



FRIEND PUBLIC SCHOOL

MARCH 2020



Superintendent

David Kraus

Principal

Elizabeth Stutzman

Activity Director

Jim Pfeiffer

Counselor

Amy Hottovy



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



These 5th graders and Miss Rethman did an amazing job representing Friend at Sing Across Nebraska in Kearney on February 23rd!

Back Row left to right: Aniston Meints, Gracie Vyhnalek,
Miss Rethman

Front Row left to right: Avery Tuttle,
Sophia Weber, Alexis Paulsen



From the Superintendent Mr. Kraus

WINNING ISN'T EVERYTHING

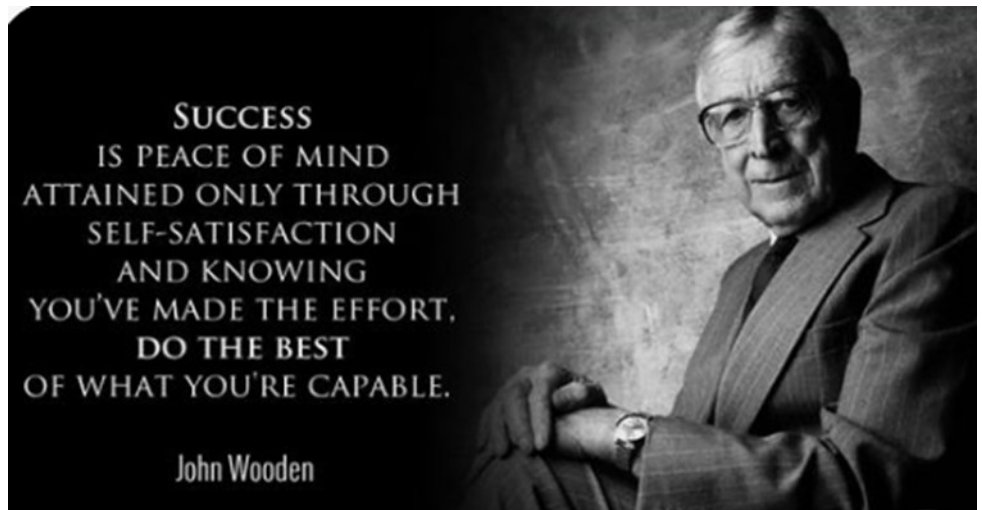
The title of this article is one that even I have trouble digesting. I was very active in sports and activities throughout my life, and I competed to win and hopefully could bring home a medal. I did not like to lose to anyone else, just like our coaches and students today. As a kid, I did not realize there were lessons learned through losing and, quite frankly, I didn't want to learn them.

As our Friend fall and winter activities conclude, I look back over the seasons and wished the students could have had some better outcomes. Our students work and sweat just as hard as others every day and fell short more times than we had hoped for. But as I watched the last competitions, I saw our coaches directing and encouraging our kids. I saw our students working hard at their skills to compete to the end. And I saw our parents and community supporting and cheering for our students. I have always said that the true character of a person comes out in the worst of times and, unfortunately, losing can put us in that situation. I am very proud and appreciative of our coaches, students, and community for succeeding through adversity when many people find it easy to quit these days. Thank you for sticking through it until the end.

As an adult, we know that failure is inevitable and disappointments are waiting for us. I would rather have our students be prepared how to handle adversity and learn how to move forward appropriately than to never experience failure and not know how to respond. Don't get me wrong; I would love to see a state champion trophy in our case or a banner hanging from the rafters, but knowing how to move forward through life when thrown a curve ball will serve us well.

I hope our coaches, athletes, and parents know that we are proud of them and enjoyed watching them compete this year. I am impressed with the effort and character I witnessed.

I have always enjoyed reading books by Jon Wooden, former UCLA basketball coach. I believe his quote sums up my expectations for our teachers, staff, and students on what success is.



