



FPS
hosts
Motivational
speaker
DeMoine
Adams

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Friend Public Schools
501 South Main St.
P.O. Box 67
Friend, NE 68359
402.947.2781
David Kraus, Superintendent
Elizabeth Stutzman, Principal
Jim Pfeiffer, Activity Director
Amy Hottovy, Counselor

~ ~ FROM THE SUPERINTENDENT'S DESK

FRIEND FOUNDATION SUPPORTS FPS

The Friend School Foundation comprises an eight-member board. These are volunteer positions which are guided by three main board purposes. The board meets throughout the year to determine where financial support can be given to the staff and students at our school. The district relies on monetary donations and gifts which are invested within a financial investment portfolio. Last year, the Foundation received generous donations from Norman Kohout estate, the estate of Virginia Burns, and the Beckett Arp scholarship. The Gautreaux family wishes to thank all those who generously donated to the Friend Public School Foundation scholarship fund in “Mrs. G’s” memory. Shirley was a beloved staff member for many years and was known as the #1 Bulldog fan.

Board Purpose 1:	To provide financial assistance to students and graduates of Friend Public Schools, Friend, Nebraska (Saline County, Nebraska School District #68) to assist them in attaining a post-secondary education.
Board Purpose 2:	To support and fund academic or vocational instructional programs beyond those that are minimum curricular requirements as provided by State Law or Regulations, and which have been authorized and approved by the Board of Education of Friend Public Schools.
Board Purpose 3:	To support and fund capital improvements in the facilities at Friend Public Schools which are authorized and approved by the Friend Public Schools Board of Education.

In the past year, the Foundation has funded many students and activities including:

- * Over \$20,000 in scholarships
- * Snacks and drinks at our school musical performance
- * \$2500 in school mini-grants
- * \$2000 to Purple Ribbon Meat Program
- * 40 iPads and a cart for the elementary
- * \$1000 to student council
- * \$1000 to school for motivational speaker

As you can see, the Friend Foundation is instrumental in supporting our school, staff and students. The Friend Foundation appreciates all the donations and gifts which help support our school and students. If you wish to make a donation, please contact the school and we would be more than happy to visit with you about different support options.

Mr. David Kraus, Superintendent





December



Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

For the most current and up to date information, please go to: <http://www.pioneerconference.org> and click on Friend



1

	<p>JH GB vs Exeter-Milligan 3:00</p> <p>JH WR @ Tri-County 6:00</p>	<p>GB BB vs. Sterling 4:30/6/7:30</p>		<p>JH GB @ Tri-County 4:00</p> <p>2:00 Out</p>	<p>WR @ Wood River 10:00</p> <p>GB BB (Varsity Only) vs Falls City Sacred Heart 6/7:30</p>	<p>GB BB @ Sandy Creek 1:00/2:30/4:15</p>
2	3	4	5	6	7	8
	<p>7-12 Christmas Concert—7:30</p>  <p>BOE—6:30 Media Center</p>	<p>GB BB @ Exeter-Milligan (Exeter) 4:30/5/6:15/8</p>		<p>JH GB @ Centennial 5:30</p> <p>2:00 Out</p>	<p>GB BB @ Lawrence-Nelson (played @ Nelson) 4/5/6/7:30</p>	<p>WR @ Wahoo 9:00</p>
9	10	11	12	13	14	15
	<p>JH GB vs. Cross County—4:30</p> <p>Elementary Christmas Program—7:00</p> 	<p>GB BB vs Southern 4:30/5/6:00/7:30</p>		<p>Full Day</p>	<p>End of 2nd Quarter</p> <p>Dismiss 12:30</p> <p>WR — Bob Arehart Invite—11:30 (ppd from 12/1)</p>	<p>NSAA Moratorium BUILDING CLOSED</p>
16	17	18	19	20	21	22
<p>Dec. 22-26 NSAA Moratorium—BUILDING CLOSED</p>					<p>GB BB Holiday Tournament @ Shelby-Rising City Girls 5:30 Boys 7:15</p>	<p>GB BB Holiday Tournament @ Shelby-Rising City TBD</p>
23	24					
30	31	25	26	27	28	29



Stutzman's Side Notes

"You Learn Something New Every Day"



Our theme for the month of November was giving and serving. We began getting in the giving spirit by donating items to The Friend Food Pantry. The Pre-School-6th Grade classes collected canned goods, food items, household items for The Friend Food Pantry in November!

The Grand Total collected was 1, 180 ITEMS!!!! WOW! Thank you to everybody who donated, Elementary Student Council and teachers, and to Pastor Green and Pastor Jensen for picking up the items. The number items donated by each class were: Preschool=161, Kindergarten=183, 1st Grade=110, 2nd Grade=116, 3rd Grade=113, 4th Grade=181, 5th Grade=132, 6th Grade=184. We are so proud of our students and families for showing a giving example.

In our school wide Bulldog Buddies groups, we made cards for all of the Veterans for Veterans Day, and talked about Random Acts of Kindness.

We enjoyed having the Veterans and community members as guests in our school for the Veterans Day Program. Thank you to the elementary students who made crafts to decorate the school, student council for serving breakfast and passing out programs, and all of the staff members who worked hard to put on a special program for our wonderful Veterans. We appreciate your service! To continue learning and showing Random Acts of Kindness, we are going to collect specific items for children waiting on *or* recovering from an organ transplant. Please consider donating during this holiday season to help children who are in need. The list of items that needed to be donated were sent home on November 15th. If you need more information please contact the school, items are due December 7th.

We have so many things to be thankful for during this holiday season, and I am very proud of our students and staff for showing that giving and serving pays off in dividends over receiving.

Go Bulldogs!! Liz Stutzman- Principal

Important Dates to Mark Down this Month

December 4th: Organ Donation Speaker

December 7th: Donation Items for Transplant recipients due!

December 10th: 7th-12th Grade Christmas Concert 7:30

December 17th: K-6th Grade Christmas Program 7:00

December 19th: Full Wednesday

December 20th: All School Winter Fun! Elementary Christmas Parties (please check in at the office)

December 21st: 12:30 Release for Winter Break

School Website: www.friendbulldogs.org

Twitter Account: @FriendSchools





Activities Reminder

Congrats to the Bulldogs and Bobcats on having great fall sports season.

Please remember as our winter sports begin, students are expected to sit with their parents during activities.

DeMoine Adams Speaks to Friend Students and Staff



On Monday, November 19th Friend Public School was honored to have DeMoine Adams speak to our students and staff about being a leader, having great character, bullying, making the right choices, and motivating our students to be better than they already are. DeMoine was very engaging, active, and he definitely kept the audience entertained!

K-6th



7th-12th





Checklist for high school seniors who are college-bound (parents & guardians -- please encourage your son/daughter to stay on track):

- Apply to at least 3 colleges before the end of the semester.
- Complete the FAFSA before the end of the semester (contact Education Quest for assistance).
- Check the "Scholarship Central" link on the school website AT LEAST once a week.
- Revisit "Scholarship Quest" on the Education Quest website AT LEAST once a week.
- Update your high school resume NOW since you'll be using it during scholarship season.
- Identify three to five people who can be solid references as you apply for scholarships.
- Schedule time to see Ms. Hottovy if you need help with any of the above!

Teen Social Media Statistics 2018
(What Parents Need to Know)

1. Teens choose Snapchat as their main social media site
2. The value of face-to-face interactions is decreasing among teens
3. It's important for parents to help their student prepare for a life in the digital world

SmartSocial.com

TIPS FOR PARENTS

According to the website *Smart Social* (accessed November 14, 2018), "Teens social media use is on the rise and screen time has increased drastically since 2012. While the negative effects of social media on teens are serious, there is no way for parents to keep their teens offline forever. Instead, it's important for parents to help their student prepare for a life in the digital world. Whether your student doesn't have access to social media yet, or they spend too much time looking at screens, there are steps parents can take to help them develop a healthy relationship with screen time."

Parents, if you struggle with staying up-to-date on what your child may be experiencing on social media, consider taking a look at the website <https://smartsocial.com/> (you can also follow the group on Facebook).

This is an excellent resource that can guide you through the ever-changing world of technology. You'll find free articles, blogs, webinars, videos, tutorials, and podcasts over topics such as:

- the most popular apps used by teens (rated in categories ranging from safe to dangerous)
- how to promote online safety in your family
- the effects of gaming (such as Fortnite)
- how to manage your child's screen time
- how to safely navigate social media apps
- the positive sides of social media

December Menu

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast serving begins at 7:50.





Students should NOT be arriving at school prior to 7:50 as there is no supervision in the cafeteria until breakfast serving begins.

Breakfast.....\$1.75
 Grades K-6 lunch.....\$2.70
 Grades 7-12 lunch.....\$2.95
 Extra lunch entrée.....\$1.00
 Milk (extra or snack time) \$.35
 Adult Breakfast.....\$2.00
 Adult Lunch.....\$3.65

A student will be notified in writing if and when his/her account has a negative balance.



