

# the Bulldog NEWSLETTER

## MARCH 2017



### 2017 Cupcake War



Left: Junior High students displayed their cooking talents by making delicious cupcakes. Winners in the appearance category were; 1st- Gracia Scholl, 2nd- (Tie) Abby Eberspacher and Katelynn Schluter. Winners in the taste category were; 1st-Parker Lofing, 2nd-(Tie) Gracia Scholl and Zoe Foster. Collecting the most money was Gracia Scholl.

Recently the Friend FCCLA Chapter sponsored the annual Cupcake War for the two age groups, Senior High and Junior High students. The cupcakes were judged in the design and taste categories while the entire student body was able to vote through monetary donations.

This year, 13 students in grades 9-12 also created many different types of cupcakes. Winners in the appearance category were: 1st-Chase Dyer, 2nd- Megan Klenke and 3rd-Holly Manalili. Winners in the taste category were---1st-Brianna Ziegler, 2nd-Megan Klenke and 3rd- (Tie) Shileigh Oceguela and Dani Klenke. Collecting the most money were 1st- Holly Manalili and Shileigh Oceguela. Over \$175 collected through the donations and sale of the cupcakes will be donated to the Relay for Life to be held later this spring. Thanks to all the participants and individuals purchasing cupcakes.





# March 2017



For the most current and up to date information regarding times and locations please check the Pioneer Conference calendar which can be accessed through [friendbulldogs.org](http://friendbulldogs.org)

FCA Lunch Meeting  
Mr. Hitchcock's room

Speech -  
McCool Junction

1

2

3

4

Pioneer Conf.  
Speech @  
Diller-Odell

FFA District  
CDE @  
Beatrice  
  
7-12 Music Con-  
cert

End Of 3rd  
Quarter



March 9-10  
No School

5

6

7

8

9

10

11

Daylight  
Savings  
Time  
begins  
Set clocks  
ahead  
1 hour

District Speech  
@  
HTRS

BOE - Media  
Center 6:30

12:30 Dismissal  
  
Sr. High Pioneer  
Conf. Quiz Bowl -  
Friend Hosts

JH Music Contest  
@ Malcolm

FCA Lunch Meeting  
Mr. Hitchcock's room



12

13

14

15

16

17

18

JH Pioneer  
Conference  
Quiz Bowl @

TR - Pioneer  
Conf. Indoor  
Meet @ Doane  
8:30

State Speech @  
Kearney

19

20

21

22

23

24

25

TR - Turkey Creek  
Relays Meet (@  
Friend)  
10:00

Golf @  
Syracuse 9:30

JH TR -  
Friend Inv.  
10:00

**INTO  
THE  
WOODS  
JR.**



FCA Lunch Meeting  
Mr. Hitchcock's  
room

Musical Matinee  
2:00

Musical 7:00

26

27

28

29

30

31





The JV boys basketball team competed in the Deshler Boys JV Tournament on Saturday, Feb. 18. They defeated Centennial & Deshler to bring home 1st place for the second year in a row. Congratulations boys!!

Back Row: Coach Jared Segner, Kyle Dickinson, Logan Pfeiffer, Julian Thomas, Ray Sharkey, Dakota Lueders

Front Row: Darren Segner, Mason Kelley, James Anderson



Congratulations to the Jr. High Boys Basketball team on their 3rd place finish at the Exeter-Milligan tournament on Feb. 4

Pictured: Top row left to right: Frank Filipi, JB Drake, Christian Weber, Cooper Girmus, Owen Schluter  
Middle row: Keagan Newsome, Fred Hausman, Jesse Duba  
Front row: Deven Collier, Parker Lofing



## Attention: Preschool and Kindergarten Parents

Tuesday, April 11th will be Friend Public School Early Childhood Round-Up for eligible children planning to attend school for the 2017-2018 school year. Important information will be shared regarding curriculum and program expectations. Necessary paperwork will be available that evening and this will need to be completed prior to the May 18th deadline. This will be a parents only meeting. The evening will begin at 6:30 P.M. in the commons and will end at 7:15 P.M. Please bring your child's birth certificate and any current immunization records. Staff will be available to answer any questions that you may have related to Friend's Early Childhood Education program. We look forward to this informative meeting and visiting with you. If you have any questions, please contact the school at 947-2781. Children must be age 3, 4 or 5 on or before July 31, 2017.

