## Friend Public School



May 2019


## From the Superintendent Mr. Kraus

The last month of school is just around the corner and as we finish up the school year, we are also making plans for next year. Below are some of the changes you may find of interest.

- We recently hired Nicole White for $1^{\text {st }}$ grade and Keeley Kroeker for $2^{\text {nd }}$ grade. Nicole is a recent Doane graduate who competed in collegiate basketball and track. Keeley is a recent Tabor College graduate who competed in collegiate volleyball and track.
- Amy Tomlinson will be our new FFA advisor. We will continue with our Exeter-Milligan coop. Amy comes to us from the Nebraska Department of Education where she serves as the Nebraska FFA State Advisor. Prior to this position, Amy was the Sandy Creek FFA instructor for 10 years. She comes to us with a wealth of experience and knowledge.
- Nicole Zurcher will fill the middle school Language Arts position. Nicole lives in nearby Dorchester and will assume her first teaching position with Friend.
- Anna Runge will be taking over the Life Skills program and comes to us from Lincoln Public Schools. Anna has served in several special education capacities and will also bring a lot of experience to the position.
- Friend School would also like to thank and wish Tressa Beckler the best as she has decided to retire at the end of this year. Tressa has worked for Friend School her entire career spanning over 30 years. Thank you for all your contributions to our school and community over the years.
- This year we installed an all-school intercom system. This system has been a great addition to our school and a much needed safety feature. This addition was a result of safety audits and feedback we received when doing safety drills. The school utilized over $\$ 20,000$ in grant monies to help fund the installation while the rest came from our special building fund.
- We will be upgrading our library computer lab, industrial tech lab, and a few computers in the library. This is being done by a generous donation from the Friend School Foundation. Over $\$ 30,000$ is being granted to us by the Foundation which we greatly appreciate. Thank you!!!!
- No major school improvement projects are scheduled for over the summer besides replacing the $1^{\text {st }}$ grade carpet and a little bit of tile work in the preschool and Kindergarten. It is nice to have just a few smaller jobs!!!
- As the year comes to an end, it is a good time to evaluate the school budget and spending which occurred throughout the year. Our financial position is the best it has been in 5 years. We have continued to keep spending levels at or lower than prior years, and our cash reserves continue to grow to a healthy level as well as maintaining the same programs for our students.

As you can see, it has been a very busy and productive spring as we prepare for the 2019-20 school year. The 2019-20 school calendar and a lot of information are available on our school web site. Our first day of school next year will be August $14^{\text {th }}$. Enjoy your summer and we look forward to seeing our students in August.


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | Senior Trip to Omaha 2:00 Out <br> 1 | TR @ Cross County Inv. 10:00 <br> 8th grade to UNL \& SCC | Golf @ York <br> Kindergarten Field Trip <br> Senior's Last Day 3 | JH TR @ Pioneer Conf. Meet (Pawnee City) <br> Electric Car @ Wayne |
| 5 | Golf @ Fillmore Central 4:00 <br> 6 | Music Salad <br> Supper 6:00 <br> 7-12 Spring <br> Concert 7:30 | 2nd Grade <br> Pioneer Day <br> Golf @ Thayer <br> Central 9:30 <br> 2:00 Out <br> 8 | 1st Grade to <br> Ag FestivalLincoln <br> Elementary Spring Concert 7:00 <br> Baccalaureate Service 6:00 <br> @ Methodist Church 9 | 4th grade field trip to Homestead | Graduation 3:00 |
| 12 | District Golf @ Indianhead (Grand Island) <br> BOE-7:30 <br> Media Center | District Golf @ Indianhead (Grand Island) <br> Jr. High Honors Assembly 2:00 | Jump Up Day <br> (4 yr. - 6th gr.) <br> 2:00 Out | 16 | State Track @ Omaha Burke <br> Preschool Roundup for 3 yr old (2019-20) 2:30 | State Track @ Omaha Burke |
| 19 | Kindergarten (Class of 2031) Graduation 2:15 (old gym) | State Golf @ North Platte <br> All School Field Day 21 | Last Day Of School 12:30 release <br> State Golf @ North Platte | 23 | 24 | 25 |
| 26 | Memorial Day $27$ | 28 | ple I - $29$ | For th and up to e go to: http://w | most current <br> date information <br> ww.pioneerconf |  |