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>

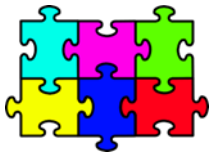
Or email: michele.clouse@friendschool.org



MARCH

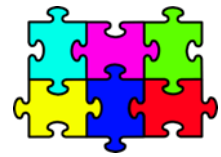


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FFA Pancake Feed 11-1 Community Building  1	2	FFA CDE @ SCC-Beatrice 8:30 3	FCA Lunch Meeting <i>in Mr. Hitchcock's room</i> 4	5	2:00 out Speech @ McCool Girls State Basketball - Lincoln 6	7
 8	BOE - Media Center 7:30 Pioneer Conference Speech @ NC Lourdes 9	10	2:00 out <i>End of 3rd Quarter</i> Sr. High Quiz Bowl @ Freeman 5:00 11	NO SCHOOL Spring Break  12	NO SCHOOL Spring Break Boys State Basketball - Lincoln 13	14
District Speech @ Deshler 15	16	 17	FCA Lunch Meeting in Mr. Hitchcock's room 18	Sr. High Pioneer Conference Quiz Bowl @ Johnson-Brock 1:30 19	2:00 out JH Music Contest @ Malcolm 20	21
22	JH Pioneer Conf. Quiz Bowl @ Lewiston 23	24	Pioneer Conference Indoor Track Meet @ Doane 8:30 25	Musical Matinee 2:00 26	2:00 out State Speech @ Kearney Musical 7:00 27	Musical 7:00 28
29	30	TR-Turkey Creek Relays @ Friend 10:00 31			<div style="border: 2px dashed black; padding: 10px; text-align: center;"> For the most current and up to date information, please go to: http:// www.pioneerconference.org and click on Friend or check the calendar on the school website: friendbulldogs.org </div>	



Stutzman's Side Notes

"You Learn Something New Every Day"



February was a busy month! Thank you to the family members who were able to attend our elementary Grandparent's Day celebration. The students are very fortunate to have so many people who love and care for them. On February 28th, we also celebrated "Read Across America Day" by doing our annual "Read with a Buddy Day"! The students had buddies come in and read their favorite books with them.

During our February Bulldog Buddies time, the staff and students wrote Valentine's Day letters to Terrace residents and hospital patients. The groups also planned which Random Acts of Kindness they would do for others this spring.

Our winter sports teams have wrapped up their seasons. Thank you to all of the community members who came out to support our student-athletes. A special thank you to the students and coaches for all their hard work.

Our FFA chapter celebrated FFA week during the last week of February by having dress up days, educating our elementary students, treating the staff to a breakfast, and ending the week with a fun pep rally.

Go Bulldogs!!! Liz Stutzman- Principal

March 12 and 13th: Spring Break, NO school and end of 3rd Quarter

March 27th and 28th: School Musical performance in the old gym

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



Seniors should be busy working on both local and national scholarship applications. Deadlines for several local scholarships are quickly approaching!

The list of scholarship opportunities is updated almost daily. Click here to see what has been made available so far this year:

[Scholarship Central](#)

Many scholarship applications require the student to include a letter of recommendation.

Seniors are reminded to plan ahead!

A lack of planning on the student's part does not equal an emergency on the part of the individual writing the letter.

Give the writer a minimum of two weeks to plan and complete a quality letter of recommendation.

If any other area businesses, organizations, or families are interested in offering a local scholarship and would like to collaborate with the school, please contact Amy Hottovy, school counselor, no later than March 15.

A huge thank you goes out to our local benefactors for the many scholarship opportunities offered to our seniors!

Parents/Guardians of Juniors/Third-Year High School Students

Preparation for the state required ACT test on April 7 is underway for all students in their third year of high school.

Parents should have received an informational letter along with progress reports that were sent the third week in February.

If your son/daughter will be testing on April 7, please mark your calendar now. It is important for students to have a good night's rest the night before the test and to eat a healthy breakfast that morning.

Why is the ACT important?

- Most colleges and universities use ACT scores to judge a student's readiness for college *and* to determine if a student will be accepted to their institution.
- Doing well on the ACT can lead to more scholarships!
- The test provides information to students on their strengths for education and career planning.
- The State of Nebraska requires all third-year cohort students take the ACT as part of state accountability testing.
- ACT results will help school personnel better advise students with their education and career planning. Also, it gives the school another way to analyze the academic development of our students.

