

FRIEND PUBLIC SCHOOL

JANUARY
2020



Friend Public Schools
501 South Main St.
P.O. Box 67
Friend, NE 68359
402.947.2781



**Thanks to Deputy Cody Mulberry &
Deputy Tyson Osborn for
taking Jace shopping on**



Wednesday, December 18!

What a great program!!



Superintendent
David Kraus
Principal
Elizabeth Stutzman
Activity Director
Jim Pfeiffer
Counselor
Amy Hottovy

From the Superintendent Mr. Kraus

TO: Nebraska Public Schools and Educational Service Units

FROM: Jennifer Irvine

RE: Mental Health Resources

We have some incredible resources available in our communities. Whether or not families know about them, can access them, or can qualify for them seems to be a major system issue. Moments of crisis for families is something the Behavioral Health System of Care is focusing on, partnering with the **Nebraska Family Helpline** as the #1 resource for help. Helpline operators are trained and can assess immediate safety needs, identify the potential level of crisis, and make recommendations or referrals to appropriate resources. If needed they can help callers connect to emergency resources or providers. The Nebraska Family Helpline can help find providers and community resources for help.



888-866-8660

If you are able to contract with or hire a mental health practitioner for your school, please remember that you can add licensed mental health practitioners to your cost pool one list.

You do need to enroll them with Nebraska Provider enrollment. For questions regarding enrolling providers, please contact Maximus at 844-374-5022 or www.nebraskamedicaidproviderenrollment.com. For questions about adding providers to your participant list, please contact Fairbanks at 877-219-1316 or

info@fairbanksllc.com.

FRIEND PUBLIC SCHOOL offers online payments for your convenience!

- When your child's lunch balance is getting low, you can also receive an e-mail alerting you of the low balance along with an option to replenish.
- Our partnership with ***e~Funds for Schools (EFS)*** will allow you to pay for your student's meals from your checking account, debit card, or credit card.
- Fund your child's lunch account at any time and from anywhere!
- Parents can access the ***e~Funds for Schools*** system and make one payment for one or all of their children, all during a single visit!

To get started, visit: <https://payments.efundsforschools.com/v3/districts/56376>

Or email: michele.clouse@friendschool.org



January

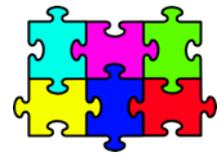


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1	NO SCHOOL Holiday Break 2	NO SCHOOL Holiday Break GB @ Cross County 3	GB BB vs Pawnee City 1/1:30/2:30/4 4
5	NO SCHOOL Teacher In-service 6	School Resumes GB BB vs Tri-County 4:30/6/7:30 7	8	GB BB @ Southern 4/5/6:15/8 9	2:00 out 10	GB BB vs. McCool Junction 1/2:30/4:00 <i>Booster Club</i> <i>Ice Cream Sundaes</i> <i>& Basket Raffle</i> WR @ Franklin 11
12	JH GB vs. Meridian 2:00 JH BB vs. Meridian 3:00 BOE - Media Center 7:30 13	GB BB @ Dorchester 5/6:15/8 <u>NO JV girls game</u> 14	FFA District LDE @ York 8:30 <i>FCA Lunch Meeting</i> <i>in Mr. Hitchcock's</i> <i>room</i> 15	GB BB @ Osceola 4/5/6:15/8 16	2:00 out JH Dance 17	JH BB Quad @ BDS 9:00 WR @ Cross County 10:00 18
19	JH BB @ Shelby-Rising City 4:30 EMF FFA Chapter Meeting @ Exeter 7:00 20	GB BB vs. Thayer Central 4:30/6/7:30 21	22	JH BB vs. Sutton 4:00 23	2:00 out FCCLA STAR @ Seward WR @ Madison Inv. 11:30 GB BB @ Johnson-Brock 4/5/6:15/8 24	JH BB @ Tri-County 9:00 WR @ Louisville Inv. 9:30 25
26	Pioneer Conference Band Clinic @ Southern 27	28	<i>FCA Lunch Meeting</i> <i>in Mr. Hitchcock's</i> <i>room</i> 29	JH BB @ Exeter-Milligan 3:00 Booster Club Supper (Chili & Cinnamon Rolls) GB BB vs. Heartland 4:30/6/7:30 30	2:00 out Family Movie Night 6:30-9:00 West Gym  31	



Stutzman's Side Notes

"You Learn Something New Every Day"



As we wind down the year of 2019 it gives us the opportunity to look back at all of the great things our staff and students have accomplished during this first semester of our school year, and we look forward to what they will learn and do the second semester!