# Stutzman's Side Notes 

"You Learn Something New Every Day"

The sun is shining and we are heading into the home stretch of our 2018-2019 school year! The students in grades $3^{\text {rd }}-8^{\text {th }}$ have been busy completing their state tests to show what they have learned this school year. We love when the students get a chance to "Show what they Know"! Thank you for your continued support in finishing the school year strong by encouraging your child to give 100 percent in their academics and attitude to finish out the school year on a positive note.

For our elementary students, if your child received a letter from your teacher to be a part of our "Summer Reading Club" in June, please return that letter so we can get an accurate number of students who will be in the program. This will give students extra practice to enhance their reading skills.

Nurse Jen Buol sent home sheets to notify parents that students need updated immunizations or that we have your child's immunizations on file at school. Please plan to get your child's
immunizations completed before the start of the 2019 -2020 school year. Summer is a great time to get these appointments checked off of your "To-Do" list.

Our 2019 Graduating Seniors are rounding out their last days at FHS! Please wish them well during our graduation ceremony on Saturday, May 11, at 3:00 PM in the new gym.

Please take note of the information below about "Jump Up Day" and "Round Up Day". During those days the students will receive their supply lists and information for the next school year.

Thank you to the students, staff, and families for a wonderful school year! As stated back in August, it takes 3 parts working together to make a student successful (the student, the family, and the staff) and we are proud of our students' growth and success this school year! Way to go!

Go Bulldogs!! Liz Stutzman - Principal
School Website: www.friendbulldogs.org
Twitter Account: @FriendSchools



## Pre School Round Up

This year "Round Up" will look a bit different than in years past. On Friday, May 17, parents and students who be ENTERING the 3 year old Pre School class are asked to come to the school at 2:30. The parents will have an information session from Mrs. Meints and also pick up paper work, and the students will get to meet their teacher and see their classroom.

## Jump Up Day

For our students who will be entering
Kindergarten-7th Grade, we will have a "Jump Up Day" during school! Students will
 get a 30-minute session to meet their teacher for the next year and get information to help them be successful for the next school year to come. This is for students only on May 15th.

## Important Dates to

Mark Down for May
May 7-Supper and ${ }^{\text {th }}-12^{\text {th }}$ Grade Music Concert 6:00 and 7:30 (Old gym)
May 9- Elementary Concert 7:00
(New gym)
May 11- Class of 2019 Graduation 3:00 PM
May 14- 2:00. Jr. High Honors (Old gym)
May 15- Jump Up Day for 4 year old
Pre School- $6^{\text {th }}$ Grades
May 17-3 ${ }^{\text {rd }}$ Year Old Pre School Round- Up (incoming 3's) For Kids and Parents 2:30

May 20- Kindergarten Graduation
2:15 old gym
May 21- Field Day
May 22- Last day of school!!
12:30 release

- Individual scholarship recipients were announced at Honors Night the last week in April. Please note that individual recipients will not be announced during the graduation ceremony (although a list will be available on graduation day for all in attendance).
- Scholarship benefactors are welcome to attend the graduation ceremony and sit wherever they like.
- We encourage all scholarship benefactors to plan to attend Honors Night during the Spring of 2020.
- A huge thank you goes out to our local and area benefactors for the many opportunities being given our seniors!


## Looking at Next Year

- Wow! 17 of our incoming juniors and seniors have signed up to take classes (SENCAP or Dual Credit) through Southeast Community College, which will earn them both high school and college credit. Those 17 students are registering for a total of 36 courses! We are proud to see our upperclassmen pushing themselves academically.
- If you would like to learn more about the SENCAP program, click here: https://www.southeast.edu/sencap/.
- 7-12 grade students will receive their class schedules for the 2019-2020 school year in August along with their back to school information.
- Students who wish to drop and/or add classes are welcome to stop by the school the week of August 5-9 between 8:30 and 3:30.


