

the Bulldog Newsletter

November 2016



T-Kindergarten & Kindergarten Classes
visit Friend Fire Station during Fire Prevention Week



T-Kindergarten class



Kindergarten class





November 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>VB Sub-Districts @ Wilber-Clatonia TBD</p>  <p>1</p>	<p>FCA Lunch Meeting Mr. Hitchcock's room</p> <p>2:30 Dismissal</p> <p>2</p>	<p>VB District Finals TBD</p>  <p>3</p>		
<p>6</p>	<p>Pioneer Vocal Clinic @ Friend Concert - 7:00</p>  <p>7</p>	<p>JH WR Friend Invite 4:00</p> <p><i>Election Day</i></p> <p>8</p>	<p>FCA Lunch Meeting Mr. Hitchcock's room</p> <p>Red Cross Blood Drive East Gym 9-3</p> <p>JH Quiz Bowl AMI @ Seward</p> <p>9</p>	<p>JH GB vs. Wilber-Clatonia 6:00</p>  <p>10</p>	<p>Veteran's Day</p>  <p>Program- 11:00 East Gym</p> <p>State Volleyball - Lincoln</p> <p>11</p>	<p>One Act Play Production @ York</p>  <p>12</p>
<p>13</p>	<p>Winter Sports Practices Begin Winter Sport Parent Meeting 7:00</p> <p>BOE 6:30</p> <p>14</p>	<p>JH GB vs Sutton 4:00</p> <p>One Act Dinner Theater - San Carlo Room 7:00</p>  <p>15</p>	<p>County Government Day - Wilber</p> <p>Pioneer Conf. One Act @ TBD</p> <p>2:30 Dismissal</p> <p>16</p>	<p>JH GB @ Heartland 4:00</p> <p>JH WR @ Crete Inv. 6:00</p> <p>College Fair Grades 9-12 8:30-1:00</p> <p>17</p>	<p>JH WR @ Dorchester 5:00</p> <p>18</p>	<p>One Act Play Production @ Pawnee City</p>  <p>19</p>
<p>20</p>	<p>Student Council - State Convention @ TBD</p> <p>State Football @ Memorial Stadium</p> <p>21</p>	<p>JH WR @ Fillmore Central 5:00</p> <p>22</p>	<p>Thanksgiving Break NO SCHOOL</p> <p>23</p>	<p>Happy Thanksgiving</p>  <p>24</p>	<p>Thanksgiving Break NO SCHOOL</p> <p>25</p>	<p>26</p>
<p>27</p>	<p>Basketball Scrimmages 6:00</p> <p>JH WR @ Wilber-Clatonia 7:00</p> <p>One Act Play Districts - @ TBD</p>  <p>28</p>	<p>One Act Play Districts - @ TBD</p>  <p>JHGB vs. Dorchester 5:00</p> <p>29</p>	<p>FCA Lunch Meeting Mr. Hitchcock's room</p> <p>2:30 Dismissal</p> <p>30</p>	<p>Hot Lunch Information <u>Lunch prices for the 2016-17 school year:</u></p> <ul style="list-style-type: none"> 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 		

For the most current and up to date information on times and locations, please visit the Pioneer conference website which can be accessed through friendbulldogs.org



FROM THE SUPERINTENDENT MR. KRAUS



Being Safe and Getting Ready for Winter

When I woke up this morning, the house was feeling a little colder than normal. I went out to my car and was greeted with a small sheet of frost on my window. Although I do not want to accept the signs, it is inevitable that winter will soon be here and I have come to grips with reality.

As your school superintendent, it is my responsibility to ensure the safety of our students at all times. Whether in our school or in a school vehicle, this is something we take very serious and are always evaluating our protocol. We have an established safety team which meets quarterly as well as safety audits from outside agencies. We practice fire, bus evacuation, lock downs, and tornado drills to name a few. We also have a crisis team in place for emergencies and methods to respond. All in all, I feel very good about the safety and security we have for our students and wanted to ensure the community we have them in place and practice them regularly.



With that said, now that colder weather is upon us, there is always a chance of inclement weather which could cause the school to have a late start or cancel school. Last year we incorporated BlackBoard Connect which is a service that can send out messages instantly through phone call, text and/or email. This will be our first line of communication to inform you when school will be cancelled. Once the call goes out, I will then contact the news stations to have it broadcast.



If you do not have your phone or cell phone registered with the school, or have changed phone numbers over the past year, you will not be able to receive a call through this service. Also, if you have changed emails or wish to add one, please contact the school to ensure we have accurate information. We want to be sure all parents receive all information through BlackBoard as it is used not only for emergencies.

Hopefully this winter will not be too severe, but if it is, we will be prepared. Take care and be safe!!!



Sincerely,
David Kraus, Superintendent

BULLDOGS OF THE MONTH

November 2016

Faculty - Mrs. Johnson-Clouse

Students- Electric Car Team

(Caden Pearson, Isabel Eberspacher, Megan Klenke,
Keighton Moore, Edward Ethridge, Jay Lawver, Zeb Gomez)





PIONEER CONFERENCE VOCAL CLINIC

Friend Public School East Gymnasium

Monday, November 7, 2016

7:00 p.m.

Join Diller Odell, Friend, Johnson Brock, Southern, Sterling and Tri County Choirs for an evening of song!

One Act Dinner Theatre 2016

"The 9 Worst Breakups of All Time" by Ian McWethy

Nov. 15 ~ 7:00 ~ San Carlo Room

Ticket Prices:

Adult Dinner ticket: \$17

Student Dinner Ticket: \$15

Full Table (8 People): \$125

Individual Seats for just the show: \$5

Make checks to: Friend Public School

Please contact Devin Rethman at school to make reservations by Tuesday, Nov. 8



**Apple Jack
Festival in
Nebraska City
on Sept. 17**





from Mrs. Dickinson
Elementary Principal/Guidance Counselor

October 21, 2016

On Saturday October 8th 2016, many, many families came out to enjoy Friend's Fall Carnival. It was a beautiful afternoon filled with games, prizes and delicious food. A BIG THANK YOU goes out to those of you who supported and helped with this spectacular event.

Elementary conferences were a BIG success. Once again elementary parents shined in their attendance. We had 97.2% attendance on Tuesday October 4th. There were 140 out of 144 families in our elementary building that evening. Thank you for supporting your child in their educational journey. The reason your child attends school is to learn. Working together as a TEAM we can help them achieve optimal success!! It was nice to see and visit with all of you.

Oct. 10-14 the elementary students celebrated Fire Prevention Week. All elementary students took a field trip to our local volunteer fire station. They learned fire safety tips and received a tour of the facility. The fire department arrived at school (equipped with their trucks and gear) for an all school fire drill. We all made it out of our building in record time.

Tuesday, Oct. 25 your child took a field trip to our local hospital. They toured the facility to learn more about our healthcare system in Friend. I believe in supporting and partnering with our local businesses. It is important for our students to know all that is available and offered in our small community. We do have a lot!!!

Red Ribbon Week was October 24-28. The Elementary Student Council planned some special activities. Thanks to Mrs. Wiese and Miss Wall (StuCo sponsors for taking the lead on this event).

The week of November 1st-11th is our Elementary Food Drive. Many items are needed in our local food pantry. Please consider sending in some items that were listed on the note that was sent home last week. This is considered our Community Service Project for the elementary. Students need to learn and understand the importance of giving. Our goal is 1,000 items. We have reached this goal in past years. Let us do it again!! A van will pick-up the supplies on Monday November 14th. The items will be sorted and distributed to families in need. Thanks in advance for giving!!! IT IS THE BULLDOG WAY!!!

First quarter ends today. I cannot believe how time passes so quickly. Congrats to all the Elementary Bulldogs for a job well done!!! Keep up the great work!!!

Upcoming Dates to Remember:

November 1st-11th-Elementary Food Drive

November 11th-Veteran's Day-Wear red, white or blue to honor our heroes!!

November 23rd-27th-NO SCHOOL THANKSGIVING BREAK!!!

GET READY FOR DECEMBER!!!!



Friend College Fair 2016

On Thursday, November 17 students in grades 9-12 will be participating in this year's college fair. Mrs. Dickinson has invited 30 colleges from across the state of Nebraska to come and present their colleges.

This event will be held in the west gym from 8:30 - 1:00.

Eberspacher selected to 2016 Nebraska All-State Chorus



We are pleased to announce that Isabel Eberspacher has been selected to the 2016 All-State Chorus as a Soprano II. She will arrive in Lincoln in November for two days of rehearsal, followed by a concert under the direction of Dr. Richard Bjella, director of Choral Studies at Texas Tech University, at 4:30 p.m. on Friday, November 18 at the Lied Center for Performing Arts. Congratulations, Isabel!!



Kindergarten Field Trip



On Friday, October 14th Kindergarten and Transitional Kindergarten attended the Roca Berry Pumpkin Patch and the Braun Pumpkin Farm. At the Roca Pumpkin Patch students and parents got to ride on a hayrack ride, jump on jumping pillows, feed goats, ride trikes, play in corn, do an obstacle course and much more. Mr. and Mrs. Braun were very gracious in letting Kindergarten come to their Pumpkin Patch Farm. Mrs. Braun explained the pumpkin life cycle and let us see many examples of seeds, flowers, and small pumpkins. Each child was then able to pick a pumpkin and wash it to take home. We are very thankful for them to let us come to their farm.



See more pictures later in the newsletter



November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast Burrito Meat Lovers Stromboli Marinara Sauce <i>Fruit & Veggie Bar</i>	Blueberry Muffins Chicken Nuggets Mashed Potatoes/Gravy <i>Fruit & Veggie Bar</i>	Bacon Breakfast Toast Soft Shell Taco Toppings Bread/Butter <i>Fruit & Veggie Bar</i>	Cherry Strudel Stuffed Crust Cheese Pizza Pudding <i>Fruit & Veggie Bar</i>
	1	2	3	4
Donuts Mini Corn Dogs French Fries <i>Fruit & Veggie Bar</i>	Egg Taco K-2 Plain Crunchy Chicken 3-12 Tangerine Chicken Rice Brownie <i>Fruit & Veggie Bar</i>	Cinnamon Rolls Hog Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i> 2:30 dismissal	French Toast Sausage Gravy & Biscuit Breakfast Rounds Apple Juice <i>Fruit & Veggie Bar</i>	Biscuits & Gravy Mini Steak Fun'Zah Calzones Santa Fe Koos Koos <i>Fruit & Veggie Bar</i>
7	8	9	10	11
Sausage, Egg & Cheese Sliders Fiestada Mexican Rice <i>Fruit & Veggie Bar</i>	Pancakes K-6 Chicken Strips 7-12 Spicy Chicken Strips Mashed Potatoes <i>Fruit & Veggie Bar</i>	Breakfast Burrito Chili Shredded Cheese Cinnamon Rolls <i>Fruit & Veggie Bar</i> 2:30 dismissal	Scrambled Eggs "Thanksgiving Dinner" Sliced Turkey Mashed Potatoes/Gravy Hot Rolls Pumpkin Dessert <i>Fruit & Veggie Bar</i>	Donuts Meaty Nachos Toppings Bread/Butter <i>Fruit & Veggie Bar</i>
14	15	16	17	18
Breakfast Pizza Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i>	Egg Omelet Hamburger/Bun Sweet Potato Wedges <i>Fruit & Veggie Bar</i>	NO SCHOOL 	Happy Thanksgiving 	NO SCHOOL
21	22	23	24	25
Breakfast Bites Cheese Calzones Marinara Sauce <i>Fruit & Veggie Bar</i>	Scrambled Eggs BBQ Pork/Bun Frosted Cake <i>Fruit & Veggie Bar</i>	Cinnamon Roll Hot Beef Sandwich Mashed Potatoes Bread/Butter <i>Fruit & Veggie Bar</i> 2:30 Dismissal	<div style="border: 1px dotted black; padding: 5px;"> <p> 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. </p> </div>	
28	29	30		



Mr. Dempsey's Two Cents

Parent Teacher Conferences went pretty well considering the severe weather we had lurking around our area that day and evening. We had roughly about 75% attendance. It is usually a long day for our teachers but it is a good opportunity to visit with parents about students' performance. It is a great way to find out what's going on in the classrooms as well. I truly appreciate your patience as the lines at times to visit with a teacher can be quite long as we enter into the evening hours. Thank you for your attendance and hope to see you again at our spring Parent Teacher Conferences.

Parents if you need a Powerschool log-in and password to keep track of your child's progress please contact the school and we will get you set up. Powerschool is a wonderful tool to track their performance and even a great way to talk with your child on what they are actually doing in their classes.

A quick reminder with the winter sports season fast approaching; Parents, children should not be left unattended in the commons, concourse, or outside the building. This is an accident waiting to happen and creates a potential liability problem for the school. We expect children of all ages to be in the gym supporting their teams (home or away). Please help us, and we can all enjoy the game. Thank you for your cooperation.

I am very pleased to announce that detentions, tardiness, and absences through the 1st quarter are all lower than last year at this time. The credit for this goes to the teachers and students for being here on time ready to teach and learn. We have rewarded the students and staff for doing such a great job with a yak-n-snak after our Red Ribbon Week speaker on Monday, October 24, 2016. Please give our students and staff a pat on the back for a job well done.

Trip to National FFA convention in Indianapolis



Six FFA students traveled to Indianapolis Oct. 18-22 for the National FFA Convention. While at national convention, the students were able to watch competitions, explore the expo center, and visit workshops. Some of the competitions they enjoyed watching were Creed Speaking and Parliamentary Procedure. While at the expo center the students were able to walk around and talk to different Ag businesses, companies, and colleges. The different workshops they attended included everything from how to apply for FFA scholarships to learning ways to talk with someone who is against and uneducated about

antibiotics and grass fed beef. Some of the highlights of the trip include getting a ride from their Oklahoma friends when the Nebraska buses left them downtown, getting free Culver's ice cream twice a day, and listening to speakers Mike Pence and Johnny Rodgers.

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2016

Friend Public Schools
Health & Wellness Program

BEST BITES

Road trip activity

Planning a road trip over winter break? Take along a soccer ball or a Frisbee. Your child



could use these to let off steam—and get in some physical activity—during rest stops. Or teach her a few stretches to do on the way. For example, to loosen tight shoulders, slowly roll them forward 10 times and then backward 10 times.

DID YOU KNOW?

You can increase the whole grains your family eats by using white whole-wheat flour in recipes. This unbleached flour is milled from a type of wheat that is as nutritious as traditional whole wheat but milder in flavor. Replace up to half of the flour in your recipes with the white whole-wheat variety—without noticing a difference.

Healthy apps

Try using free apps to help reach your family's health and fitness goals. Look for kid-friendly ones that let your youngster run and jump while he solves puzzles and plays games. Or find ones that let you track calories, create an exercise routine, or assemble an upbeat playlist to dance to.

Just for fun

Q: Why did the turkey cross the road?

A: It was the chicken's day off!



Nutrition label reading 1-2-3

Help your youngster take charge of her health from the start by making healthy choices at the grocery store. Learning how to read the nutrition labels on food packages is as easy as 1-2-3!



1. Compare serving sizes

Have your child read the single-serving size on various cartons and bags. Does she think it's realistic? For example, a small package of chips may contain three servings. If she eats all of it, she has eaten three times the calories and salt shown. Help your youngster remember to check out serving sizes—and do the math!

2. Know your nutrients

Talk about where to look for higher or lower numbers on nutrition labels. For instance, healthier foods will be high in *fiber*, *vitamins*, or *minerals* and low in *sugar*, *sodium*, or *saturated fat*. Encourage your child to locate foods with 20%

or more Daily Values from the first group and 5% or less from the second group.

3. Read the ingredients

Ask your youngster to find the ingredient list, and then read it together. Point out that the items are listed in order from biggest to smallest amount by weight. Then, can she find foods with five or fewer ingredients? (Those tend to be healthier.) How about foods with sugar in the first few ingredients? (Those are less healthy.)

Pinpointing the right sport

How do you find a sport or activity your child will love? Consider these suggestions.

Ask for input. Talk to your youngster about what activity interests him. He may already have one in mind from what he has enjoyed on the playground, watched older siblings play, or seen on TV.

Match your child's personality. An outgoing youngster might like a team sport, such as soccer, basketball, or hockey. A quieter one may prefer something that relies more on individual effort, like ice-skating, gymnastics, or swimming.

Find a supportive coach. Check out the instructors or coaches. The best ones are focused on developing skills, encouraging teamwork, and having fun. Coaches who emphasize competition and winning are probably not a good fit at this age.



Ordering meals for kids, not kids' meals

Eating out is fun, fast, and convenient for many parents. The challenge is finding child-sized menu options that are both nutritious and appealing to your youngster. Use these strategies.

● **Request smaller portions.** Ask to order a half-size portion off the main menu—some restaurants will be willing to oblige. Or let your child make a healthy



appetizer into a meal by choosing soup, salad, shrimp cocktail, or turkey sliders.

● **Share an entree.** Think about splitting an entree with your youngster. Today's large portions mean that a single entree may be enough for both of you. *Tip:* Have your server bring an empty plate so you each have your own.

● **Look for updated kids' menus.** More fast-food restau-

rants are swapping out fried foods for grilled items, French fries for fruit, and soda for water or nonfat milk. Check around for the ones doing this, and make those your go-to places. You'll be able to take advantage of smaller portions at lower prices—without sacrificing nutrition. ♥

ACTIVITY CORNER

Jump rope games

Jumping rope is great exercise and improves coordination. Here are two fun games to play.

Snake in the grass

Stretch a jump rope along the floor, and have a player hold each end. They shake the rope so it wiggles like a snake. The other players take turns running toward the rope and jumping over it. Anyone whose feet touch the rope is out. Play until two kids are left—they become the next "snake holders."

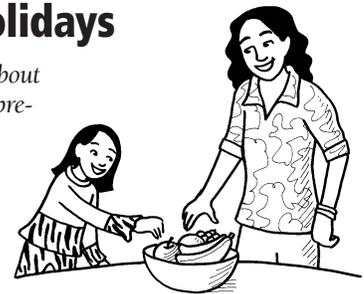


Q&A Get through the holidays

Q: *As much as I love the holiday season, I worry about my family gaining too much weight. How can we prevent that?*

A: Enjoying the holidays without going overboard on its goodies is a challenge—but not impossible. One strategy is to avoid grazing. Encourage your children to eat only when they're sitting down. Also, keep healthy snacks on hand, such as fruit and nuts, to help everyone resist the temptation to nibble on holiday treats.

Then, avoid skipping meals to "save up" calories and splurge at holiday meals or parties. This can set a model that you don't want your children following. Going a long time without eating puts your metabolism in starvation mode. At that point, they might lose the ability to sense when they're full until after they've eaten more calories than they had saved! ♥



In and out

Two people begin turning a jump rope in full circles. One by one, players run in, jump once, and run out. Next round, everyone jumps twice. Continue adding another jump for each round. If you don't jump enough times or you touch the rope, you're out. The last player remaining is the winner. ♥

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To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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IN THE KITCHEN

Celebrate National Sandwich Day

The Englishman John Montagu, the fourth Earl of Sandwich, is believed to have invented the sandwich. In honor of his birthday November 3, give these recipes a try.

Caprese grilled cheese. Brush a little olive oil on two slices of bread. Place one slice oil-side down, and layer with mozzarella cheese, a tomato slice, and fresh basil leaves. Top with the other slice of bread, oil-side up. Grill in a preheated pan for 10 minutes, turning once to brown each side.



Turkey and cranberry sauce. Spread cranberry sauce on one slice of whole-wheat bread. Add leftover Thanksgiving turkey, shredded romaine lettuce, and another slice of bread.

Roast beef and cheddar wraps. Cover a spinach tortilla with 2 tbsp. cream cheese, leaving a 2-inch border. Add deli roast beef slices, shredded cheddar cheese, grated carrot, and fresh spinach leaves. Roll tightly, tucking in the sides as you go. ♥

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

November 2016



FAST TAKES

Breakfast "muffins"

Consider using the weekend to make breakfast in a muffin tin. In a bowl, whisk 12 eggs, $\frac{1}{2}$ cup shredded cheese, 1 cup chopped leftover vegetables, a splash of milk, and salt and pepper to taste. Divide the mixture into a muffin pan sprayed with nonstick spray. Bake at 350° for 15–20 minutes. When done, you'll have grab-and-go "egg muffins" for the week! (Keep refrigerated until ready to eat.)

Take the stairs

You don't need a stair-climber machine at home to get the benefits of a stair-climbing workout. Encourage your teen to make up her own exercise routine using the stairs or bleachers at school, or the stairs in your house or apartment building. She can even take the laundry upstairs while she's at it!



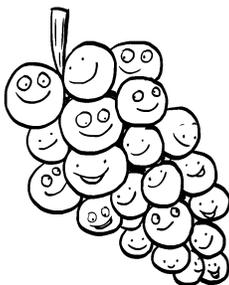
Did You Know?

Iron is a mineral that helps move oxygen throughout the body so you have the energy you need. You may have heard that you can get iron from spinach, and that's true. Other great sources include beef, chicken, beans (green, pinto), tofu, canned sardines, pumpkin seeds, and iron-fortified cereals.

Just for fun

Q: Why are grapes never lonely?

A: Because they grow in bunches!



Handling the holidays

'Tis the season to be surrounded by food. From Thanksgiving through New Year's Day, food always seems to be around. Help your family stay healthy throughout the holidays with these tips.

Stock the kitchen

Keep healthy snacks on hand, such as cut-up vegetables, nuts, and string cheese. Fruits like tangerines, oranges, and pears are particularly tasty this time of year. With those foods around, your child won't see brownies, cookies, and pies as the only options for a snack.

Stay active

Ask your teen to come up with ways your family can be extra active during winter break. You could contribute ideas, too. Perhaps you'll spend time walking around your own town as a "tourist" or simply turn on music to dance off those holiday meals.



Get inspired

Put your creative thinking caps on, and brainstorm ideas for healthy holiday appetizers and side dishes (white bean dip, shredded carrot salad). Have fun making them together. Then, be sure to take photos of your creations.

Let them eat waffles

While school is out, your tween or teen could play hostess and catch up with her friends at home. Help them enjoy a do-it-yourself waffle bar complete with whole-grain waffles, berries, nut butters, and pure maple syrup. ♡

Quick workouts

There's always time for exercise! Here are two ways for your teenager to fit in a quick workout at home.

● **Kick it in gear.** Have him beat holiday or everyday stress with a series of jabs, hooks, uppercuts, and high kicks for an energizing kickboxing session. He can check out a video from the library or find one online to learn the moves.

● **Do bench dips.** For this exercise, just get a stable chair. With feet flat on the floor, sit at the edge of the chair. Place your hands behind you, palms down, on the seat. Bend your elbows to lower your body toward the ground. Go back up (without sitting down). Repeat for 30 seconds. ♡



Give broccoli a chance

Does your child skip his veggies? There's hope! Try these strategies to get him to eat more vegetables.

Find recipes. Ask your child to search in cookbooks or online for vegetable recipes that appeal to him. Maybe he'll decide on a vegetable stir-fry or ratatouille for tomorrow's dinner.

Break an egg. Slice a head of cauliflower into thick pieces, and roast at 400° for 30–45 minutes, until browned and



slurped. Then, serve veggies on top of veggies with this idea: Puree peas (frozen, thawed), steamed broccoli, or roasted red peppers, and mix the puree into the pasta sauce. ●

caramelized. In the last few minutes, have your teenager make sunny-side-up eggs. Place an egg on top of each cauliflower “steak.”

Pump up the “pasta.” Use a vegetable peeler to create thin ribbons or noodles out of zucchini or butternut squash. Saute the ribbons, and top with marinara sauce for a fun and colorful meal that can be twirled or

ACTIVITY CORNER Cheer your way to fitness



Your tween or teen doesn't have to be a cheerleader to get the benefit of a cheer workout. Share these moves to “cheer up” her next workout—with or without pom-poms.

Give me a V!

Jump up with your knees bent high, lifting your arms up and out into a “V” for victory. Land with your feet together.



Give me a T!

Make two fists. Stretch arms straight out at shoulder height to form a letter “T.” Bring arms in to the chest to form a half “T.” Repeat to cheer your “team” on to a win!

Give me an X!

Stand with feet apart and arms stretched at angles above your head to form an “X” with your body. Alternate toe touches, touching one hand to the opposite foot. ●

Q & A The scoop on protein powders

Q: My son wants to add protein powder to his smoothies. Is this a good idea?

A: Protein powders have been around for years but have become more popular recently. Athletic teens are especially curious since these powders are advertised as a way to quickly build muscle.

Protein powders are available in whey, casein, soy, pea, and other blends. But not all protein powders are created equal. Though many are perfectly safe, some contain extra vitamins, minerals, or additives that may be more than your son needs. Plus, they can be expensive!

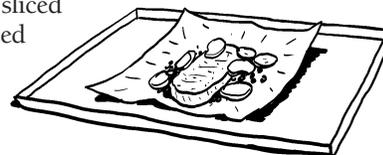
Luckily, protein powders really are not necessary. As part of his regular diet, your teen can easily get the protein he needs by eating lean meats, fish, poultry, soy nuts, eggs, and dairy foods like milk, yogurt, and cheese. ●



In the Kitchen Fish in foil

Get all hands on deck for a fish packet-making party! Whether you use salmon, tilapia, cod, or another type of fish, this easy prep idea lets everyone add their own flavors.

1. For each serving, place one 3–4-oz. fillet on a piece of aluminum foil.
2. Let each person add his favorite vegetables, perhaps sliced bell peppers, diced onions, cubed potatoes, or corn (frozen or canned).
3. Drizzle each serving with ½ tsp. olive oil. Season with pepper, fresh lemon juice, and your favorite herbs and spices, such as garlic powder, parsley, or Italian seasoning.
4. Fold the foil over the top, and seal tightly. Put the packets on a sheet pan.
5. Bake at 350° for 15–20 minutes.



Tip: Flake leftover fish into warm, soft tortillas for quick fish tacos. Top with crunchy shredded cabbage for a delicious and nutritious meal. ●

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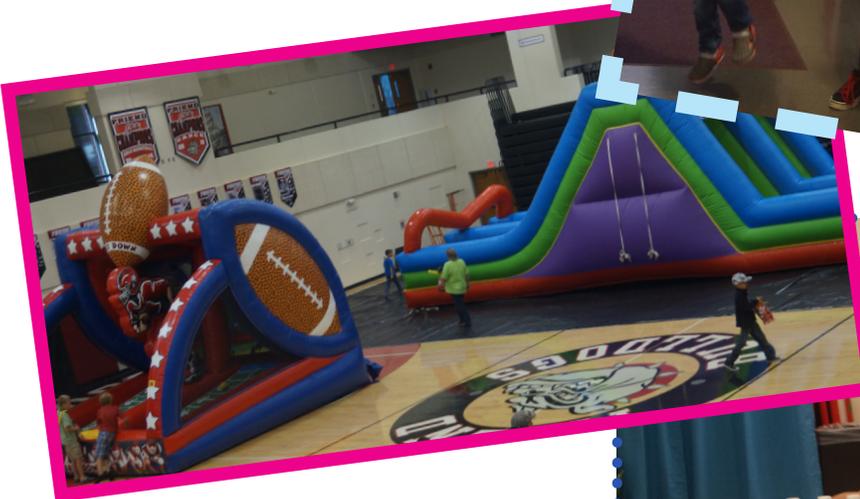
Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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FUN AT THE FRIEND

CARNIVAL

photos courtesy of Lori Sizer,
Friend Sentinel reporter





Welcome Fall



Sophomores Study the 'Westward Movement'



The Sophomore American History class recently completed a unit of study on westward movement. The class spent a beautiful day, Wednesday, September 28th, visiting Homestead National Monument near Beatrice and Rock Creek Station outside of Fairbury as part of this study of westward movement. The morning was spent touring Homestead National Monument's visitors' center and viewing the movie 'Land of Dreams,' using GPS handheld devices and compasses to find historical points of interest on the Homestead's prairie and a visit to the Freeman one room school house. After lunch the students viewed the new orientation video in the visitors center before retracing a portion of the Oregon and Pony Express Trails at Rock Creek Station State

Historical Park near Fairbury. Students also visited the site of the legendary shooting of David McCanless by Wild Bill Hickok. Mr. Martin & Shirley Gautreaux were the sponsors of the field trip. Those students attending included: Layla Al-Bumohamed, Edwen Baptista, Bridgette Baugh, Chase Dyer, Charly Fritsche, Marea Holman, Caleb Jensen, Cooper Lofing, Hannah Manalili, Abrianna Miller, Blair Miller, Blaze Miller, Emma Niemeier, Alysa Rumery, Jacob Schwab, Coltyn Vajgrt, Slater Wells and foreign exchange Students: Rasmus Linnestad, Laura Mailund, Julian Thomas, and Alice Wirsen.





Veteran's Day Assembly 2016

Friday, Nov. 11 11:00 East Gym

The public is welcome to join the staff & students of Friend Public School as we salute our veterans.



Breakfast at 9:30 in commons for Veteran's and their spouses.

Questions please contact Mrs. Dickinson.

- Musical selections from the Friend Band & Choir
- Student speakers honoring our veterans.



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