Miss Rethman and the students did a wonderful job at the elementary and secondary winter programs. Way to go! The winter sports seasons are in full swing, please come out at support our student-athletes and coaches who put in a lot of extra time and effort to be successful.

The students have worked hard to donate to the Friend Food Pantry and they also made care packages for organ donation patients. During our December Bulldog Buddies, the staff and students made holiday cards to go with the care packages.

It is such a wonderful thing to see the giving spirit not only from our staff and students but also from people in our wonderful community who want to help out any students or families in need this holiday season. We are really blessed!

I truly hope that you have a wonderful holiday season/break with your families, and we will see you in 2020!!

Go Bulldogs!!! Liz Stutzman- Principal

Important Dates to Mark Down this Month

January 7: 3rd Quarter begins

January 31: Elementary Family Movie Night (PreK-6th Grade families welcome) 6:30 PM in the new gym, more information to follow.

Activities Reminder



Please remember students are expected to sit with their parents during activities, and not run around on the catwalk in the new gym during home activities.

Friday Early Release Update

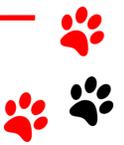
Fridays are 2:00 Early Releases for all students.

Other Early Release Days= (due to not having a Friday that week) --- March 11 and April 9.

School Website: www.friendbulldogs.org

Twitter Account: @FriendSchools

Facebook: Friend Public School



Parents/guardians of seniors who are college bound -- scholarship season is officially here!

Please have a conversation with your child about these items:

- Has your family completed the FAFSA? (Consider contacting Education Quest for assistance.)
- When was the last time the student checked the “Scholarship Central” link on the school website? (AT LEAST once each week is recommended.) This is just a FRACTION of the scholarships available. See below!
- When was the last time the student visited “Scholarship Quest” on the Education Quest website? New opportunities may appear each week or even daily!
- Has your son/daughter completed a high school resume to use with scholarship applications?
- Has your son/daughter identified three to give people who can be solid scholarship references or writers of recommendation letters?
- Has your child scheduled time to see Ms. Hottovy for help with any of the above?

Parents/guardians of juniors:

Preparation will soon begin to help our juniors be prepared to take the ACT on Tuesday, April 7, 2020. In 2016, the state of Nebraska mandated that state testing at the high school level be completed through a college entrance exam, and the ACT was selected. Our students will take the Reading, English, Math, Science, and Writing portions of the ACT. Results from the ACT will be used for both state reporting and college entrance requirements. Watch for more information in next month's newsletter regarding the practice sessions scheduled for students taking the ACT.



Officers and members of Friend FCCLA and EMF FFA delivered care packages to children who have had, are waiting for or have received an organ transplant. They delivered items to University of Nebraska Medical Center and Children's Hospital in Omaha on Friday, December 20.

Erika Arp, Amy Wiese & Amy Tomlinson were sponsors attending this event. Friend and Exeter-Milligan students were joined by FFA members from Meridian High School.

See more pictures on page 9.

January Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>NO SCHOOL</p> <p>1</p>	<p>NO SCHOOL</p> <p>2</p>	<p>NO SCHOOL</p> <p>3</p>
<p>NO SCHOOL</p> <p>6</p>	<p>Bacon Breakfast Toast Chicken Strips Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">7</p>	<p>Breakfast Bites Hamburger/Bun Baked Beans <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">8</p>	<p>Scrambled Eggs Sloppy Joes Potato Smiles <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">9</p>	<p>Chocolate-Chocolate Chip Muffins Stuffed Crust Cheese Pizza Brownie <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 10</p>
<p>Donuts Cheese Flatbread Peas <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">13</p>	<p>Pancakes "7th & 8th Lunch" Chicken Sticks Mashed Potatoes Gravy Chocolate Chip Cookie <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">14</p>	<p>Egg Taco Hot Turkey Sandwich Green Beans Sandwich Bread <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">15</p>	<p>Breakfast Burrito Soft Shell Taco Toppings Corn Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">16</p>	<p>Biscuits & Gravy Chicken Quesadilla Santa Fe Koos Koos Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 17</p>
<p>Breakfast Pizza Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">20</p>	<p>French Toast Chicken Nuggets Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">21</p>	<p>Cinnamon Roll Hamburger/Bun Baked Beans Chips <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">22</p>	<p>Egg Omelet Meaty Nachos Toppings Green Beans Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">23</p>	<p>Cherry Strudel Fiestada Mexican Rice Churro <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 24</p>
<p>Donuts Breaded Chicken Patty Cheesy Broccoli Jello <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">27</p>	<p>Apple Churro Mini Corn Dogs Tator Tots <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">28</p>	<p>Breakfast Bites Chili Shredded Cheese Cinnamon Rolls <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">29</p>	<p>Scrambled Eggs Mandarin Orange Chicken Rice Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">30</p>	<p>Chococlote-Chocolate Chip Muffins Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 31</p>

Make Health Your Resolution!

10 Healthy Resolutions for Kids*



1. I will clean up my toys and keep my room tidy.
2. I will brush my teeth twice a day and wash my hands before eating and after the bathroom.
3. I will try new foods and eat my daily servings of fruits and vegetables.
4. I will drink more milk and water and limit soda and fruity drinks.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others and friendly to kids who need friends - like someone shy or new to school.
10. I'll never give out personal information or pictures of myself to strangers or over the internet.

*Adapted from American Academy of Pediatrics

Healthy You: Make healthy food choices. Stay hydrated. Be active. Make an appointment for a check - up, vaccination, or screening. Know your numbers - weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Make a new friend.

Healthy Family: Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Keep pets vaccinated and healthy. Be courteous and practice good manners.

Healthy Home: Go green; reduce, reuse, and recycle. Install smoke alarms and carbon monoxide alarms on every level/check batteries of all alarms. Keep cleaning products and medications away from children. Have a winter weather emergency plan, and stock your home and car with necessary supplies.

Healthy Community: Volunteer at your church, school, or one of the many community centers needing help or an extra hand. If you have received help from others, pay it forward. Perform random acts of kindness.

Healthy Workplace: Stay home if you are sick. Wash your hands often. Participate in healthy workplace programs. Take steps to prevent job stress; deep breathing and movement promote

Please consider donating new or gently used coats

Community Service Project
Sponsored by
Friend FCCLA chapter

Jan 7-17th

Please bring coats to FCS room or the
front office

Coats will be donated to
People's City Mission

Thank For Donating!!!



Holiday Program



Kindergarten Gingerbread Houses





Bulldogs of the Month



David Kraus,
Superintendent



Amy Hottovy,
Counselor



Student:
William Yokel
Senior



Public Health Solutions Announces Winner

Public Health Solutions was recently at your school offering flu shots. All students who returned a permission form and received the flu shot were entered into a drawing. **Shyann Smith** is the lucky winner who participated in the 2019-2020 SKIP Flu Vaccine Clinic held at Friend Public School in October. Her name was drawn from all students at your school who received a flu shot, to receive a \$20.00 gift card. The CDC is forecasting a rough flu season this year so all staff and students who got their flu shot are winners by protecting themselves and their families!

Public Health Solutions is excited to report increased rates of participation overall and specifically, your school had 111 students and staff participate, which figures at 38.5%. Last year, there were 107 participants, at 37.6%. While Public Health Solutions would love to see 100% participation, we are excited to see these rates go up.

If for any reason you missed the SKIP Flu Clinic, please make the effort to get your flu shot at your local health care provider. For more information on flu shot locations, feel free to contact Public Health Solutions at 402-826-3880.

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