## Community Service

- Businesses, organizations, churches, etc. in the Friend school district are reminded to contact the school with any community service opportunities that might be available for our high school students over the summer. Thank you to all who have already begun partnering with the school!
- Students who will be in grades 9-12 for the 2019-2020 school year are encouraged to earn community service hours this summer. Check out the Google Doc for multiple opportunities.


2019-20 EMF FFA Officer Team
Front row - Kiah Songster, Sentinel; William Yokel, Historian; Ben Bartu, Parliamentarian; Cameryn Brandt, Reporter
Back row — Jaidyn Papik, Treasurer; Josie Vyhnalek, President; Abigail Eberspacher, Vice-President; Vivian Weber,

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Breakfast Bites Subs Chips Cookies <br> Fruit \& Veggie Bar 2:00 out | Breakfast Burrito <br> K-6 Chicken Strips 7-12 Spicy Chicken Strips <br> Sweet Potato Fries Bread/Butter <br> Fruit \& Veggie Bar 2 | Chocolate Chip Muffins <br> Cheese Pizza <br> Mini Bagels <br> Cooked Carrots <br> Fruit \& Veggie Bar |
| Donuts Cheese Flatbread Peas <br> Fruit \& Veggie Bar | Breakfast Rounds <br> Mini Corn Dogs Tator Tots <br> Fruit \& Veggie Bar | Egg Taco Chicken Nuggets Mashed Potatoes/ Gravy Bread/Butter <br> Fruit \& Veggie Bar 2:00 out | Bacon Breakfast Toast <br> Soft Shell Taco Toppings Refried Beans Bread/Butter <br> Fruit \& Veggie Bar | Cherry Strudel <br> Fiestadas Mexican Rice Churro <br> Fruit \& Veggie Bar |
| Breakfast Pizza <br> Hamburger/Bun Baked Beans Seasoned French Fries <br> Fruit \& Veggie Bar | French Toast Chicken Sticks Potato Smiles <br> Fruit \& Veggie Bar | Cinnamon Roll <br> *9, 10, 11 Grade Lunch* Mandarin Orange Chicken/Rice Chocolate Chip Cookie Bread/Butter Fruit \& Veggie Bar 2:00 out | Egg Omelet Meaty Nachos Toppings Bread/Butter <br> Fruit \& Veggie Bar | Biscuits \& Gravy Stuffed Crust Cheese Pizza Pudding <br> Fruit \& Veggie Bar |
| Donuts <br> Hot Dog/Bun Chili Shredded Cheese <br> Fruit \& Veggie Bar | Bacon Breakfast Toast <br> Breaded Chicken Patty/Bun Sweet Potato Fries <br> Fruit \& Veggie Bar $\backslash 1 /<21$ | Egg Omelet Chicken Sticks Peas Bread/Butter Fruit \& Veggie Bar LAST DAY 12:30 out 22 | Breakfast......... <br> Grades K-6 lun <br> Grades 7-12 lun <br> Extra lunch ent <br> Milk (extra or <br> Adult Breakfast <br> Adult Lunch..... <br> A student will be noti when his/her acc bal |  <br> d in writing if and has a negative |

## FFA State Convention Results April 3-5, 2019



EMF FFA Chapter Received a Superior Rating and was ranked as a top 19 Chapter in the State (189 chapters in the state)


Hall of Chapters:
Cameryn Brandt, Kate Houlden, and Vivian Weber Received a Gold

Poultry Judging Team:
Kole Svec
Clint Oldehoeft — White
Ty Underwood
Casey Underwood
(alternate)
Peytan Brandt - Blue


Copzen

Abigail Eberspacher \& Josie Vyhnalek received our chapter's
Governor's Excellence Award

## EMF FFA Chapter

 received a GOLD for the National Chapter Award- our application will be forwarded on to the national level.
## Information on Vaping

Teen trends change and evolve quickly, making it hard for parents to keep up! One of the latest trends involves e-cigarettes or "vaping". According to Susanne E. Tanski, M.D., M.P.H., FAAP, a tobacco prevention expert from the American Academy of Pediatrics (AAP), E-cigarettes are the most commonly used tobacco product among teens, with $20 \%$ of high school students reporting having used e-cigarettes in the last 30 days (2018). New research estimates that about 3 million adolescents vape!

