



# FRIEND PUBLIC SCHOOL MARCH 2021



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



Junior High Students pictured with their cupcakes.  
Left to Right:  
Rose Zamora, Megan Gordon, and Taylin Schluter



Senior High Students pictured with their cupcakes.  
Front row- Deven Collier and Gracia Scholl  
Back Row- Zoe Foster, Katelynn Schluter, and Shyann Smith



## 2021 Cupcake Wars

Recently the Friend FCCLA Chapter sponsored the annual Cupcake War for two age groups, Senior High and Junior High students. The cupcakes were judged in the design category, while the entire student body was able to vote through monetary donations. The event was held in conjunction with FCCLA Week on February 8th-12th.

Junior High students displayed their cooking talents by making a variety of cupcakes. Winners in the design category were: 1st-Taylin Schluter, 2nd-Megan Gordon, and 3rd-Rose Zamora. People's Choice winner for the Junior High division was Taylin Schluter.

This year, nine students in grades 9-12 also created many different types of cupcakes. Winners in the design category were: 1st-Katelynn Schluter, 2nd-Gracia Scholl. Collecting the most money was Katelynn Schluter.

Thanks to all the participants and individuals for purchasing cupcakes. Approximately \$100 was collected and will be donated to a community service organization.





**From the**

## **Superintendent's Desk**

It is hard to believe that about a year ago we closed our doors to in-person learning and quickly had to adjust to a new method of instruction. It will go in my books as one of the most challenging tasks I have had to face as a school administrator. Today, we are finishing our 7<sup>th</sup> month of in-person instruction and witnessing restrictions being lessened and more of normalcy taking place. Our last known COVID case in our school occurred back in December. This is great news as our school continues to remain healthy and strives to focus on educating our students. We also know that we are still susceptible to COVID and remain diligent in our protocols and practices. We do not want to revert back to when we were hit hard with COVID in November and many staff and students were quarantined. That was a very challenging time I do not wish to repeat.

We do consistently remind students that the contact tracing remains the same if a positive case enters our school. Students are asked to wear masks when they cannot social distance from others, and continual hand washing occurs. If a student is exposed to COVID, was not wearing a mask, and was six feet or closer to the individual for 15 or more minutes, he/she would need to quarantine at home. This is not a school rule but rather a mandate from the Health Department. I believe the best practice to keep kids in school is to not send the ones who show illness or COVID symptoms to school. Obviously, if they are sick but not here, we are safe to keep all healthy students in school.

I again want to thank the teachers and staff who have worked so hard to adjust their skill of teaching throughout this whole pandemic. Instead of complaining and finding excuses why they should not be in school, they have been innovative, positive, and optimistic to remain open. We know the best teaching occurs in person, and our staff has delivered since day one. I also want to thank the parents and community for their continual support. Thank you for your understanding, patience, and flexibility with our plans, even as they have changed without warning. This has made our job less stressful, and the focus can remain on teaching our students.

As spring approaches, I look forward to reaching the finish line in May and am proud of this district. In the end, we did our best, and I feel we have accomplished many things with the given circumstances.

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### **Student Council Food Drive**



Student Council is hosting their annual Food Drive March 22 - 26th. Each class, grades 7-12, has a goal of collecting 7 cans per student. The class with the greatest number of cans beyond their goal will earn the afternoon off to watch a movie! By participating in the food drive, you will be doing your part to HELP PEOPLE IN OUR COMMUNITY!!!

**LET'S DO THIS BULLDOGS!!!**





# Stutzman's Side Notes

"Color Your Life With Happiness"



During our February Bulldog Buddies time, the staff and students took the time to write cards for our each one of our staff members. The kids enjoyed "Spreading the Love," and the staff enjoyed the positivity and kind words.

Our winter sports teams will be wrapping up their seasons. Thank you to all of the community members who came out to support our student-athletes and also for watching on Striv. A special thank you to the students and coaches for all for their hard work.

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

Thank you to all of the people who purchased old jerseys from our jersey sale! It was a fun experience listening to people tell stories and reliving fun experiences and fond memories, just by picking up a jersey! We will be selling football jerseys in the fall at the Friend Homecoming Game. If you would still like a jersey, please e-mail me at [liz.stutzman@friendschool.org](mailto:liz.stutzman@friendschool.org).

Thank you once again to our families for your continued efforts to keep your child and the rest of our students and staff safe by washing masks and water bottles, keeping your sick child at home, and making sure your child comes to school dressed appropriately for the cold weather.

Keep up the great work! Go Dawgs!!! Mrs. Stutzman- Principal

## Important Dates to Mark Down this Month

March 3<sup>rd</sup> (2:00 release)

March 4<sup>th</sup> and 5<sup>th</sup>: Spring Break!

March 12<sup>th</sup>: End of 3rd Quarter

March 26<sup>th</sup> and 27<sup>th</sup>: School Play

### **Scholarships**

- 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.
- 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 March 23 is underway for all students in their third year of high school.
  - Parents will soon be receiving an informational letter from the school.
- If your son/daughter will be testing on March 23, 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", "empathy", or "being assertive."
- 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.



# MARCH



**Sunday**

**Monday**


**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

	<i>Start of Spring Practice</i>  JH Quiz Bowl @ Thayer Central 3:30  District Speech @ Shickley 9:00  <b>1</b>	BB District Final @ TBD  FFA CDE @ SCC-Beatrice  <b>2</b>	<b>2:00 out</b>  <b>3</b>	<b>NO SCHOOL</b> <b>Spring Break</b>  <b>4</b>	<b>NO SCHOOL</b> <b>Spring Break</b>  <b>5</b>	<b>6</b>
		Girls State Basketball - Lincoln				
	BOE - Media Center 7:30  <b>7</b>		<i>FCA Lunch Meeting</i>  <b>9</b>		<b>2:00 out</b>  <i>End of 3rd Quarter</i>  <b>12</b>	<b>13</b>
		BoysState Basketball - Lincoln				
  EMF FFA Chapter Meeting in Friend 5:30  <b>14</b>			<b>ST. PATRICK'S DAY</b>  HS Quiz Bowl @ Lewiston  County Government Day @ Wilber  <b>17</b>	State Speech @ Kearney  <b>18</b>	<b>2:00 out</b>  State Speech @ Kearney  <b>19</b>	HS Quiz Bowl @ David City 9:00  <b>20</b>
	JH Quiz Bowl @ Southern TBA  <b>21</b>		<i>FCA Lunch Meeting</i>  Pioneer Conference Indoor Track Meet @ Doane 8:30  <b>24</b>	Musical Matinee TBD  <b>25</b>	<b>2:00 out</b>  Musical 7:00  EMF FFA Officer Meeting in Friend (Ag Room) 2:30  <b>26</b>	Musical 7:00  <b>27</b>
		TR-Turkey Creek Relays @ Friend 10:00  <b>28</b>	Golf @ Syracuse Invite 9:30  HS Quiz Bowl @ Seward 8:00  <b>31</b>	For the most current and up to date information, please go to: <a href="http://www.pioneerconference.org">http://            www.pioneerconference.org</a> and click on Friend or check the calendar on the school website: <a href="http://friendbulldogs.org">friendbulldogs.org</a>		

# Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Donut</b> Chicken Nuggets Mashed Potatoes Gravy Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>1</b></p>	<p><b>Egg, Bacon Pizza</b> Chicken Fajita Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2</b></p>	<p><b>Breakfast Bites</b> Fiestada Rice Churro</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:00 out</b></p> <p><b>3</b></p>	<p><b>NO SCHOOL</b> <b>Spring Break</b></p> <p><b>4</b></p>	<p><b>NO SCHOOL</b> <b>Spring Break</b></p> <p><b>5</b></p>
<p><b>Breakfast Pizza</b> Chicken Strips French Fries Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>8</b></p>	<p><b>Pancakes</b> Tomato Soup Grilled Cheese Goldfish</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>9</b></p>	<p><b>Egg Taco</b> Hamburger/Bun Green Beans Pudding</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>10</b></p>	<p><b>Breakfast Wrap</b> Sloppy Joes Potato Smiles</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>11</b></p>	<p><b>Chocolate-Chocolate</b> <b>Chip Muffin</b> Cheese Flatbread Corn</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:00 out</b></p> <p><b>12</b></p>
<p><b>Donuts</b> Meaty Nachos Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>15</b></p>	<p><b>Breakfast Burrito</b> Hot Dog/Bun Chili Shredded Cheese</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>16</b></p>	<p><b>Cinnamon Roll</b> Chicken Patty/Bun Cheesy Broccoli Jell-O</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p> <b>17</b></p>	<p><b>Chocolate Covered</b> <b>Mini Donuts</b> Hot Turkey Sandwich Green Beans Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>18</b></p>	<p><b>Cherry Strudel</b> Stuffed Crust Cheese Pizza Cooked Carrots</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:00 out</b></p> <p><b>19</b></p>
<p><b>Breakfast Pizza</b> Mandarin Orange Chicken Rice Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>22</b></p>	<p><b>Breakfast Wrap</b> Taco Salad Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>23</b></p>	<p><b>Scrambled Eggs</b> Hamburger/Bun Baked Beans</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>24</b></p>	<p><b>Egg Omelet</b> Chicken Sticks Mashed Potatoes Gravy Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>25</b></p>	<p><b>Biscuits &amp; Gravy</b> Mini Corn Dogs Tator Tots</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:00 out</b></p> <p><b>26</b></p>
<p><b>Donuts</b> Sub Sandwich Chips Cookies</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>29</b></p>	<p><b>Egg, Bacon Pizza</b> Spaghetti Breadsticks Shredded Cheese</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>30</b></p>	<p><b>Breakfast Bites</b> Chicken Quesadilla Corn Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>31</b></p>	<p><b>March</b></p>	



## 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 it's a great way to spend time together as a family!

What is a "healthy" diet?

A healthy diet is one that emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products. A healthy diet includes lean meats, poultry, fish, beans, eggs, and nuts. It is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars. Stay 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 that are important to health. Examples of **GO** 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 in your daily diet!*

**YELLOW FOODS** - are higher in fat, added sugar, and calories. **SLOW** 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 yellow foods sometimes.*

**RED FOODS** - are the highest in fat and sugar. They are calorie dense foods and are 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/>



Congratulations to  
Megan Rumery for  
earning "Best Of Show"  
honors at the  
Pioneer Conference  
Art Show!!

For Bulldog Buddies, the students made Valentines for ALL of the staff members at Friend Public School! It was a great way to spread positivity, and the students had fun making our staff members feel appreciated. Awesome job!



Our Kindergarteners are feeling really PAWSITIVE !!! Way to go, kids !!





# EducationQuest Foundation

# College Planning Bulletin

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

**March 2021**

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## Virtual College Fair is March 2-3

Attend the EducationQuest Virtual College Fair March 2-3 to visit with representatives from nearly 75 colleges and to hear from college-prep experts. Register at [eqf.org/collegefair](http://eqf.org/collegefair).

College reps will be available during these times, but you can visit college booths any time:

Tuesday, March 2 from 9 a.m. - Noon CT

Wednesday, March 3 from 5:00 - 8:00 p.m. CT

Live presentations March 2 at 9:30 a.m. and 10:30 a.m. will cover critical college-prep tasks for seniors and juniors.

A presentation March 3 at 6:00 p.m. will provide answers to common questions about the FAFSA (Free Application for Federal Student Aid).

For more details, visit [EducationQuest.org](http://EducationQuest.org).

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## 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 completed your FAFSA. If you haven't, do so at [studentaid.gov](http://studentaid.gov). If your college requests verification of your FAFSA information, submit required documents so that the school can award your 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 get poor grades this semester, your college could revoke your admission.

**Apply for scholarships.** See [ScholarshipQuest](#) at [EducationQuest.org](http://EducationQuest.org) for Nebraska-based scholarships. You'll also find links to national scholarship sites.

**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.

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## **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.

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## **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.
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## **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.

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## **March "To Do" List**

### **Seniors**

- \_\_\_ Don't miss the [Virtual College Fair](#) March 2-3.
- \_\_\_ If you haven't already, [complete your FAFSA!](#)
- \_\_\_ Watch for financial aid award notifications.
- \_\_\_ Continue applying for [scholarships](#).

### **Juniors**

- \_\_\_ Don't miss the [Virtual College Fair](#) March 2-3.
  - \_\_\_ [Register](#) by March 12 for the April 17 ACT.
  - \_\_\_ [Register](#) by April 8 for the May 8 SAT.
  - \_\_\_ Schedule campus visits.
- 

**For free help with college planning, contact EducationQuest Foundation:**

<b>Omaha</b>	<b>Lincoln</b>	<b>Kearney</b>	<b>Scottsbluff</b>
402-391-4033	402-475-5222	308-234-6310	308-708-7199
888-357-6300	800-303-3745	800-666-3721	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*

# **7th - 11th Grade Fundraiser** **Student Council Dodgeball** **Tournament**

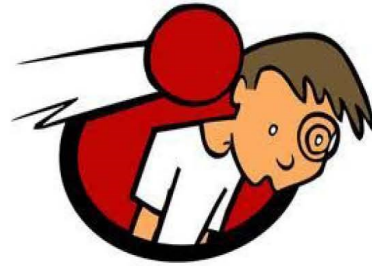
**Friday, March 12, 2021**

**7:00 pm**

Teams of 6 (must have at least 2 girls)

\$60 per team (3 game minimum)

Prizes for the best team costumes



**Registration and Fees due Wednesday, March 10, 2021**

**Spectators are welcome! \$3 per person**

**Masks are mandatory unless competing**

# Dodgeball Tournament

## 7th - 11th Grade Class Fundraiser

Sponsored by Friend High School Student Council

When: **Friday, March 12, 2021 at 7:00 P.M.**

Where: West Gym, Friend High School

Cost: **\$60 per team - Proceeds divided evenly amongst grades 7 - 11.**

### Guidelines:

- Maximum of 6 players per team (teams can have students from mixed grade levels)
- Open to grades 7-12th Friend Public School students ONLY
- Each team must have at least 2 girls and 2 boys
- **Clean tennis shoes only on gym floor - non-marking soles**
- 5 minute time limit for each game except the championship
- Concessions (candy bars and drinks) will be available for purchase
- Spectator admission - \$3 per person (to be divided evenly amongst grades 7 - 11)
- Teams in costume will be entered for a prize

Team Name: (School appropriate) \_\_\_\_\_

Captain \_\_\_\_\_

Phone Number: \_\_\_\_\_

Member \_\_\_\_\_

Member \_\_\_\_\_

Member \_\_\_\_\_

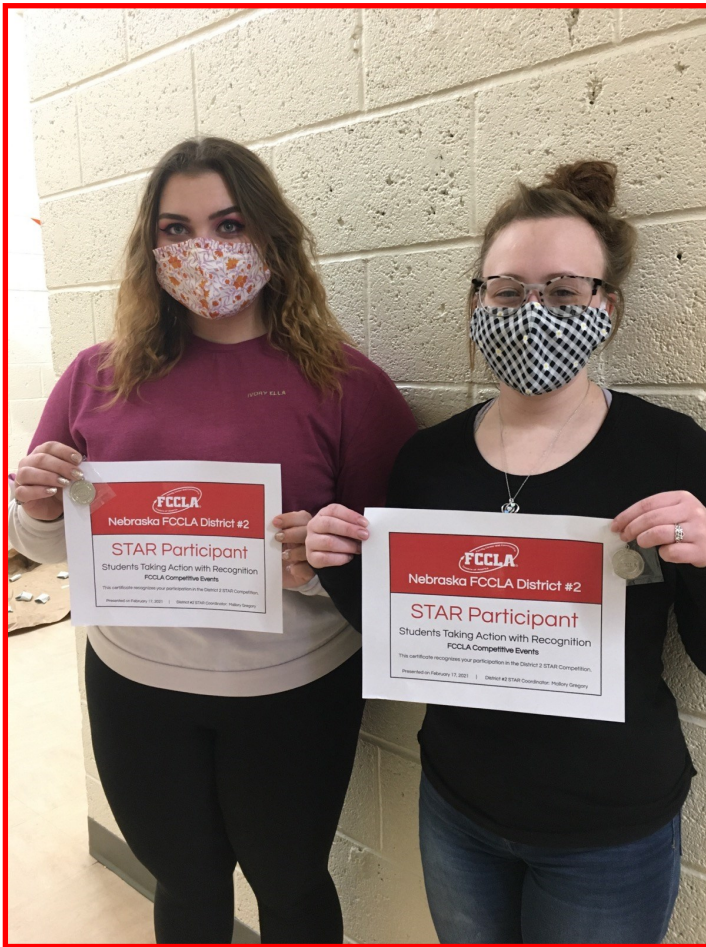
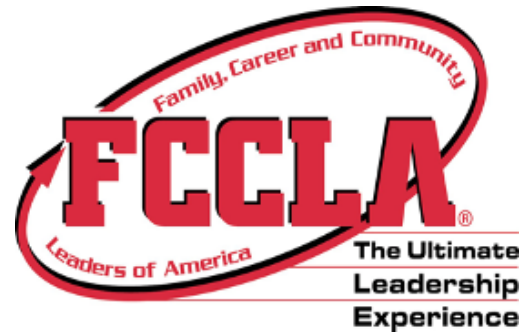
Member \_\_\_\_\_

Member \_\_\_\_\_

FRIEND PUBLIC SCHOOL, FHS Student Council MEMBERS AND SPONSORS, FACULTY AND ADMINISTRATION ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS OR ANY INJURIES THAT OCCUR TO PLAYERS DURING THIS TOURNAMENT. EACH MEMBER CHOOSING TO COMPETE AGREES THAT THEY ARE IN GOOD HEALTH AND AWARE OF THE RISKS INVOLVED IN THIS TYPE OF COMPETITION. MASKS ARE MANDATORY UNLESS COMPETING.

Questions? Ask a Student Council member or Mrs. Niemeier

**REGISTRATION and Fees DEADLINE: Wednesday, March 10, 2021**



## ***FCCLA STAR Events Qualify for State Competition***

District 2 FCCLA STAR competition looked different for 2021. Student projects for STAR were judged virtually in the month of February. Four Friend FCCLA members will be moving on to the state competition being held this spring.

Earning a silver medal was the team of Shelby Steyer and Andrew Lunt in the Chapter Service Project Portfolio. The sophomore members planned and organized a project of collecting personal care items for donation to Matt Talbot Kitchen and Outreach. Jyllean Beck and Kendyll Pavel also earned a silver medal in the competition. The senior team organized a cooking project for 6<sup>th</sup> graders.

STAR, which stands for Students Taking Action with Recognition, is a competitive event for FCCLA members. The purpose of STAR is to assist students in developing leadership, citizenship, and skills for personal, family, and community life. The program is designed to be a learning experience for members individually or as a team. Members select topics and prepare presentations benefiting themselves, their schools, families, or communities.

# Bulldogs of the Month



**Jeff Hill**  
**Maintenance**  
**& Transportation**



**Zoe Foster - Senior**  
**Elijah Black - Junior**

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