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. Thank you to all who have already begun partnering with the school!

Looking Ahead to Next School Year

Registration for next year's classes will soon take place. Upcoming 7-12 grade students are encouraged to visit with their parent(s)/guardian(s) about how they might challenge themselves by taking classes that are considered more difficult or rigorous, or maybe just a class that is outside a student's comfort zone.

Next year's high school students will soon be hearing from both the school counselor and Michael Morris, our Southeast Community College SENCAP representative, about a few ways they can earn college credit next school year. Take a look at this website for more information:

[SCC SENCAP](#)

Elementary Parents/Guardians

I hope your student has come home and talked about what he/she is learning during our elementary lessons. Maybe you have heard about "attentoscopes", "self talk", how to avoid "flipping our lid", or "empathy".

We use the Second Step curriculum at Friend, which focuses on Social-Emotional Learning. In other words, "In a world where emotional intelligence is critical for lifelong happiness, successful careers, and healthier relationships, social-emotional learning (SEL) is the process through which children and adults can better understand, manage, and express emotions and empathy, develop positive relationships, and make responsible decisions. SEL curricula teach children techniques that help them gain confidence, set and achieve positive goals, collaborate well, and navigate the world more effectively—adding a highly valuable dimension to education in the classroom," according to the Second Step website.

If you haven't heard your child talk about classroom lessons, ask any Kindergarten through 6th grader what he/she has learned during bi-weekly visits from Ms. Hottovy. I bet he/she can even show you belly breathing or figure 8 breathing!

March Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Pizza Chicken Strips Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2</p>	<p>Bacon Breakfast Toast Fiestada Mexican Rice Churro <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">3</p>	<p>Egg Taco Hamburger/Bun Chips <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">4</p>	<p>Breakfast Burrito Mandarin Orange Chicken Rice Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">5</p>	<p>Chocolate-Chocolate Chip Muffins Stuffed Crust Cheese Pizza Pudding <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 6</p>
<p>Donuts Chicken Nuggets Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">9</p>	<p>French Toast Chicken Quesadilla Santa Fe Koos Koos <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">10</p>	<p>Breakfast Bites Sloppy Joes Potato Smiles <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 11</p>	<p style="text-align: center;">NO SCHOOL Spring Break</p> <p style="text-align: right;">12</p>	<p style="text-align: center;">NO SCHOOL Spring Break</p> <p style="text-align: right;">13</p>
<p>Breakfast Pizza Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">16</p>	<p>Pancakes Chicken Sticks Mashed Potatoes Gravy <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">17</p>	<p>Cinnamon Roll Hamburger/Bun Baked Beans <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">18</p>	<p>Egg Omelet Taco Salad Toppings Refried Beans Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">19</p>	<p>Cherry Strudel Cheese Flatbread Green Beans <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 20</p>
<p>Donuts Meaty Nachos Toppings Corn Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">23</p>	<p>Sausage Breakfast Rounds Breaded Chicken Patty/Bun Cheesy Broccoli Jello <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">24</p>	<p>Egg Taco Spaghetti Bread Stick Shredded Cheese <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">25</p>	<p>Scrambled Eggs "2nd & 3rd Grade Lunch" Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">26</p>	<p>Sausage, Egg, Cheese Slider Cheese Pizza Mini Bagels Frosted Cake <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 27</p>
<p>Breakfast Pizza Mini Corn Dogs Seasoned French Fries <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">30</p>	<p>Apple Churro Hot Turkey Sandwich Green Beans Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">31</p>	<p>Meal Prices 2019-20 Breakfast.....\$1.80 Grades K-6 lunch \$2.75 Grades 7-12 lunch \$3.00 Extra lunch entrée..\$1.00 Milk (extra or snack time) \$.35</p>		<p>Friend Public School is an equal opportunity provider.</p>

EducationQuest Foundation College Planning Bulletin

*A monthly college planning guide for
Nebraska high school students*

March 2020

Wrapping up your senior year

Seniors...stay on track to college by completing these second-semester tasks:

Complete the financial aid process. By now, you should have filed your FAFSA (Free Application for Federal Student Aid). If you haven't, complete and file the form at fafsa.gov. If your college requests verification of your FAFSA information, you must submit required documents before the school will award financial aid.