These e-cigarettes, most commonly JUULS, PHIX, and Suorin, are easy to disguise and often go undetected. Not all e-cigarettes (vapes) look alike; some look like pens, while others like a computer memory stick, car key fob, or even an asthma inhaler. Manufacturers add flavoring, such as fruit, candy, coffee and even chocolate to e-juice to make it even more appealing to kids. Currently there are more than 7,700 flavors available to entice e-cigarette users! Most of these juices also contain the addictive ingredient nicotine, so the more adolescents vape, the more addicted they become. Evidence shows that kids who vape just once are more likely to try other types of tobacco. Scarier still, there is a manufacturer (EAZE) that sells an all-in-one marijuana pen and cartridges! Further complicating the issue (and enabling our kids to get hooked) is that whilst the legal age to purchase e-cigarettes is 18, e-juice and e-cigarettes can often be easily purchased on-line without any proof of age.

Oftentimes e-cigarettes are thought of as a "safer" alternative to cigarettes or are marketed as a tool to help the user quit traditional cigarettes. While a recent report found e-cigarettes are "less toxic" than cigarettes, most people who use e-cigarettes do not quit smoking cigarettes. Far from safe, exhaled vapors from e-cigarettes contain cancer causing agents such as nitrosamines as well as harmful chemicals like anti-freeze and diethylene glycol, thus subjecting bystanders to dangerous "second hand vapors". Also, just $1 / 2$ tsp of e-cigarette solution may be fatal to the average toddler and can even poison children through skin contact!

Be aware of the signs of vaping. Here are a few clues to look for to see if your child may be vaping:
Equipment: Devices may be hiding in plain sight! You may find e-juice bottles or nicotine pods containing e-juice. Look also for frequent online purchases or packages deliveries. Be aware of frequent trips to convenience stores and gas stations, as well.
Scent: The smell from vaping can be faint, but take note of a scent that appears to have no other source, such as bubble gum, chocolate cake, or mango.
Increased thirst and/or nose bleeds: Chemicals used in e-cigarettes dry out the mouth and nasal passages; as a result, some drink more or experience more frequent spontaneous nose bleeds.
Decreased caffeine use: Chemicals contained in vape juice may make individuals more sensitive to caffeine, so if your child suddenly stops drinking caffeinated sodas, energy drinks, or coffee, it may be a sign of vape usage.
Vaping lingo: You may note new "language" in texts, emails, or conversation with peers, such as "juuling", "juicing" or "cloud chasing". Kids also often brag on social media about vaping. "Cloud competitions" (demonstrations of vaping tricks) are often sponsored by vape shops and some of these "contests" offer monetary prizes for the best pictures/ videos!
Changes in appearance and behaviors: Look for bloodshot eyes, dry mouth, increased thirst, change in appetite, poor academic performance, and shifts in mood. There may also be a noticeable change in friends and a decrease in activities that were once enjoyed.

Speak openly and often with your child about this issue. Look to your pediatrician, school personnel (counselor, school resource officers, administrators, school nurse), and online sources like drugfree.org for information and support. Education and communication are the most effective weapons in this fight!

