

# the *Bulldog* Newsletter



## August 2017

### Welcome Back Students and Staff!

#### Welcome Back- Facility Update

I would like to welcome all students back to what will be another successful school year. We have been preparing all summer for the return of our students and are looking forward to filling the hallways and classrooms with our young minds. Many changes have occurred over the summer which are highlighted below.

1. Our elementary has added three new classrooms utilizing the once large multipurpose room. We have created a Life Skills program, Title room and elementary principal's office. By doing this, we have removed all partitions that made up classrooms that were not suitable for learning and replaced with walls and doors.
2. Roof - The roof on the older part of our building received a lot patch work and resealing. These are the things you don't typically see, but can have a devastating result if not taken care of. Our building and roof are in great shape and we will continue to monitor it year to year.
3. Key Fob- Many schools have switched to an electronic key system which is a controlled access to our building for safety and security. Friend Public School is now equipped with this system. Eventually, all old exterior keys will be obsolete and only key fobs will be used to access our building. Patrons who have a need to use our facility will have to contact the school and fill out a form to obtain a key fob just as they have done in the past for keys.
4. Other improvements to the school include new carpet in the 6th grade, new front doors to the school, new LED lighting throughout the high school and elementary, and refinishing the two gym floors.

As you can see, there have been many upgrades and improvements to our school which we are very proud of. It takes a lot of sweat and hard work in preparing the school for students to return, and I want to thank the custodial crew for all their hard work.

As always, please feel free to contact me if you have any questions or concerns throughout the year. Open and honest communication is crucial for the success of our school and students.

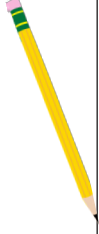


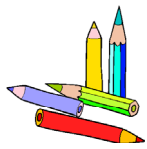
Enjoy the remainder of the summer and see you very soon.

Educationally yours,  
David Kraus, Superintendent

**First Day of School for K-12    Wednesday, August 16    12:30 Dismissal**  
**Preschool - August 22    3 yr. old - 8:10 - 11:15    4 yr. old - 12:00 - 3:35**

Friend Public Schools • 501 Main St. • PO Box 67 • Friend, NE 68359 • 402.947.2781  
Mr. David Kraus, Superintendent • Alyson Dickinson, Elem. Principal /Guidance Counselor  
Ben Dempsey, Secondary Principal • Jim Pfeiffer, AD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>*** New for 2017-18 ***</b> Please note that Wednesday Early Dismissal will be at <b>2:00</b> instead of <b>2:30</b> .				
		1	2	3	4	5
	SB, VB, FB Practices Begin  Fall Sport Parent Meeting 7 pm					
6	7	8	9	10	11	12
	<b>Teacher Work Day</b> Dance Camp (9-12) 9-2:30 7th Grade Orientation Commons 5:30-6:00  Walk-To-School Night(Elementary) 6:30-7:30  Board of Education 7:30 pm	<b>Teacher Work Day</b> Dance Camp (9-12) 9-2:30	<b>First Day of School 12:30 release</b> (Lunch served to Elementary only)			SB @ Freeman Invite (Doris Bair - Lincoln) 10 am
13	14	15	16	17	18	19
	Solar Eclipse  	<b>FIRST DAY of PRESCHOOL</b>  <b>SB vs Freeman 6:00</b>	<b>Wednesday Dismiss @ 2:00</b>	Scholarship Night (Seniors & Parents) Media Center 7 pm	FB @ Pawnee City 7 pm	SB @ Seward Invite 9:30am
20	21	22	23	24	25	26
	Band & Drill Team to State Fair	Elementary Curriculum Night 6:30-7:30	<b>Wednesday Dismiss @ 2:00</b>  Lions Club Vision & Hearing Testing	<u>School Photos</u> VB @ Freeman Inv. TBD  <b>SB vs Ashland-Greenwood 6:00</b>	For updated information, please go to <a href="http://www.pioneerconference.org">http://www.pioneerconference.org</a> and Click on Friend  	
27	28	29	30	31		

## from Mrs. Dickinson, Elementary Principal/Guidance Counselor

To The Parent of Friend Elementary Students,

Welcome back to the 2017-2018 school year. I hope everyone is having a wonderful summer. I am looking forward to seeing everyone on August 14th from 6:30-7:30 p.m. at our annual Walk-to-School Night. Please join me in seeing your new classroom and meeting your teacher(s). Let us all come together and celebrate the beginning of another new and exciting year of learning. School begins on Wednesday, August 16th at 8:10 a.m. and dismissal will be at 12:30 p.m. **All required physicals/immunizations are to be completed prior to August 16th. Your child will NOT be allowed to start school without the proper paperwork. This is STATE LAW!!!**

Preschool begins on Tuesday August 22nd. (The solar eclipse is happening on the 21st and we do not want our students and drivers outside during those stay inside warning hours (11-1:30) so preschool will begin a day later). Our 3 year old students will attend the morning session from 8:00-11:15 a.m. Our 4 year old students will attend the afternoon session from 12:00 p.m.-3:35 p.m. School is in session on M-Th. **There is NO preschool on Fridays. NO BREAKFAST OR LUNCH IS SERVED FOR PRESCHOOL CHILDREN.** They will have a milk and snack break.

Please mark your calendars for Tuesday August 29th from 6:30-7:30 p.m. This will be our Elementary Curriculum Night. Please join us to find out important information regarding your child(rens) classroom procedures.

There have been some minor changes in the elementary for this upcoming year. Mrs. Liz Stutzman will be our new 3rd grade teacher. Welcome to the Friend Bulldog Family Mrs. Stutzman!!! Mr. Clayton Moore will be our Life Skills educator. We have two new classrooms in the elementary commons area and I have a brand new administrative office. Construction was completed this summer. I look forward to having you see our new additions on August 14th.

Mrs. Amy Wiese, Mr. Clayton Moore, Miss Taylor Moore and Miss Deborah Sizer all taught our summer school program in June. We had 17 students attend our program. It was highly successful. I thank these four individuals for being committed to working with our Friend youth to help them maintain the necessary skills to be successful and achieve their goals.

I have been busy this summer planning another year full of exciting, productive and memorable learning experiences. We will have a MAGIC theme throughout our elementary building. I have planned a MAGIC pep rally for the first day of school. Many exciting happenings lie ahead for everyone. Let us all make it another memorable year at F.P.S.

As Friend's Elementary Principal and Guidance Counselor it is my continued honor and privilege to serve the students, staff and patrons of this wonderful school district and community.

I hope to see everyone on August 14th.

Mrs. Dickinson  
Elementary Principal

### Birth Certificates

Nebraska State Law requires each student entering school for the first time or transferring from outside of Nebraska to present the school a raised seal birth certificate. The copy from the hospital does not meet this requirement.

# Walk to School Night

## *Elementary Students*

Monday, August 14 6:30 - 7:30pm



--MEET YOUR  
TEACHERS--

--VISIT YOUR  
CLASSROOM--

Let's kick-off  
the beginning  
of a great new  
school year!

## 2017-18 STAFF CHANGES

**Natasha Fuehrer**  
is the new teacher  
for 7th - 9th grade  
Language Arts,  
9-12 Speech &  
Journalism

**Liz Stutzman**  
is the new 3rd  
grade teacher

**Devin Rethman**  
will be teaching K-12  
Vocal &  
Instrumental Music

## **7th Grade Families**

### **Mark your calendars now**

**What:** 7th Grade Orientation Night

**When:** Monday, August 14th, 2017

**Time:** 5:30 - 6:00 pm

**Where:** Cafeteria

An informal session to discuss schedules,  
find lockers, take a tour of seventh grade  
classrooms and answer any questions  
about the upcoming secondary experience.

See you on the 14th.

Mrs. Dickinson  
Guidance Counselor (PK-12)





Check out our new website: [friendbulldogs.org](http://friendbulldogs.org)

Find us on Facebook: Friend Public School

Follow us on Twitter: @friend\_public

# August Lunches



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Breakfast Bites</b> Mini Cheeseburgers Tator Tots  <i>Fruit &amp; Veggie Bar</i> 12:30 Release	<b>Egg Taco</b> Chicken Strips (K-6) Spicy Chicken Strips (7-12) Mashed Potatoes/Gravy  <i>Fruit &amp; Veggie Bar</i>	<b>Biscuit &amp; Gravy</b> Pepperoni Calzone Marinara Sauce Brownie  <i>Fruit &amp; Veggie Bar</i>
		16	17	18
<b>Breakfast Pizza</b> Fiestada Mexican Rice  <i>Fruit &amp; Veggie Bar</i>	<b>French Toast</b> Meaty Nachos Toppings Bread/Butter  <i>Fruit &amp; Veggie Bar</i>	<b>Cinnamon Rolls</b> Stromboli Marinara Cups  <i>Fruit &amp; Veggie Bar</i>	<b>Breakfast Bites</b> Mandarin Orange Chicken Rice  <i>Fruit &amp; Veggie Bar</i>	<b>Cherry Strudel</b> Sub Sandwich Chips Cookie  <i>Fruit &amp; Veggie Bar</i>
21	22	23	24	25
<b>Donuts</b> Breaded Chicken Patty/Bun Potato Wedges  <i>Fruit &amp; Veggie Bar</i>	<b>Egg &amp; Sausage Patty</b> Mini Corn Dogs Mac N Cheese  <i>Fruit &amp; Veggie Bar</i>	<b>Bacon Breakfast Toast</b> Taco Salad Toppings Bread/Butter  <i>Fruit &amp; Veggie Bar</i>	<b>Egg Omelet</b> Pepperoni Calzones Marinara Sauce  <i>Fruit &amp; Veggie Bar</i>	
28	29	30	31	

## HOT LUNCH INFORMATION

Lunch prices for the 2017-18 school year have been set at the following:

Grades K-6 lunches	\$2.60
Grades 7-12 lunches	\$2.85
Milk (extra or snack time)	\$ .35
Extra entrée at lunch	\$1.00
Breakfast	\$1.70
Adult Lunches	\$3.45



**35¢**

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.



## Mr. Dempsey's Two Cents.....

It's time to dock the boats, put away the fishing gear, and bid farewell to the summer of 2017. In just under 5 weeks we kick off the start of the 2017-2018 school year. Practice for FB, VB, and SB start on August 7th. The elementary back to school night and 7th Grade orientation are both scheduled in the evening on August 14th.

New faces added to our staff for the 2017-18 school year and new room assignments: **Natasha Fuehrer** will be our new Language Arts Instructor; **Liz Stutzman** will be taking Third Grade teaching duties in the elementary. The elementary and HS had some shifting of room assignments as well. Mrs. Dickinson's new office is now located in the elementary which is right by our new Title I room and Life Skills Classroom. Speech/Pathology is now located in what used to be my office and my office

is upstairs now in the Resource room. Mrs. Ricenbaw's Resource room is now where Mr. Fogel's room was located.

All 7-12 students will receive a letter in the mail that contains their class schedule for the school year. Students will be able to drop and add classes starting August 14 – August 18. There will be drop/add forms in the front office or they can get one from Mrs. Dickinson that requires a parent's signature along with instructor and administrative approval.

Parking for students and staff will be the same as in years past. We ask students to use the north parking lot along the Catholic Church and the outer spaces on the east parking lot, these are the places farthest to the east and south. The front of the school is reserved for staff/faculty and visitors; these are the spaces on Main St. and the inner part of the east parking lot. The first few spaces in front of the school south of the flag pole are reserved for visitors.

This year's student planners will be handed out the first day of school. The students will also receive forms that need to be signed and returned to school no later than Friday, August 18. There will also be some forms that are updates to our current policies concerning immunization and internet safety & use.

Those planning on participating in a fall sport or activity (JH or HS) are reminded you need to have a physical examination. New students and incoming 7th graders you also need to have a physical and make sure you are current on your immunization. Students will also have to pay the participation fee, \$30.00. The Zimmer clinic is offering free sports physicals for Friend student/athletes.

As always if you have questions or concerns please feel free to contact me at anytime. Enjoy your last few days of vacation and I will see you in about a month if not sooner.

## Physical Examinations Required

Since 1980, Nebraska State Law requires all kindergartners, seventh graders, and students entering Nebraska (regardless of grade), to have a physical examination by a doctor before school starts, or they must have a waiver signed by their parents asking that their child be excluded from this requirement. A physical examination form is available in the school office for anyone who needs one.

Kindergartners and students entering the state must also have a vision evaluation, which includes testing for amblyopia (lazy eye) and strabismus (misalignment of the eyes).

All students in grades 7-12 planning to participate in athletics are also required to have a physical prior to the start of their first practice. Football, Softball & Volleyball practices begins on August 7th.

	Birth	1 mo	2 mo	4 mo	6 mo	12 mo	15 mo	18 mo	24 mo	4-8 y	11-12 y	13-14y	15 y	16-18 y
Hepatitis B	HepB#1	HepB #2		HepB #3				**HepB Series						
Diphtheria, Tetanus, Pertussis		DTaP	DTaP	DTaP	DTaP					DTaP		Tdap		
Haemophilus influenzae type b			Hib	Hib	Hib	Hib								
Inactivated Poliovirus			IPV	IPV	IPV					IPV				
Measles, Mumps, Rubella					MMR#1					MMR#2	**MMR#2			
Varicella (Chicken Pox)					Varicella					**Varicella				
Pneumococcal			PCV	PCV	PCV	PCV				**PCV				
Hepatitis A									Hep A Series					
Meningococcal												MCV4		MCV4
Influenza			ONLY 6-23 months at Blue Valley Clinics											
	Range of recommended ages										Catch-up vaccination			



# School Census

*We need your input!*

## School District Member:

**PLEASE FILL OUT THE FORM ON BACK EVEN IF YOU DO NOT HAVE CHILDREN**

Each year the school is required by State Law 79-578 to take a census of the school district during the month of June. The main purpose is to locate all children between the ages of birth to 21.

We ask your cooperation in filling out and returning the form on the next page. Please drop the form off at the school office in Friend or mail to : Friend Public Schools, P.O. Box 67, Friend, NE 68359. The report must be submitted to the State of Nebraska by July.

The information collected is confidential and will not be made available to the public. This information is a necessary part of the formula to determine the amount of State Aid received by the school district. It is also used to obtain a list of incoming kindergartners and to project future enrollment. College students under the age of 21 should be listed if they live at home during the summer.

If you are moving, please return the completed form with your moving date written on the form. If you know who will be living in your present home, we would appreciate the information.

If you have any questions, please call the school office at 402-947-2781. Your cooperation is greatly appreciated.

Sincerely,

*Mr. David Kraus*

Superintendent

State of Nebraska School Law

79-578, CLASS I, II, III, IV, VI SCHOOL DISTRICT; OR I SECRETARY; SCHOOL CENSUS; DUTY TO TAKE; TIME ALLOWED. The secretary of a Class I, II, III, IV, or VI school district shall take, or cause to be taken by some person appointed for the purpose by a majority vote of the school board, the census of the school district and then make, or cause to be made, a list in writing of the names of all the children belonging to such district, from birth through twenty years of age, together with the names of all the taxpayers in the district. A copy of this list, verified by oath of the person taking such census or by affidavit appended to or endorsed on the list, setting forth that it is a correct list of the names of all children belonging in the district from birth to twenty years of age and that it reflects such information as of June 30, shall be maintained as provided in section 79-524 (Laws 1881;1889; 1931;1949; 1957; 1967; 1976; 1978; 1990; 1991; 1992; 1996; 1999)

**Residents of Household:**

(Last Name, First Name)

**Street Address** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**City** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Below list all persons in the household under 21 years of age**

Name	Birthdate			Male	Female	Place of Birth
	Mo.	Day	Yr.			

**Thank you for all of your support and assistance.**



## Kindergarten

- (2) boxes of 8 Pack Crayons
- (1) 24 pack of #2 yellow pencils
- (10) large glue sticks
- (1) pink eraser
- (1) pair of scissors
- (4) 2 pocket folders

*Red, Yellow, Green, Blue*

- (1) box Zip-Lock bags

*Girls: Gallon size Boys: Sandwich Size*

- (3) containers of clorox wipes
- (1) bottle of hand sanitizer
- (2) boxes of Kleenex

*\*\*Do not need to label items as we put them all together\*\**

## Grade 1

- 20 sharpened pencils
- 1 pencil box
- Washable markers
- Crayons
- Scissors
- 6 glue sticks
- 1 bottle of glue
- 1 bottle of hand sanitizer
- 2 boxes of tissue
- 1 2-pocket Folder
- 1 wide ruled notebook

## Grade 2

- Crayons (16 count or more)
- Pencils (24 pack of #2 yellow)
- (2) glue sticks
- (1) big box of Kleenex
- Colored pencils
- Markers
- (1) Scissors
- (1) Spiral Notebook
- (2) Erasers
- (1) pkg. loose leaf paper (Wide rule)
- (2) 2-pocket folder
- (1) container of clorox wipes
- (1) 12 inch ruler
- 1 inch 3-ring binder

## Grade 3

- (2) large boxes of Kleenex
- (1) container of Clorox wipes
- (12) #2 pencils
- (2) red pens
- (2) blue pens
- (2) spiral notebooks - (labeled with student's name)
- (1) pencil box - (labeled with student's name)
- (2) erasers
- (4) large glue sticks
- (1) box crayons (24 count)
- (1) pack of fine point Expo (dry erase)
- (2) pkgs markers
- (1) scissor
- (2) 2 pocket folders (labeled with student's name)
- (1) pack of Sticky notes markers

# 2017-18 Friend Elementary Supplies



## Grade 4

- (4) No. 2 pencils
- crayons or markers
- (2) big boxes of Kleenex
- (2) spiral notebooks single subject
- (1) big eraser
- (2) red pens
- (4) Odorless Dry Erase Markers
- (1) container of clorox wipes
- (2) Glue Sticks
- (3) 2-pocket folders

## Grade 5

- (2) single subject spiral notebooks - wide ruled
- (6) #2 pencils
- (4) red pens
- (2) large boxes facial tissue
- (1) large eraser
- (1) box crayons
- (1) box markers
- metric/standard measurement ruler
- (4) odorless dry erase markers
- (4) 2-pocket folders  
*one each Red, Blue, Yellow, Green*
- (1) large glue stick
- (1) scissors

## Grade 6

- Pencils
- Red pens
- (2) large boxes of facial tissue
- Colored markers
- Pocket Calculator
- Metric/inch Ruler
- Lined Notebook Paper or Spiral Notebook
- Scissors
- Glue Stick
- (4) odorless dry erase markers

**Friend Public School  
PO Box 67  
Friend NE 68359**

August 1, 2017

Dear Parent/Guardian:

Children need healthy meals to learn. Friend Public School offers healthy meals every school day. Breakfast costs \$1.70; lunch costs \$2.60 elementary, and \$2.85 secondary. **Your children may qualify for free or reduced price meals.** Reduced price is \$.30 for breakfast and \$.40 for lunch. If your child(ren) qualified for free or reduced price meals at the end of last school year, you must submit a new application by September 27, 2017, in order to avoid an interruption in meal benefits.

This packet includes an application for free or reduced price meal benefits and a set of detailed instructions. Below are some common questions and answers to help you with the application process.

1. WHO CAN GET FREE OR REDUCED PRICE MEALS?

- All children in households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR) are eligible for free meals.
- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may receive free or reduced price meals if your household's income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.

2. HOW DO I KNOW IF MY CHILDREN QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY? Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail David Kraus, Superintendent, 402-947-2781, PO Box 67, Friend NE 68359

3. DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD? No. *Use one Free and Reduced Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: David Kraus, Superintendent, 402-947-2781, PO Box 67, Friend NE 68359

4. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE ALREADY APPROVED FOR FREE MEALS? No, but please read the letter you got carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Michele Johnson-Clouse, Business Manager, 402-947-2781, immediately.

5. CAN I APPLY ONLINE? You are encouraged to complete an online application instead of a paper application if your school district makes this option available. The online application has the same requirements and will ask you for the same information as the paper application. *(Not available for Friend Public School)*

6. MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE? Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.
7. I GET WIC. CAN MY CHILDREN GET FREE MEALS? Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
8. WILL THE INFORMATION I GIVE BE CHECKED? Yes. We may also ask you to send written proof of the household income you report.
9. IF I DON'T QUALIFY NOW, MAY I APPLY LATER? Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.
10. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION? You should talk to school officials. You also may ask for a hearing by calling or writing to: David Kraus, Superintendent, 402-947-2781, PO Box 67, Friend NE 68359
11. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN? Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced price meals.
12. WHAT IF MY INCOME IS NOT ALWAYS THE SAME? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
13. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT? Household members may not receive some types of income we ask you to report on the application, or may not receive income at all. Whenever this happens, please write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zeroes. Please be careful when leaving income fields blank, as we will assume you meant to do so.
14. WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
15. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY? List any additional household members on a separate piece of paper, and attach it to your application. Contact Michele Johnson-Clouse, 402-947-2781, to receive a second application.
16. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for SNAP or other assistance benefits, please go online to [ACCESSNebraska.ne.gov](http://ACCESSNebraska.ne.gov) or call 1-800-383-4278.

If you have other questions or need help, call 402-947-2781, ext 210.

Sincerely,

*Michele Johnson-Clouse*

## Instructions for Completing the Free & Reduced Price School Meals Family Application

**For households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or the Food Distribution Program on Indian Reservations (FDPIR), follow these instructions:**

- Part 1:** List each child's name, the school they attend and their grade.  
**Part 2:** Enter household's Master Case Number if the household qualifies for SNAP, TANF or FDPIR.  
**Part 3:** Skip this part.  
**Part 4:** Complete this part. An adult must sign the form.  
**Part 5:** This part is optional and does not affect your children's eligibility for free or reduced price meals.

**For households with FOSTER CHILDREN, follow these instructions:**

**If all children in the household are foster children:**

- Part 1:** List all foster children, the school they attend and their grade. Check the box indicating the child is a foster child.  
**Part 2:** Skip this part.  
**Part 3:** Skip this part.  
**Part 4:** Complete this part. An adult must sign the form.  
**Part 5:** This part is optional and does not affect your children's eligibility for free or reduced price meals.

**If some of the children in the household are foster children:**

- Part 1:** List all children, including foster children, the school they attend and their grade. Check the box if the child is a foster child.  
**Part 2:** If the household does not have a Master Case Number, skip this part.  
**Part 3:** Follow these instructions to report total household income from last month.

**Column 1 – Household Members:** List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

**Column 2 - Gross Income and How Often it was Received:** Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

**Earnings from Work** includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

**Do not include income** from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

**Public Assistance/Child Support/Alimony** includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
- Veteran's benefits (VA benefits), Strike benefits
- Child support payments, Alimony payments

**Pensions/Retirement/All Other Income** includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

**Household Size:** Enter the total number of people in your household.

**Social Security Number:** The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

**Part 4:** Complete this part. An adult must sign the form.

**Part 5:** This part is optional and does not affect your children's eligibility for free or reduced price meals.

**For ALL other households, follow these instructions:**

**Part 1:** List all children, the school they attend and their grade.

**Part 2:** If the household does not have a Master Case Number, skip this part.

**Part 3:** Follow these instructions to report total household income from last month.

**Column 1 – Household Members:** List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives or friends) who share income and expenses. Attach another sheet of paper if necessary.

**Column 2 - Gross Income and How Often it was Received:** Gross income is the amount earned **before taxes and other deductions**; it is not your take-home pay. For each household member, list each type of income received for the month. You must also report how often the money is received – weekly, every other week, twice a month, or monthly.

**Earnings from Work** includes the following:

- Salary, wages, cash bonuses
- Net income from self-employment (farm or business)

If you are in the U.S. Military, include:

- Basic pay and cash bonuses (do not include combat pay, Family Subsistence Supplemental Allowance (FSSA) payments or privatized housing allowances)
- Allowances for off-base housing, food and clothing

**Do not include income** from SNAP, FDPIR, WIC, Federal education benefits and foster care payments.

**Public Assistance/Child Support/Alimony** includes the following:

- Unemployment benefits, Worker's compensation
- Supplemental Security Income (SSI), Cash assistance from state or local government
- Veteran's benefits (VA benefits), Strike benefits
- Child support payments, Alimony payments

**Pensions/Retirement/All Other Income** includes the following:

- Social Security payments (including railroad retirement and black lung benefits)
- Private pensions or Disability benefits
- Regular income from trusts or estates, Annuities, Investment income, Earned interest, Rental income and *Regular* cash payments received from outside the household.

If you have no income, write "0" or leave the income field blank. If you do this, you are certifying there is no income to report.

**Household Size:** Enter the total number of people in your household.

**Social Security Number:** The adult signing the form must list the last four digits of their Social Security Number (SSN) or check the box to the right labeled "Check if no SSN."

**Part 4:** Complete this part. An adult must sign the form.

**Part 5:** This part is optional and does not affect your children's eligibility for free or reduced price meals.



## Computing Income for Self-Employed Individuals

Individuals who are self-employed or engaged in farming may experience variations in cash flow and cannot easily report a monthly income. These individuals may use their 2016 U.S. Individual Income Tax Return Form 1040 to report self-employment income for the free and reduced price meal application. The income to be recorded is income derived from the business venture less operating costs incurred in the generation of that income. Deductions for personal expenses, such as interest on home mortgages, medical expenses and other similar non-business items are not allowed in reducing gross business income.

USDA announced that **losses** (negative numbers) on the lines listed below can be used to determine the **total** income for this attachment. If the total income is a negative number, it must then be recorded as zero on the application in the category labeled "All Other Income".

Zero income resulting from the use of Form 1040 does not require follow-up.

Please note: Line **7** cannot be reported as current income. Income from wages or salaries must be reported on the application for the most recent month.

Line **22** (total income) and line **37** (adjusted gross income) may not be used for purposes of applying for free and reduced-price meals.

The required information for determining the allowable income from self-employment is to be taken from the **2016 U.S. Individual Income Tax Return Form 1040**.

Line 12, Business Income (or loss)	_____
Line 13, Capital Gain (or loss)	_____
Line 14, Other Gains (or losses)	_____
Line 17, Rental Real Estate, etc.	_____
Line 18, Farm Income (or loss)	_____

**NOTE:** If any members of the household have income from wages or salary, the gross income from last month must be reported on the application form.

This attachment is used only to report income from self-employment and/or farming.

Total of above lines: \_\_\_\_\_ **equals annual self-employed income\***

**If the total of the above lines is a negative number, it must be changed to zero before it is transferred to the application.**

\* This figure can be reported on the application under "Earnings from Work."

<b>Return Completed Application to:</b>		Friend Public School, PO Box 67, Friend NE 68359					
<b>Part 1: Children in School</b>							
List names of all children, including foster children, in school. If all children listed are foster, skip to Part 4 to sign the form. (First, Middle Initial, Last Name)		Check box below if a foster child	Name of School Child Attends		Grade		
		<input type="checkbox"/>					
		<input type="checkbox"/>					
		<input type="checkbox"/>					
		<input type="checkbox"/>					
		<input type="checkbox"/>					
<b>Part 2: Assistance Programs – SNAP, TANF or FDPIR Benefits</b>							
Enter <b>MASTER CASE NUMBER</b> if household qualifies for SNAP, TANF or FDPIR: (Social Security numbers, Medicaid numbers and EBT numbers are not accepted.) Skip to Part 4							
<input style="width:150px; height:20px;" type="text"/>							
<b>Part 3: Total Household Gross Income – You must tell us how much and how often.</b>							
<b>1. Household Members</b>		<b>2. Gross Income (before taxes) and How Often it was Received</b>					
List <b>everyone</b> in the household, current income each person earns in <b>whole dollars</b> (no cents) & how often. Entering "0" or leaving the income field blank certifies no income to report. A foster child's <b>personal</b> use income must be listed.		Earnings from Work before deductions		Public Assistance, Child Support, Alimony		Pensions, Retirement and All Other Income	
		Income	How often	Income	How often	Income	How often
Total Number of Household Members: (Children and Adults) _____		Last four digits of Social Security Number (SSN) of the adult signing this form: XXX – XXX – _____				Check if no SSN <input type="checkbox"/>	
<b>Part 4: Adult Signature and Contact Information – An adult household member must sign the application.</b>							
<i>"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits and I may be prosecuted under applicable State and Federal laws."</i>							
Sign here: _____		Print name: _____		Date: _____			
Street Address (if available): _____			Zip: _____		Daytime Phone: _____		
<b>Part 5: Children's Ethnic and Racial Identities – Optional</b>							
<b>Check one Ethnic Identity:</b>		<b>Check one or more Racial Identities:</b>					
– and –							
<input type="checkbox"/> Hispanic or Latino	<input type="checkbox"/> Asian	<input type="checkbox"/> Black or African American	<input type="checkbox"/> Native Hawaiian or other Pacific Islander				
<input type="checkbox"/> Not Hispanic or Latino	<input type="checkbox"/> White	<input type="checkbox"/> American Indian or Alaskan Native					
<b>Do Not Fill Out the Section Below - For School Use Only</b>							
Annual Income Conversion:		Weekly X 52;	Every 2 weeks X 26;	Twice a month X 24;	Monthly X 12		
Total Household Size: _____		<input type="checkbox"/> Free		<input type="checkbox"/> Reduced			
Total Income: _____ per		<input type="checkbox"/> Income		Reason for denial:			
<input type="checkbox"/> Year	<input type="checkbox"/> Month	<input type="checkbox"/> 2 X Mo	<input type="checkbox"/> Categorically eligible:	<input type="checkbox"/> Income too high			
<input type="checkbox"/> Every 2 Wks	<input type="checkbox"/> Week	<input type="checkbox"/> SNAP/TANF/FDPIR		<input type="checkbox"/> Incomplete application			
		<input type="checkbox"/> Foster Child					
Signature of Determining Official: _____			Date Approved: _____				
<b>FOR THE VERIFICATION PROCESS ONLY:</b>							
Signature of Confirming Official: _____			Date Confirmed: _____		Date Withdrawn From School: _____		
Signature of Verifying Official: _____			Date Verified: _____				

**Your children may qualify for free or reduced price meals if your household income falls at or below the limits on this chart.**

<b>FEDERAL INCOME CHART</b> for School Year 2017-18					
Household size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	22,311	1,860	930	859	430
2	30,044	2,504	1,252	1,156	578
3	37,777	3,149	1,575	1,453	727
4	45,510	3,793	1,897	1,751	876
5	53,243	4,437	2,219	2,048	1,024
6	60,976	5,082	2,541	2,346	1,173
7	68,709	5,726	2,863	2,643	1,322
8	76,442	6,371	3,186	2,941	1,471
Each additional person:	7,733	645	323	298	149

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number are not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health and nutrition programs to help them evaluate, fund or determine benefits for their programs, auditors for program reviews and law enforcement officials to help them look into violations of program rules.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

## A NEW NETWORK DEVOTED TO PROVIDING SCHOOLS WITH A CONCUSSION TESTING PROGRAM FOR STUDENT ATHLETES

Lincoln, NE – Saint Elizabeth Regional Medical Center and Nebraska Orthopaedic & Sports Medicine has teamed up to offer the ImPACT Test through the Nebraska Sports Concussion Network & Testing Program.

For athletes who participate in sports that risk sport-related concussion, the Nebraska Sports Concussion Network & Testing Program will provide a baseline brain function test that provides data that can be used to better manage a concussion should such an injury occur.

"Symptoms are not always definite and the decision to allow an individual to return to activity is not always clear and that is where ImPACT's data will help us," said Daniel Tomes, MD, a neurosurgeon in Lincoln Nebraska and Medical Director of the Nebraska Sports Concussion Network & Testing Program. "Most athletes who experience an initial concussion can recover completely as long as they are not returned to exertion or contact play too soon. Research clearly shows that the effects of repeated concussions are cumulative. A concussed athlete whose injury is not managed properly and who returns to play too soon before the brain has had time to heal is at greater risk for further, more serious injury, and that is a road you never want to travel," said Dr. Tomes. The Network's aim is 3-fold: 1) provide a means for schools to improve their athletic healthcare program by implementing a cost-effective sports-related concussion program; 2) educate schools, coaches, athletes, and parents to recognize the signs, symptoms, and inherent risks of sports-related concussions; and, 3) assist the medical community in learning contemporary methods for managing sports-related concussions and the progression for concussed athletes return to participation in a more consistent, objective, and safe manner.

The ImPACT Test, developed by doctors at the University of Pittsburgh Medical Center Sports Medicine Concussion Program, has proven to be a useful tool in measuring the severity and effects of concussion and determining when it is safe for concussed athletes to return to sports or activity. With ImPACT, the athlete takes a 20-minute pre-season test on a computer that measures brain processing such as speed, memory, and visual motor skills. The individual's baseline data are stored in a computer file. Should an athlete ever experience a concussion, they will take the ImPACT test again post-injury once concussion symptoms have cleared. Post-concussion data are then compared to baseline data to help determine the severity and effects of the injury. The data help determine when the athlete's neurocognitive brain function has returned to baseline scores (normal) and when it is safe for the athlete to return to sports or activity.

Current ImPACT users include all NFL & NHL teams, the NBA; Major League Baseball, including all umpires, numerous NCAA Division I Football Programs, including the University of Nebraska Cornhusker Athletic Teams. In all, more than 1200 high schools and 300 major colleges and universities nationwide utilize ImPACT Testing, including several high schools here in Nebraska. The Nebraska Sports Concussion Network was established in the spring of 2010 with baseline testing planned for late July and early August for fall sports participants in 9th – 12th grades in a collision or contact sport (football, softball, and volleyball) at schools included in their Sports Medicine Outreach Program. Schools will have the option to purchase additional tests for other athletes or groups including junior high athletes.

For more information, go to <http://NebSportsConcussion.org>, or contact David Schultz, MEd, ATC, CSCS, Program Coordinator for the network at [dschultz@nebraskaorth.com](mailto:dschultz@nebraskaorth.com) or 402.488.3322 ext. 3015

### Forms, Forms, Forms

Please assist the district by filling out needed forms and returning them promptly to school. The student handbooks will be sent home on the first day of school. Most importantly, we ask that phone numbers and emails be updated and current. It is extremely important for the school to be able to make contacts with parents, if ever any need (weather-related early dismissals, email notes, etc.) arises.

### Friend Public Schools Seeks Children with Special Needs

Consistent with Federal and State regulations, the Friend Public School District engages in ongoing "Child Find" services to locate, identify, and evaluate all students with disabilities residing within the school district boundaries, birth through 21 years of age.

If you know of a child who may have individual educational needs that result from a disability, and who is not enrolled in a school program, please contact David Kraus, Superintendent at (402)947.2781.

## Required Participation Fee

Students in grades 7 - 12 are required to pay a \$30.00 participation fee. This participation fee will help offset the rising costs of operating the activities budget. The higher cost of fuel has made the transportation much more expensive, along with the increasing cost of uniforms and officials fees. Each student will pay the \$30.00 fee just once (i.e. if a student is out for more than one activity they only pay the participation fee once). The student will receive an activities pass, that will allow them free entrance into all regular season home contests for every sport all year. No family will pay more than \$100.00. This includes music students.

**Athletes will not be allowed to participate in their activity until they have paid. Please pay in the school office.**

## Dress Code

Students at Friend Public Schools are expected to dress in a way that is appropriate for a school setting. Students should not dress in a manner that is dangerous to the health and safety of anyone or interferes with the learning environment or teaching process in our school. Flip flops are discouraged for elementary students.

## Non - Discrimination Policy

The Friend Public Schools do not discriminate on the basis of race, color, religion, national origin, gender, handicap, or age in its educational programs, activities, or employment practices. There is a grievance procedure for discrimination concerns. Inquiries concerning any of the above or Title IX and Rehabilitation Act Regulations (504) should be directed to the Superintendent of Schools, 501 Main St., Friend, NE 68359, phone 402.947.2781.

The Friend Public School shall promote good human relations by removing any vestige of prejudice and discrimination in assignment, in location, and use of facilities, in educational offerings and instructional materials.



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This August Newsletter is the only newsletter that will be mailed. To view other newsletters, go to our website [www.friendbulldogs.org](http://www.friendbulldogs.org)  
Thank you!