <input type="checkbox"/>

Part 4: Adult Signature and Contact Information – An adult household member must sign the application.

"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits and I may be prosecuted under applicable State and Federal laws."

Sign here: _____ Print name: _____ Date: _____

Street Address (if available): _____ Zip: _____ Daytime Phone: _____

Part 5: Children's Ethnic and Racial Identities – Optional

Check one Ethnic Identity: – and – **Check one or more Racial Identities:**

Hispanic or Latino Asian Black or African American Native Hawaiian or other Pacific Islander
 Not Hispanic or Latino White American Indian or Alaskan Native

Do Not Fill Out the Section Below - For School Use Only

Annual Income Conversion: Weekly X 52; Every 2 weeks X 26; Twice a month X 24; Monthly X 12

Total Household Size: _____

Total Income: _____ per
 Year Month 2 X Mo Every 2 Wks Week

Free Reduced Denied

Income Reason for denial:
 Categorically eligible: Income too high
 SNAP/TANF/FDPIR Incomplete application
 Foster Child

Signature of Determining Official: _____ Date Approved: _____

FOR THE VERIFICATION PROCESS ONLY:

Signature of Confirming Official: _____	Date Confirmed: _____	Date Withdrawn From School: _____
Signature of Verifying Official: _____	Date Verified: _____	

Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

FEDERAL INCOME CHART for School Year 2016-17					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	21,978	1,832	916	846	423
2	29,637	2,470	1,235	1,140	570
3	37,296	3,108	1,554	1,435	718
4	44,955	3,747	1,874	1,730	865
5	52,614	4,385	2,193	2,024	1,012
6	60,273	5,023	2,512	2,319	1,160
7	67,951	5,663	2,832	2,614	1,307
8	75,647	6,304	3,152	2,910	1,455
Each additional person:	7,696	642	321	296	148

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health and nutrition programs to help them evaluate, fund or determine benefits for their programs, auditors for program reviews and law enforcement officials to help them look into violations of program rules.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

A NEW NETWORK DEVOTED TO PROVIDING SCHOOLS WITH A CONCUSSION TESTING PROGRAM FOR STUDENT ATHLETES

Lincoln, NE – Saint Elizabeth Regional Medical Center and Nebraska Orthopaedic & Sports Medicine has teamed up to offer the ImPACT Test through the Nebraska Sports Concussion Network & Testing Program.

For athletes who participate in sports that risk sport-related concussion, the Nebraska Sports Concussion Network & Testing Program will provide a baseline brain function test that provides data that can be used to better manage a concussion should such an injury occur.

"Symptoms are not always definite and the decision to allow an individual to return to activity is not always clear and that is where ImPACT's data will help us," said Daniel Tomes, MD, a neurosurgeon in Lincoln Nebraska and Medical Director of the Nebraska Sports Concussion Network & Testing Program. "Most athletes who experience an initial concussion can recover completely as long as they are not returned to exertion or contact play too soon. Research clearly shows that the effects of repeated concussions are cumulative. A concussed athlete whose injury is not managed properly and who returns to play too soon before the brain has had time to heal is at greater risk for further, more serious injury, and that is a road you never want to travel," said Dr. Tomes. The Network's aim is 3-fold: 1) provide a means for schools to improve their athletic healthcare program by implementing a cost-effective sports-related concussion program; 2) educate schools, coaches, athletes, and parents to recognize the signs, symptoms, and inherent risks of sports-related concussions; and, 3) assist the medical community in learning contemporary methods for managing sports-related concussions and the progression for concussed athletes return to participation in a more consistent, objective, and safe manner.

The ImPACT Test, developed by doctors at the University of Pittsburgh Medical Center Sports Medicine Concussion Program, has proven to be a useful tool in measuring the severity and effects of concussion and determining when it is safe for concussed athletes to return to sports or activity. With ImPACT, the athlete takes a 20-minute pre-season test on a computer that measures brain processing such as speed, memory, and visual motor skills. The individual's baseline data are stored in a computer file. Should an athlete ever experience a concussion, they will take the ImPACT test again post-injury once concussion symptoms have cleared. Post-concussion data are then compared to baseline data to help determine the severity and effects of the injury. The data help determine when the athlete's neurocognitive brain function has returned to baseline scores (normal) and when it is safe for the athlete to return to sports or activity.

Current ImPACT users include all NFL & NHL teams, the NBA; Major League Baseball, including all umpires, numerous NCAA Division I Football Programs, including the University of Nebraska Cornhusker Athletic Teams. In all, more than 1200 high schools and 300 major colleges and universities nationwide utilize ImPACT Testing, including several high schools here in Nebraska. The Nebraska Sports Concussion Network was established in the spring of 2010 with baseline testing planned for late July and early August for fall sports participants in 9th – 12th grades in a collision or contact sport (football, softball, and volleyball) at schools included in their Sports Medicine Outreach Program. Schools will have the option to purchase additional tests for other athletes or groups including junior high athletes.

For more information, go to <http://NebSportsConcussion.org>, or contact David Schultz, MEd, ATC, CSCS, Program Coordinator for the network at dschultz@nebraskaorth.com or 402.488.3322 ext. 3015

Forms, Forms, Forms

Please assist the district by filling out needed forms and returning them promptly to school. The student handbooks will be sent home on the first day of school. Most importantly, we ask that phone numbers and emails be updated and current. It is extremely important for the school to be able to make contacts with parents, if ever any need (weather-related early dismissals, email notes, etc.) arises.

Friend Public Schools Seeks Children with Special Needs

Consistent with Federal and State regulations, the Friend Public School District engages in ongoing "Child Find" services to locate, identify, and evaluate all students with disabilities residing within the school district boundaries, birth through 21 years of age.

If you know of a child who may have individual educational needs that result from a disability, and who is not enrolled in a school program, please contact David Kraus, Superintendent at (402)947.2781.