Watch your student portal and email closely. Once you're accepted for admission, the colleges you listed on your FAFSA will notify you of the financial aid they're offering.

Keep your grades up. If you slack off and get poor grades this semester, your college could revoke your admission.

Apply for scholarships. See [ScholarshipQuest](#) at EducationQuest.org for Nebraska-based scholarships. You'll also find links to national scholarship sites that are EducationQuest-approved.

Make your final college selection. Notify the other colleges so they can take you off their mailing list.

Be aware of deadlines to accept financial aid and college admission offers, submit your housing deposit, and register for new-student orientation.

Juniors...it's time to narrow your college choices.

Narrow your college choices soon to prepare for these upcoming activities:

ACT Test. When you take the ACT this spring, you'll be asked to provide a list of colleges that should receive your score.

Completion of the FAFSA early next fall. You and your parents can complete the FAFSA beginning October 1 of your senior year. The colleges you list on the form will receive the results.

College applications. Early next fall, it will be time to apply to your top college choices. You'll get help at school if your high school holds an [Apply2College](#) event.

Campus visits will help you narrow your choices

Spring break is a perfect time to visit schools that interest you. Find campus visit tips in the ["Selecting a College" section](#) at EducationQuest.org.

These resources at EducationQuest.org will also help with your college search:

["Nebraska College Costs"](#) breaks down costs for all colleges in Nebraska.

[College Profiles](#) has details about colleges in Nebraska and across the country.

March 31 is deadline to apply for \$500 Scavenger Hunt Scholarship

To apply, create a [ScholarshipQuest](#) profile at EducationQuest.org and then scavenge around our website to find answers to questions on a survey. We'll draw two winners from those who answer all questions correctly. [Click here](#) for details.

March "To Do" List

Seniors

- ___ If you haven't already, [complete your FAFSA!](#)
- ___ Watch for financial aid award notifications.
- ___ Continue applying for [scholarships](#).

Juniors

- ___ [Register](#) by February 28 for the April 4 ACT.
- ___ [Register](#) by April 3 for the May 2 SAT.
- ___ Schedule campus visits.

For free help with college planning, contact EducationQuest Foundation:

Omaha 402-391-4033 888-357-6300

Lincoln 402-475-5222 800-303-3745

Kearney 308-234-6310 800-666-3721

Scottsbluff 800-303-3745 ext. 6654

EducationQuest.org

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#) for a chance to win a [\\$500 scholarship!](#)

Your Journey to College Begins with Us



March is National Nutrition Month*

As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving children in meal

preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family!

What is a “healthy” diet?

A healthy eating plan is one that :

Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products.

Includes lean meats, poultry, fish, beans, eggs, and nuts.

Is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars.

Stays within your calorie needs.



Focus on Healthy Food Choices - Choose the GREEN, YELLOW, and RED foods:

GREEN FOODS – are the lowest in fats and added sugar. They are *nutrient dense* with a better source of vitamins, minerals, and other nutrients important to health. Examples of GREEN foods are fruits, vegetables, whole grains, fat-free and low-fat milk products, lean meats, poultry, fish, beans, egg whites, or egg substitute. Include lots of GREEN foods into your *daily* diet!

YELLOW FOODS - are higher in fat, added sugar, and calories. YELLOW foods include vegetables with added fat, white refined bread flour, low-fat mayonnaise, 2% low fat milk products, peanut butter, pizza, baked chips, and mac and cheese. Have slow foods *sometimes*.

RED FOODS – are the highest in fat and sugar. They are *calorie dense* foods and low in vitamins, minerals, and other needed nutrients. Examples of WHOA foods are whole-milk products, fried foods, bakery sweets, candy, soda, chips, sugary cereals, and creamy salad dressings. Have RED foods *once in a while*, and when you do have them, have small portions.