We are quickly approaching the end of another school year! Summer break offers so many fun activities, lazy days, and warm nights that encourage cookouts and time with friends. Summer break is also the perfect time to get a jumpstart on a successful 2019/2020 school year!
A few "to-do" items before school resumes in the fall:

- Children entering kindergarten will need to have a physical examination and a visual acuity exam completed, with documentation turned into school health office no later than the first day of school. These exams must be completed no more than 6 months prior to enrollment.
- ALL current $6^{\text {th }}$ grade students will need a physical examination (dated on or after June 1, 2019) completed by physician before entering $7^{\text {th }}$ grade next fall. Please, make your appointments soon as we will need these on file no later than the first day of school to avoid exclusion.
This physical will also serve as a sports physical for $7^{\text {th }}$ grade students only for the 2019/2020 school year.
- Also, current $6^{\text {th }}$ grade students are required by Nebraska State Law to receive 1 dose of Tdap (contain Pertussis booster) before entering $7^{\text {th }}$ grade. This vaccine must be obtained and documentation provided to school, no later than the first day of school to avoid exclusion.
- Any student wishing to participate in any sport will need a Pre-participation Physical Evaluation (sports physical) before he/she will be allowed to participate in chosen sport(s). All sports physicals must be dated on or after June 1, 2019, to count toward athletics of the 2019/2020 school year.
- If your student has asthma or allergies, please remember to have a treating physician complete a current Asthma/Allergy Action Plan during his/her physical or before the school year starts. This form is available in the school nurse's office or on the Friend Public School website (https://www.friendbulldogs.org/). This form must be updated every school year. Also, if your student uses an Epi-Pen, please be sure to supply one to the school nurse upon first day of classes to avoid any lapse in treatment.
- Various other health forms have been added to Friend Public School's website for your convenience; forms available include Diabetic Management, Medication Consent Forms, and Seizure Action Plans. Should your student have a history of any of these conditions, please complete the appropriate forms and return to the school nurse by the end of the first day of the 2019/2020 school year.
- Please take a moment to review the immunization schedule for your student's age/grade at: http://dhhs.ne.gov/publichealth/Immunization/Documents/School\ Summary\ RR\ English.pdf

I wish everyone a happy and healthy summer!
Nurse Buol

On April 13, the Friend Electric Car Team traveled to Lincoln UNL East campus to race. They completed 75 laps, placing 1st. April 27th they traveled to Hastings where they have reset and broke their own record for the last 3 years.

Team Members are (left to right): Dawson Logan, Jacob Schwab, Zayne Gomez, Slater Wells, Charly Fritsche


ELECTRIC CAR 2019


The elementary students wrote thank you notes for the elementary paras who help in their classrooms every day. Thank you, paras, for the awesome people you are and how you support the teachers and students at FPS!


Friend Public School Music Department Presents...

# The Annual Spring Salad Supper and Pops Concert 

May 7, 2019
Dinner and live entertainment at 6:00 PM - The Commons Concert to follow at 7:30PM - East Gymnasium

The Friend Elementary Presents...

## Let's yo!

The Friend Elementary Music Program
May 9, 2019
7:00 PM - West Gymnasium


# COMMUNICATION ACROSS THE LIFESPAN 

## Better Hearing \& Speech Month

# Speech and Language Disorders Are Experienced by Many Children-But Are Treatable 

Friend parents encouraged to learn the signs of trouble for Better Hearing \& Speech Month

(Friend, Nebraska-May 1, 2019) With speech and language disorders ranking among the most common disabilities in children, parents and caregivers are encouraged to learn the signs-and seek an evaluationif they have concerns about their child's ability to communicate. Friend speech-language pathologist, Linda Hennessey, offers timely guidance for families because May is recognized nationally as Better Hearing \& Speech Month.
"Development of strong communication skills is extremely important-and parents anxiously await their child's first words," said Linda. "Yet common
misconceptions remain. One is that children generally 'grow out' of speech or language difficulties. Unfortunately, this mistaken impression too often delays treatment. Of course, some children are indeed 'late bloomers,' yet treatment is frequently necessary, too. Good communication skills are critical, helping with behavior, learning, reading, social skills, and friendships. It is much easier, more effective, and less costly to treat speech and language disorders early-and May is a great time to educate parents on this important point."

Speech and language disorders are evaluated and treated by speechlanguage pathologists. Speech is the ability to produce speech sounds using the mouth, lips, and tongue. A child may say sounds the wrong way, repeat sounds and words, or be otherwise difficult to
understand. Language is the ability to use and put words together-and to understand others' words. A child may have trouble understanding questions, following directions, or naming objects. Early speech and language treatment sets a child up for future school and social success.

Linda shares some of the following warning signs for parents to watch for in young children:

- Does not babble (4-7 months)
- Makes only a few sounds or gestures, like pointing (7-12 months)
- Does not understand what others say (7 months-2 years)
- Says only a few words (12-18 months)
- Says $p, b, m, h$, and $w$ incorrectly in words (1-2 years)
- Words are not easily understood (18 months-2 years)
- Does not put words together to make sentences (1.5-3 years)
- Says $k, g_{1}, f, t, d$, and $n$ incorrectly in words (2-3 years)
- Produces speech that is unclear, even to familiar people ( $2-3$ years)
- Repeating the first sounds of words, like "b-b-b-ball" for
"ball" (any age)
Stretching sounds out, like "fffffarm" for "farm" (any age)
For school-age children, warning signs may include the following:

Has trouble following directions
Has problems reading and writing.
Does not always understand what others say
Is not understood by others
Has trouble talking about thoughts or feelings
communication development:
For young children:

- Talk, read, and play with your child.
- Listen and respond to what your child says.
- Talk with your child in the language that you are most comfortable using.
- Teach your child to speak another language, if you speak one.
- Talk about what you do and what your child does during the day.
- Use a lot of different words with your child.
- Use longer sentences as your child gets older.
- Have your child play with other children.

For elementary-age children:

- Have your child retell stories and talk about their day.
- Talk with your child about what you do during the day. Give them directions to follow.
- Talk about how things are the same and how things are different.
- Give your child chances to write.
- Read every day. Find books or magazines that interest your child.


## Although treatment ideally begins

 early-in the toddler years-it is never too late to get treatment. The large majority of parents report significant improvement after treatment. Families can learn more and find help at
## http://IdentifytheSigns.org and

 www.asha.org/public.Friend residents who want to schedule an assessment may contact Linda at Friend Public Schools, 402-947-2781, or
linda.hennessey@esu6.org

## NEBRASKA FCCLA MEMBERS BREAK BARRIERS AT THE

## 2019 STATE LEADERSHIP CONFERENCE

Lincoln, NE- Over 1,300 students from all areas of Nebraska gathered for the Family, Career, and Community Leaders of America's (FCCLA) State Leadership Conference held in Lincoln, Nebraska, April 7-9 at Pinnacle Bank Arena.

Over the three-day conference, students participated in large group and small group sessions and workshops led by many inspiring speakers on relevant youth issues. Topics will included lowering stress, healthy relationships, preventing dating violence, learning personal safety, entrepreneurship, safe social media, careers in FCS, and much more. Students also checked out the Opportunity Fair to connect with partners they can work with on local projects, as well as visited with a large variety of colleges and
universities from the Midwest to discover post-secondary opportunities.

This year, over 656 students will compete in STAR events at State Leadership Conference. STAR Events (Students Taking Action with Recognition) recognizes members for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. The top two in each event will compete at the National competition in Anaheim, CA, in July. Recently, Friend FCCLA members Blair Miller and Kate Houlden were notified that they earned a spot to compete at Nationals this summer. Also competing at the state level at STAR was Hannah Manalili in Life Event Planning. Hannah earned a silver medal. Earning a gold medal in their STAR event Family Challenges and Issues was the team of Kendyll Pavel, Jyllean Beck and Katelynn Schluter. Congratulations for a great job!

In light of the recent flooding and blizzards that wreaked havoc on the state of Nebraska, Dave Varner from the Nebraska Extension Office came and spoke at our closing session. Varner
provided information as to what our next steps should be as a state to ensure that we remain progressive in our efforts to rebuild and provide relief to the families and communities impacted by the natural disasters.



Earning a gold medal was the team of Katelynn Schluter, Kendyll Pavel, and Jyllean Beck. The girls competed in the Family Challenges and Issues event at State FCCLA STAR. The girls' project was centered around a Baby Shower held to donate items to the Lincoln Pregnancy Center.



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