Professionally,  
Alyson Dickinson - Elementary Principal  
Abby Brandt -Kindergarten Teacher  
Sadie Jons-Preschool



# Social Media and Us...

By Lacey Franzen



On Wednesday, February 15, Friend Public School hosted Karen Haase from KSB School Law in Lincoln, Nebraska. Karen presented to 5-12 grade students and the staff on issues facing students and adults today on social media and the digital age. The students and staff found the presentations very informative. Ask your student what they learned; it's good stuff!

I subscribe to many articles by Dr. Tim Elmore. Dr. Elmore is an international speaker and teaches leadership courses at schools around the world. Founder of Growing Leaders and the author of many books, Dr. Elmore is incredibly “passionate about understanding the emerging generation and helping adults teach them how to become leaders in their schools, their communities, and their careers (Elmore, 2017 para. 1).” His latest article is on social media. He spoke of the author Simon Sinek and how the author states that the use of social media has a very addictive effect on users. The chemical, dopamine, is released in us when that notification sound comes from our devices.

Dr. Elmore gives five ways or “guardrails” to protect your student from social media in his article:

**1. Establish clear boundaries.**

Why not construct mutual boundaries that both adults and students must maintain? It could be a boundary on hours spent on social media or where it's OK to use it. Just like we have times and places for smoking in airports.

**2. Think substitutes.**

Why not create a list of items that could be used as a substitute for social media? Smokers often chew gum—why not substitute reading or board games for Instagram or Facebook? It will require creativity but it's the best way to beat a habit.

**3. Teach moderation.**

When people reach adulthood, they're allowed to legally drink. So we often say: “There's nothing wrong with alcohol. The problem's too much alcohol.” What if you established a limit on hours or locations for social media?

**4. Equip them for face-to-face relationships.**

Addictive habits can diminish essential skills we need. Dependence on one muscle can cause others to atrophy. What if we spent time on intentional training for interpersonal skills and emotional intelligence for our students on social media?

**5. Enable them to discover purpose.**

Finally, the best way to overcome a bad habit is to acquire a strong sense of purpose.

Friedrich Nietzsche wrote, “He who has a why to live for can bear almost any how.” What if we fostered conversation with students on their sense of mission in life (Elmore, 2017, para. 5)?

This article helps me put into perspective that even though I really enjoy social media, I must limit my time in which I use it. It's a great tool to connect with my friends and family. That being said, I need to remember just that. It's a tool! The same goes for our students. Please check out the full article. Have a great end of the third quarter!

**Sources:**

Elmore, Tim. “Tim's Biography.” Growing Leaders, [growingleaders.com/tim-elmore/](http://growingleaders.com/tim-elmore/), para. 1. Accessed 21 February 2017

Elmore, Tim. “Five Ways to Protect Students From Social Media.” Growing Leaders, 21 February 2017. [growingleaders.com/blog/five-ways-protect-students-from-social-media/](http://growingleaders.com/blog/five-ways-protect-students-from-social-media/), para. 5. Accessed 21 February 2017.



# Principal's Moment from Mrs. Dickinson Elementary Principal & Guidance Counselor

To The Parents of Friend Elementary Students,

February 10th, 2017

I want to take a moment to thank our fourth grade students for a job well done on their NAEP test this week. The NAEP is a national test that compares our 4th grade students to other 4th grade students across Nebraska and our country. Our school was selected last fall to participate in this test. A lot of work went into getting everything ready for the students to take this exam. The students did a terrific job and they should be so proud of their efforts. Way to go Bulldogs!!

January 25th was the 100th day of school. So many wonderful activities were planned throughout the day to celebrate this milestone. Every activity dealt with the number 100. The halls and classrooms were decorated to acknowledge this special occasion. Everyone in the elementary had a wonderful time.

Spring conferences were held on Tuesday February 7th. Conferences are a time when parent and teacher come together to share vital information about the student. Communication between a teacher and parents is important. Students are more successful when all parties are involved in the educational process. Spring conferences tend to focus on the gains this year and what is needed as the student moves towards May and the next grade level.

Our elementary certificated staff returned on January 25th and February 1st to the Lincoln Public School District. While visiting Arnold Elementary the staff had an opportunity to continue collaborating with other educators about our reading program and other ideas to help our students succeed in this core area.

I have arranged for the theater department at York College to bring their production of Once Upon a Wolf to Friend Elementary. The performance will take place on Tuesday April 25th at 9 a.m. in the old gym. They will also be bringing the production to the San Carlo room on Sunday April 23rd at 2 p.m. for families to enjoy together. Please mark your calendars NOW!!!

The elementary staff continues to work hard to educate these fine young minds. I always see so many exciting learning activities taking place as I walk through rooms. Please remember that you are always welcome to stop in to see your child(ren) learning. We love showcasing the students accomplishments. Some exciting happenings coming-up within our elementary:



March 8th-End of third quarter  
March 9th- 10th-NO SCHOOL-Spring Break  
March 13th-Fourth quarter (last one) begins  
March 13th- 24th-Elementary MAP Testing



**This spring, elementary students will be participating in a family literacy program called the "One School One Book" program this spring. The media center has teamed with FCCLA to purchase a copy of Pie by Sarah Weeks for each family in the elementary. This book is a charming family friendly story about friends, family, a cat and of course, pie. Look for the book and program information to be arriving at home with the oldest elementary student in each family within the first few days of March. Watch the school web site for activity announcements and photos of this event.**



5th and 6th graders competed in the Saline County Spelling Contest in Wilber on February 8th.

It took 8 rounds and a total of 80 words to determine the top four spellers. Kylie Olson, 6th grader, finished in 4th place, receiving a yellow ribbon and qualifying to compete at the district contest in Fairbury. All other spellers competed well and proudly represented Friend. Congratulations Kylie and all spellers!



Students participating left to right: Jacob Weber(alternate), Shyann Smith, Andy Drake, Lilly Ellison, Kylie Olson, Zoey Borgman, Shelby Jo Lawver(alternate), and Kiarra Fennell



At Nebraska's State Cheer and Dance Competition on Saturday, February 19, Black Lightning won first place in Jazz and took third place in Pom performances. Pictured front row left to right: Maggie Vyhnaelek, Kate Houlden, Isabel Eberspacher, Holly Manalili, Claire Kubicek  
Back row left to right: Josie Vyhnaelek, Mikayla Hausman, Josie Scholl, Emma Niemeier, Josie Hulse, Sponsor Deborah Sizer





# March Lunch Menu


Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>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.</b></p>		<p><b>Breakfast Bites</b> Grilled Cheese Tomato Soup Gold Fish Crackers</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:30 Dismissal</b></p> <p>1</p>	<p><b>Biscuits &amp; Gravy</b> Fiestada Mexican Rice Churros</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>2</p>	<p><b>Cherry Strudel</b> Cheese Calzones Marinara Sauce Frosted Cale</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>3</p>
<p><b>Donuts</b> Chicken Nuggets Mashed Potatoes Gravy</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>6</p>	<p><b>Egg &amp; Sausage Patty</b> Meaty Nachos Toppings Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>7</p>	<p><b>Cinnamon Rolls</b> Chicken Quesadilla Chicken &amp; Herb Koos Koos</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:30 dismissal</b></p> <p>8</p>	<p>Spring Break NO SCHOOL</p> <p>9</p>	<p>Spring Break NO SCHOOL</p> <p>10</p>
<p><b>Breakfast Pizza</b> Stromboli Marinara Sauce</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>13</p>	<p><b>French Toast</b> Mandarin Chicken Rice Pudding</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>14</p>	<p><b>Blueberry Muffins</b> Chili Shredded Cheese Cinnamon Rolls</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:30 dismissal</b></p> <p>15</p>	<p><b>Breakfast Burrito</b> Chicken Strips Tator Tots</p> <p><i>12:30 Dismissal Lunch for Elementary Only</i></p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>16</p>	<p><b>Biscuits &amp; Gravy</b> Mini Corn Dogs Macaroni &amp; Cheese</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p> 17</p>
<p><b>Donuts</b> Soft Shell Taco Toppings Bread/Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>20</p>	<p><b>Pancakes</b> Breaded Chicken Patty/Bun Sweet Potato Wedges</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>21</p>	<p><b>Cinnamon Rolls</b> Cavitini Shredded Cheese Bread Sticks</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:30 Dismissal</b></p> <p>22</p>	<p><b>Egg Taco</b> Sub Sandwich Chips Cookie</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>23</p>	<p><b>Cherry Strudel</b> Stuffed Crust Cheese Pizza Brownie</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>24</p>
<p><b>Breakfast Pizza</b> Hot Dog/Bun Chili Shredded Cheese</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>27</p>	<p><b>Sausage, Egg &amp; Cheese Slider</b> BBQ Pork/Bun Seasoned French Fries</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>28</p>	<p><b>Breakfast Rounds</b> Hot Beef Sandwich Mashed Potatoes Bread &amp; Butter</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p><b>2:30 Dismissal</b></p> <p>29</p>	<p><b>Breakfast Bites</b> Sloppy Joes Frosted Cake</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>30</p>	<p><b>Biscuits &amp; Gravy</b> Hamburger/Bun Baked Beans</p> <p><i>Fruit &amp; Veggie Bar</i></p> <p>31</p>



*Friend Music Department presents....*

## A Spring Concert

Tuesday, March 7, 2017 - 7:30 p.m.

Friend Public School East Gymnasium

*Featuring...*

Junior High Choir

Junior High Band

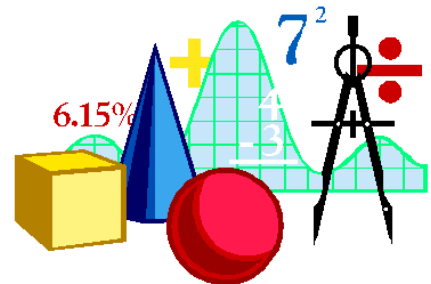
High School Choir

Concert Band

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## Hidden Figures

On February 6, the students in College Algebra and Calculus loaded up in a van and headed to Seward to watch the film *Hidden Figures*. This movie tells the incredible untold story of three African-American women who were the brains behind launching John Glenn into orbit. These three brilliant NASA employees overcame many obstacles to finally prove themselves as competent mathematicians in a mostly white-man's occupation. Because of their intelligence and determination, the nation's confidence was restored and the Space Race was turned around.



On the ride back to Friend, a little mathematical discourse ensued. Here are some of the comments made:

“The movie was amazing and fascinating!” ~ ~Shelly Hunt

“It was inspiring--they defied the odds.” ~ ~Tanner Smejdir

“We learned history that is not in the history books.” ~ ~Kaitlynn Kool

“Women of color overcame the stereotype of not being able to do mathematics.” ~ ~Brooke Baugh



Friend High School Presents.....

# INTO THE WOODS JR.

Music and Lyrics by STEPHEN SONDHEIM  
Book by JAMES LAPINE

Originally Directed on Broadway  
by James Lapine  
Orchestrations by Jonathan Tunick

~ ~ ~ ~ Original Broadway production by ~ ~ ~ ~

Heidi Landesman  
M. Anthony Fisher

Frederic H. Mayerson  
Rocco Landesman

Rick Steiner  
Jujamcyn Theaters

*Originally produced by the Old Globe Theatre, San Diego, CA*

**Director**  
Soriya Chum

**Music Director**  
Pauleena Sears

**Choreographer**  
Socheata Poouv

**Stage Manager**  
Andrew Kissam

**Thursday, March 30, 2017 ~ 2 PM**

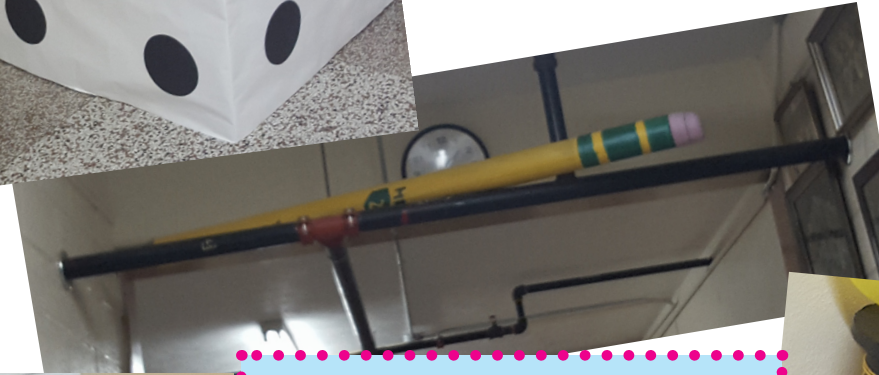
**Friday, March 31, 2017 ~ 7 PM**

**Saturday, April 1, 2017 ~ 7 PM**

**Tickets \$7 Adults, \$5 Students**

Into the Woods JR. is presented through special arrangement with  
and all authorized materials are supplied by  
Music Theatre International, New York, NY  
(212) 541-4684 mtishows.com

# POP ART



Interesting pieces of art have been "popping" up around the school!  
How many have you spotted??  
Take a walk around.....  
look high & low!!  
See how many you can find next time you're in the building!





# FFA Week





**Elementary Student Council members made Valentines for our community! They were sent to the hospital, fire department, and police station.**



This photo shows some of the new books the media center was able to purchase with the over \$400 in donations it received from the distribution of the Beckett cookbooks. Because dinosaurs were a favorite of Beckett Arp, many of the titles reflect that theme. However, books on other topics are also being acquired so lots of children can share in the joy Beckett found in a good book.





# News from the 2017 Speech team....



Pictured left to right:  
Breana Derr, Josie Scholl, Holly Manalili, William Yokel, Mikayla Hausman, Hannah Manalili. Not pictured: Danielle Klenke and Dominique Lyew-Sang.



Josie Scholl and Holly Manalili - 1st Place Duet at Sandy Creek Invite



Holly Manalili - 1st place Serious at Sandy Creek

Upcoming events are:  
March 4th at McCool Junction;

March 6th - Conference Speech at Diller-Odell;

March 13th - District Speech at Humboldt.

Good luck to the team with the remaining season!



Holly Manalili - 1st place Serious at Osceola Invite



Hannah Manalili and Mikayla Hausman - 4th place Duet at Sandy Creek Invite

# BULLDOGS OF THE MONTH

Faculty - Mr. Jay Hitchcock

Student - Megan Klenke



Hot Lunch Information  
Lunch prices for the 2016-17 school year:  
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

Elementary students who have had a teacher recommend summer school, the letters will be going out soon so be watching the mail for those.

Dates are May 30- June 22  
Monday-Thursday  
8:30-11 a.m.

PRSR STD  
ECRWSS  
U.S.POSTAGE  
PAID  
EDDM