*Adapted from <http://wecan.nhlbi.nih.gov/>



William Yokel & Kylie Weber visited the Kindergarten class during National FFA Week (February 24-28) to teach the Kindergarten class about agriculture.

Learning about Agriculture



Our Friend fifth and sixth-grade spellers represented the Bulldogs well at the county spelling contest on February 12, 2020. While none of the students placed, they did a great job competing!

**Back Row
Aniston Meints, Babe Weber, Marlie Johnson**

**Front Row
Keltyn Kirchhoff, Lindsey Landis, Taylin Schluter**



**Winners of 2020 Cupcake War
Senior High Division**

Appearance:

1st Place: Katelynn Schluter

Tie for 2nd Place: Emily Black, William Yokel

Taste:

Tie for 1st Place: Joanna Yu, Emily Black

2nd Place: Kate Houlden

People's Choice: William Yokel

Money earned will be donated to a Community Service Organization

**Winners of 2020 Cupcake War
Junior High Division**

Appearance:

1st Place: Mataya Schwisow

2nd Place: Lilly Ellison

Taste:

1st Place: Reagan Bartley

2nd Place: Lilly Ellison

People's Choice: Reagan Bartley

Money earned will be donated to a Community Service Organization



Friend FCCLA Members Earn Gold

Members of the Friend FCCLA Chapter traveled to Seward for District II STAR Competition on Friday, January 24th. Competing in the Nebraska Event, Family Challenges and Issues, were Shelby Steyer and Andrew Lunt. They planned and completed a project collecting winter coats. They received 61 coats that were then donated to the People's City Mission in Lincoln. Shelby and Andrew received a gold medal and will be competing at the state level in April. Competing in the Focus on Children event were Kendyll Pavel and Jyllean Beck. The girls formed a project that emphasized the importance of reading and eating healthy. They visited the second grade as part of their project. They received a gold medal and are waiting results for state competition. In the Job Interview Event was Kate Houlden. Kate participated in a job interview and shared a portfolio that was created for this event. Kate will be competing at the state level with a gold medal at the District level.

The competitors are congratulated for their hard work at this first level of STAR competition. STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and occupational preparation. Schools in District II of FCCLA include Centennial, Milford, Seward, Waverly, Lincoln Southwest, Lincoln Southeast, Crete, Fairbury and Friend.



FCCLA Service Project at People's City Mission

In January, FCCLA members traveled to People's City Mission in Lincoln to help serve lunch. The members spent over two hours serving and helping in the cleanup following the meal. This community service project was an opportunity to help and serve others.

Also as part of the trip, the group delivered winter coats to the mission. FCCLA members Shelby Steyer and Andrew Lunt organized a coat drive as part of their FCCLA STAR project. Over 60 coats were collected and delivered to help those in need. Shelby and Andrew will be presenting their STAR project at the state competition in Lincoln on April 6th.

FCCLA Members at People's City Mission from left to right: Shelby Steyer, Corina Grimaldo, Andrew Lunt, and Emily Black

Andrew Lunt and Shelby Steyer are shown delivering winter coats to the People's City Mission as part of their STAR project.



FREE Child Development Screenings

for children ages Birth - 5
Monday March 16, 2020

2:00 - 4:00 pm

at

Friend Public School

*Call to schedule your
30 minute appointment*

402-759-3143



Storage Shed For Sale



for
Sale

8 x12 shed built by
FPS Construction Class
\$1500

Contact Jay Hitchcock
email:

jay.hitchcock@friendschool.org

or cell: 402-432-2489

Bulldogs of the Month



Amy Tomlinson
7-12 Ag Education



Kate Houlden
Senior



Friend High School presents

"Once Upon A Mattress"

Friday, March 27 - 7 p.m.

(Time on Friday may need to be adjusted due to students participating in State Speech -- please watch the school website and school social media sites for updated time if necessary).

Saturday, March 28 - 7 p.m.

Tickets: Adults \$7 Students (K-12) \$5

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

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM