

the

# Bulldog Newsletter

September 2017



***The Friend Bulldog mascot showed up on the rainy first day of school and welcomed students back. Pictured are some of the Kindergarten class (Class of 2030): Quincey Martinez, Sailor Lloyd, Carlee Bresson, McKinley Bartels & Grady Arp***



# September 2017



Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

					FB - BYE  1	VB @ Freeman Inv. 9:00  SB @ Fairbury Invite 9:30, 11:15, 1:30  2
	No School   <b>Labor Day</b>	<b>NO SCHOOL</b> <b>Teacher Inservice</b> JH VB @ Diller-Odell 3:00 JH FB @ Diller-Odell 4:00 SB @ Southern 6:00 VB @ Lawrence-Nelson (@ Lawrence) 6/7		SB @ Cross County 6:00 VB @ Cross County 6/7	<b>Grandparent's Day Assembly 1:30 West Gym (Elem. Only)</b>  FFA Booster Tailgate Supper  <b>FB vs Sterling 7:00</b>	<b>VB - Friend Inv. 9:00</b>
3	4	5	6	7	8	9
<i>Grandparent's Day</i>	<b>PATRIOT DAY</b>  BOE 7:30	<b>JH FB vs. East Butler (@ Friend) 4:30</b>  SB Triangular @ Blue Hill 6:00	FFA & Shop Classes to Husker Harvest Days	VB @ Dorchester 6/7  <b>SB Triangular vs Wilber-Clatonia &amp; Cass County Central 4:00</b>	FB @ Lawrence-Nelson (at Nelson)	
10	11	12	13	14	15	16
	JH FB @ Sterling 4:00	FFA Range Judging  FCA Lunch Meeting in Mr. Hitchcock's room	Sophomores & Exchange Students to Homestead Monument & Rock Creek Station	<b>JH VB vs. Dorchester 2:00</b>  <b>SB vs. Fillmore Central 6:00</b>  	FB @ Exeter-Milligan (@ Milligan) 7:00	<b>JH VB Friend Inv. 9:00</b>  SB @ Central City Inv. 9:00
17	18	19	20	21	22	23
	<b>JH FB vs Meridian (@ Milligan) 5:00</b>  <b>VB vs. Tri-County 6/7</b>	<b>SB vs. Blue Hill 6:00</b>  <b>VB vs. Osceola 6/7</b>	Literature Quiz Bowl @ Seward 8:00	<b>JH VB vs. Exeter-Milligan 3:00</b> <b>VB vs. East Butler 6/7</b> <b>SB vs. Centennial 6:00</b>	<b>FB vs. Mead 7:00 Homecoming</b>	Band to Melody Roundup - Hastings JH VB @ Dorchester 9:00 <b>VB Quad vs. BDS, Cedar Bluffs, Heartland 3:00</b>
24	25	26	27	28	29	30



# from Mrs. Dickinson

## Elementary Principal/Guidance Counselor

August 18, 2017

### To The Parents of Friend Elementary Students,

Friend Elementary is off and running!!! What a wonderful beginning to our school year. On August 14<sup>th</sup> many elementary families participated in our annual back to school night. Many students met their new teacher and saw their new classroom. The students were greeted to our theme for the year “The **MAGIC** begins at Friend Elementary” The entire elementary décor reflects this theme. Everyone enjoyed an evening of good conversation, reacquainting themselves with friends and anticipating the first day of school on August 16<sup>th</sup>. It truly is a time to **celebrate** a new learning adventure!!

The first week of school went extremely well. On August 16<sup>th</sup> the elementary students attended a Pep Rally officially kicking off our “Magic” theme. They students reacquainted themselves with our PAWS behavior plan and what the “Bulldog Way” really means for our staff and students. We have new staff and students that were introduced. Please welcome Mrs. Stutzman (3<sup>rd</sup> grade teacher), Mrs. Clouse (kindergarten student teacher), Miss O’Brien (5<sup>th</sup> grade and resource student teacher). We are glad you are here at Friend Elementary. The students were also treated to a magic show. The pep rally concluded with a few small goodies to kick off the year. Please look for pictures/story in the upcoming issue of the Sentinel.

**Mark your calendars NOW!!! Grandparents Day will be on Friday September 8<sup>th</sup> at 1:30 in the new gym.**

We would like to celebrate these special people. I invite ALL grandparents to attend this memorable program. More information will be sent as the date gets closer.

I **welcome** all our new staff, students and families to our wonderful school and community. We are so happy

to have you as member of our team. We welcome you as new **BULLDOGS!!** I cordially invite all new and former parents to stop into their child’s classroom and visit during the day. Please come and see all the wonderful happenings within our building. I am so proud to be a part of such a progressive and exciting group of staff members educating our children.

Please remember the school begins at **8:10 and dismisses at 3:36**. Students are to arrive between **7:50-8:05**. Students should **not arrive or stay after that designated time frame**. **Safety** is our number one concern and we do not have proper supervision **before 7:50 and after 3:45**. I appreciate everyone helping us out with this rule.

### Some important date to remember:

First Bulldog HOME Football Game-August 25 -**A friendly reminder that elementary students need to be sitting with parents during the games and not running around.**

September 4-Labor Day **NO SCHOOL**

September 5-Teacher In-Service Day **NO SCHOOL**

September 6-8 **DIEBELS TESTING**

**September 11-22 MAP TESTING**

September 25-29 Homecoming Week





# PICTURES FROM THE FIRST DAY OF SCHOOL - ELEMENTARY



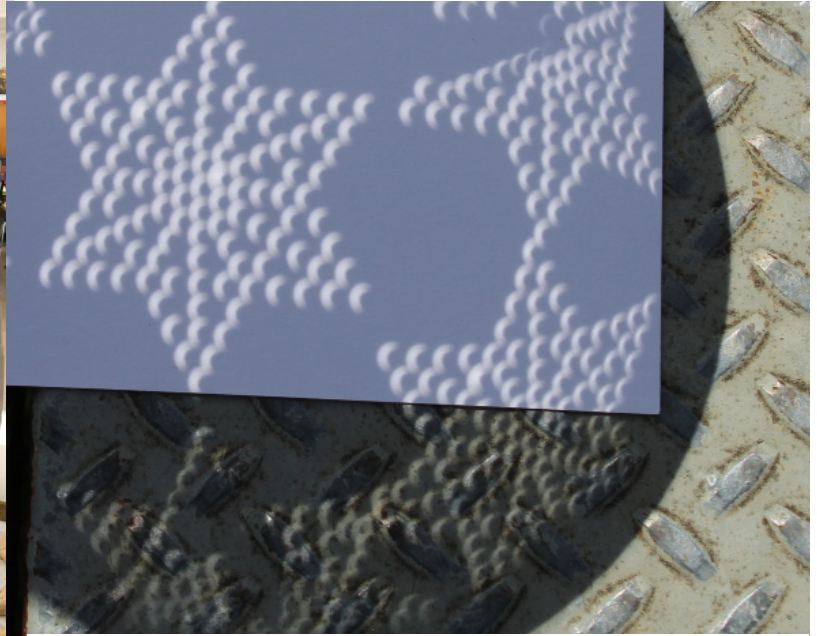
Despite the rainy conditions outside on the first day, everyone was excited to see their friends and make new memories for the 2017-18 school year.

The theme in the elementary this year is "Friend Elementary- A magical place to learn"



## ***Celebration of Solar Eclipse in FCS***

***Prior to the Eclipse on August 21, 2017, Foods classes prepared moon shaped food items. Classes made Crescent Moon Cookies and Pizza Moons to celebrate the once in a lifetime event. Also during the eclipse, students were able to see the creative use of a colander from the kitchen to make a crescent shaped shadows through individual holes.***



***Showing off their Crescent Moon Cookies are Angela Huang, Hannah Manalili and Blair Miller***

***Crescent shaped shadows created by a kitchen colander during the eclipse.***

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

We are officially off and running through another school year. The high school competition season has all competed in at least one contest with JH joining in on the action September 5th.

The 7-11 grade began MAP Testing on August 29th and should be completed by September 7th. We are going to utilize our chrome books for these achievement tests.

Nearly all JH and HS students participated in the eclipse day. Mr. Pfeiffer and Mr. Wiese took the lead and set everything up for field trip out to the football field. A big thanks goes out to Mrs. Kelly Kraus for ordering the proper glasses for this event.

The staff has been very busy in their classrooms to kick off of the year. They have also been busy learning about the Marzano instructional model. We are working with ESU-6 and plan on meeting with them during our Wednesday Teaming time once a month.

The HS Band was able to once again attend the State Fair. Miss Rethman also took the JH Band this year along with our dance team and foreign exchange students.

Please be sure to check out the school website and twitter, friend\_public, for news about whats going on at Friend Public Schools.



# ESU 6 Child Development Screenings

**FREE** for children Birth - 5 years

Wednesday, Sept. 20      2-6 pm  
Friend Public School

Call 402-759-3143 to schedule  
your 30 minute appointment



## Weekly Poll at F.P.S.

**Are Cheetos a Chip?**

<b>YES</b>	<b>60%</b>
<b>NO</b>	<b>40%</b>

WHAT DO YOU  
THINK??

# September Lunch Menu










Monday

Tuesday

Wednesday

Thursday

Friday

 <b>Beef used from Purple Ribbon Meat Program</b>					<b>Cherry Strudel</b> Chicken Nuggets Mashed Potatoes/Gravy  <i>Fruit &amp; Veggie Bar</i>  1
NO SCHOOL    4	NO SCHOOL  Teacher In-service  5	Sausage, Egg & Cheese Sliders Stuffed Crust Cheese Pizza Carrot Cake  <i>Fruit &amp; Veggie Bar</i>  <b>2:00 dismissal</b>  6	Scrambled Eggs Chicken Quesadilla Chicken Koos Koos  <i>Fruit &amp; Veggie Bar</i>  7	<b>Biscuits &amp; Gravy</b> Sloppy Joes Potato Smiles  <i>Fruit &amp; Veggie Bar</i>   8	
Donuts Chicken Strips Mashed Potatoes/Gravy  <i>Fruit &amp; Veggie Bar</i>  4	Pancakes Hot Dog/Bun Chili Shredded Cheese  <i>Fruit &amp; Veggie Bar</i>   12	Blueberry Muffins Stromboli Marinara Sauce  <i>Fruit &amp; Veggie Bar</i>  <b>2:00 dismissal</b>  13	Egg Taco Meaty Nachos Toppings Bread/Butter  <i>Fruit &amp; Veggie Bar</i>   14	<b>Cherry Strudel</b> BBQ Pork Sandwich Seasoned Potato Wedges  <i>Fruit &amp; Veggie Bar</i>  15	
Breakfast Pizza Fiestada Mexican Rice Churro  <i>Fruit &amp; Veggie Bar</i>  18	Egg & Sausage Patty Soft Shelled Tacos Toppings Bread/Butter  <i>Fruit &amp; Veggie Bar</i>   19	Cinnamon Rolls Sub Sandwich Chips Cookie  <i>Fruit &amp; Veggie Bar</i>  <b>2:00 dismissal</b>  20	Bacon Breakfast Toast Spaghetti Cheesy Bread  <i>Fruit &amp; Veggie Bar</i>   21	<b>Biscuits &amp; Gravy</b> Cheese Calzones Marinara Sauce Pudding  <i>Fruit &amp; Veggie Bar</i>  22	
Donuts Mini Corn Dogs Mac N Cheese  <i>Fruit &amp; Veggie Bar</i>  25	French Toast Warm Ham & Cheese Jello  <i>Fruit &amp; Veggie Bar</i>  26	Sausage Breakfast Rounds Hot Beef Sandwich Mashed Potatoes Bread/Butter  <i>Fruit &amp; Veggie Bar</i>   <b>2:00 dismissal</b> 27	Egg Omelet Mandarin Orange Chicken Rice Bavarian Cream  <i>Fruit &amp; Veggie Bar</i>  28	<b>Breakfast Burrito</b> Hamburger/Bun Baked Beans Chips  <i>Fruit &amp; Veggie Bar</i>   29	



# CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs need to provide consistent messaging around healthy eating to avoid sending youth conflicting messages. While celebrations can include healthy foods, they can also provide opportunities for kids to play and enjoy music, dance, games, sports and other activities.

## **FOLLOW THESE STEPS TO CELEBRATE IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:**

**1** Write or update your district or site wellness policy to include language about healthy celebrations

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**2** Survey staff, students and families to identify successful healthy celebration options and share the results with the school community

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**3** Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards

**4** Send letters to parents explaining the policy change and why it is important. Include a suggested healthy snack list for food parents send to school

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**5** Share what's working at staff meetings to encourage your peers

There are many examples of celebrations that meet both kids' and the Alliance's approval. On the next page you'll find a few of our favorites.

To learn more and join the movement, visit [HealthierGeneration.org](https://HealthierGeneration.org)





## NON-FOOD CELEBRATION IDEAS



### **CHOOSE A PRIZE**

- Pencils or erasers
- Stickers
- Books
- Enter a drawing or raffle for a bigger prize
- Earn tokens or points toward a prize



### **GET MOVING**

- Lead a special physical activity break
- Host a special event such as a dance or kite-flying party
- Provide extra recess or PE time
- Turn on the music and let students dance for a few minutes
- Have a themed parade around your school



### **SHAKE UP YOUR ROUTINE**

- Let student choose a special activity or be a teacher's helper
- Allow student to select a special book or invite a guest to read aloud
- Go on a scavenger hunt
- Host a special dress day where students can wear hats or pajamas



### **SHOW RECOGNITION**

- Give a certificate or ribbon
- Post a sign in the classroom or on a prominent bulletin board
- Give a shout-out in the morning announcements
- For birthdays, allow child to wear a crown or special sash

## HEALTHY SNACK & BEVERAGES IDEAS\*



### **BEVERAGES**

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Silly Water—add fruit and herbs to plain water for fruit-infused blend



### **FRUITS & VEGGIES**

- Fresh fruit—trays, salads or kabobs
- Fresh vegetables—trays, salads or kabobs
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits—freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar



### **WHOLE GRAINS**

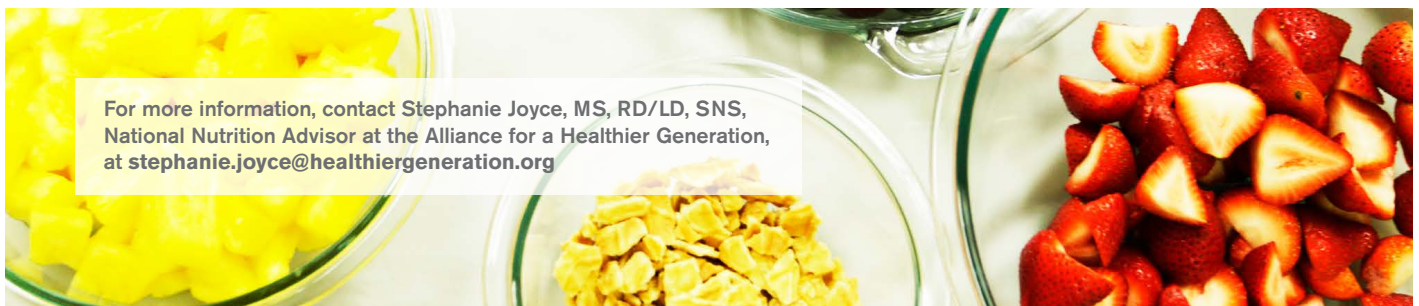
- Whole grain crackers, pretzels or cereal bars
- Small whole grain bagels or waffles or pancakes topped with fruit or nut or seed butter
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip



### **PROTEINS**

- Fat-free or low fat yogurt (serve alone or as dip for fruits or veggies)
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)

\*Use the [Alliance's Smart Snacks Product Calculator](#) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.



For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at [stephanie.joyce@healthiergeneration.org](mailto:stephanie.joyce@healthiergeneration.org)

## Healthy Snack & Beverage Ideas\*

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit – trays, salads or kabobs
- Fresh vegetables – trays, salads or kabobs
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits – freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Small whole grain waffles or pancakes topped with fruit or nut or seed butter
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Nut or seed butter and jelly sandwiches on whole grain bread
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Whole grain cereal bars
- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

\*Check ingredient statements and nutrition information to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.

Pair foods together for an afternoon snack to power youth up for their activities, whether that is physical activity or educational activities. Combine a lean protein with a fruit or vegetable, such as sunflower seeds dried raisins. Or a low-fat dairy food and whole-grain rich choice, like string cheese and whole grain crackers. Try low-fat dairy and fruit – yogurt and strawberries. Pair a whole-grain rich food with a lean protein by spreading hummus on a whole grain tortilla. Or serve a whole-grain rich food and vegetable, such as a whole grain cereal bar and cherry tomatoes. Get creative!

For more information on healthy snacking or finding healthy snacks and beverages, contact Stephanie Joyce, National Nutrition Advisor at the Alliance for a Healthier Generation, at [stephanie.joyce@healthiergeneration.org](mailto:stephanie.joyce@healthiergeneration.org).





Monday, August 28 the combined Junior High & High School Bands, Black Lightning Dance Team & the 5 exchange students attended and performed at the state fair in Grand Island.

**For more pictures, search Friend Public School Music Department on Facebook.**

### **Be a Winner - - Get the Facts not the Flu**

*Public Health Solutions would like everyone to have the facts regarding the flu shot. Every year we hear people say they got influenza from the flu shot. This is not a fact. The flu vaccine is a dead virus and you cannot get influenza from the shot. The true fact about the flu shot is that it will improve your chances of not getting the flu or just a very mild case if you should be exposed to flu. People who do not get the flu shot and get the flu usually miss work or school for 7 to 10 days.*

*As many of you have probably already heard, the vaccine will only be available by shot again year as the CDC is still concerned about the effectiveness of the FluMist. This means no flu mist will be available.*

*Public Health Solutions would like to encourage you to still help to “Protect the Ones You Love” by getting immunized against the flu. Healthy school age children may not experience complications to flu, but could risk exposing a sick elderly grandparent or baby brother/sister to the virus. The elderly and infants under 6 months of age are at a greater risk to have serious complications. With flu season almost here, Public Health Solutions District Health Department will again be offering flu immunization clinics for students at your school.*

*Prior to the start of clinics, students will bring home consent forms and fact sheets explaining the importance of getting the flu immunization. As parents or guardians, you are encouraged to read the information carefully, complete and sign the consent form and send it back to school with your student.*

*One lucky student will be a double winner! Not only will they have gotten protected against the flu by getting a flu shot they will also be entered into a drawing. Public Health Solutions will enter all students who return a completed permission form AND get the flu shot the day of the school clinic into a drawing for a \$25.00 gift card. One lucky name from each school district will be drawn at the end of the school clinic day.*

*Make your school a winner! Encourage friends to participate in getting a flu shot to help increase the school rate of participation. All schools that increase their 2016 rate of participation by 10% will also be entered into a drawing. One lucky school will receive a \$200 gift card to be used towards whatever the school wishes.*

**Public Health Solutions District Health Department will be at your school on Wednesday, October 18, 2017.**

**For more information, contact your school health office, or Public Health Solutions at 402-826-3880.**



@friend\_public

*Follow the happenings at  
Friend Public School  
on these social media*



Find us on:  
**facebook®**

**Search  
"Friend Public School"**

**Hot Lunch Information**

Lunch prices for the 2017-18 school year are:

- 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

*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.*

PRSR STD  
ECRWSS  
U.S.POSTAGE  
PAID  
EDDM