= Meat used from Purple Ribbon Meat Program

<p>Breakfast Pizza Cheese Flatbread Pudding</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">3</p>	<p>French Toast K-6 Chicken Strips 7-12 Spicy Chicken Strips Mashed Potatoes/ Gravy</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">4</p>	<p>Cinnamon Rolls Taco Salad Toppings Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">5</p>	<p>Breakfast Burrito Stuffed Crust Cheese Pizza Cookie</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">6</p>	<p>Biscuits & Gravy Hamburger/ Bun Baked Beans</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">7</p>
<p> Donuts Hot Dog/Bun Chili Shredded Cheese</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">10</p>	<p>Sausage-Egg-Cheese Sliders Mini Corn Dogs Potato Wedges</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">11</p>	<p>Egg Omelet Mandarin Orange Chicken Rice</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">12</p>	<p> Breakfast Bites Sloppy Joes French Fries</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">13</p>	<p>Blueberry Muffins *3rd Grade Lunch* Sub Sandwich Dorito Chips Blonde Brownies</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">14</p>
<p> Breakfast Pizza Meaty Nachos Toppings Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">17</p>	<p> Bacon Breakfast Toast Hamburger/ Bun Sweet Potato Fries</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">18</p>	<p>Sausage Breakfast Rounds "Christmas Meal" Sliced Ham Mashed Potatoes Gravy Hot Rolls Cream Cheese Dessert</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">19</p>	<p>Scrambled Eggs Chicken Nuggets French Fries</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">20</p>	<p>Cherry Strudel Mini Cheese Pizza Bagels Pudding</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">21</p>



EMF JH Football season summary

EMF Junior High Football had a very successful season with a good combination of young men from Friend and Exeter Milligan. This was a very rewarding year for me personally as I got to coach several kids on the team that I had coached previously in pee wee football. It was fun to see how they have developed as football players and as people.

We started the year with a lot of excitement and optimism that we would have a successful season. We started the season with a 40-0 win over Diller-Odell in Friend, jumping out to a big lead early in a game that wasn't even as close as the score indicates as our second string played more snaps than our first string and scored a couple of times against their first string defense.

Our next game was against East Butler at Dwight. Again, our second string got a large amount of playing time and scored twice against their first string defense. EMF wins the game 56-18.

We then played Thayer Central down at Milligan getting off to a fast start and gaining a large lead early, but gave up a couple of long scores due to broken assignments on option plays and maybe putting in the second string a little early, allowing them to close the gap some toward the end of the game. EMF wins 50-36 with the second string getting significant playing time again.



Traveling to Meridian we blew a tire on the bus, but managed to get there safely. During warmups it was quite obvious we would be going up against a team with very large players and the coaches were concerned that our guys might be intimidated before the game even started. There was no need to worry as EMF took control from the start, even executing to perfection several wedge plays for long gains against their large interior line. Again our younger kids got lots of playing time with our younger guys scoring a couple of times and EMF takes home the win 60-6.

Next up Heartland at Friend. We knew Heartland would be a very talented team. This game was a battle from the beginning to the end with EMF prevailing in the end in a very high scoring affair 56-52. This was a very good win for us as Heartland was a physically superior team but we were able to beat them by working together as a team. We made a couple of huge first downs to run out the clock at the end of the game.

Our game against Osceola-High Plains was scheduled to take place in Milligan but was changed to an away game at the last minute due to snow covering the field in Milligan. OHP was a very talented team and proved to be a very tough adversary. It was a back and forth game but do to some untimely penalties, turnovers, and questionable play calling by coach Hitchcock, EMF came up short 36-52.

The team ended up with a 5-1 record. Coaches Cerveny and Hitchcock are very proud of the team and appreciated how coachable and hard working they are. We are fortunate to coach such a fun bunch of guys. —by Coach Jay Hitchcock



EM/F Junior High Football team Front row Left-right: Tyler Due, Andrew Vavra, Jordan Lawver, Josh Meyer, Draven Payne, Andy Drake, Jacey Krotzer, Spencer Eberspacher, Jacob Weber, Devin Harrison, Breckan Schluter. Backrow left-right: Braden Benjamin, Andrew Lunt, Marcus Krupicka, Cade Kresak, Jack Baptista, Daysan Staskal, Chase Svehla, Chase Vnoucek.



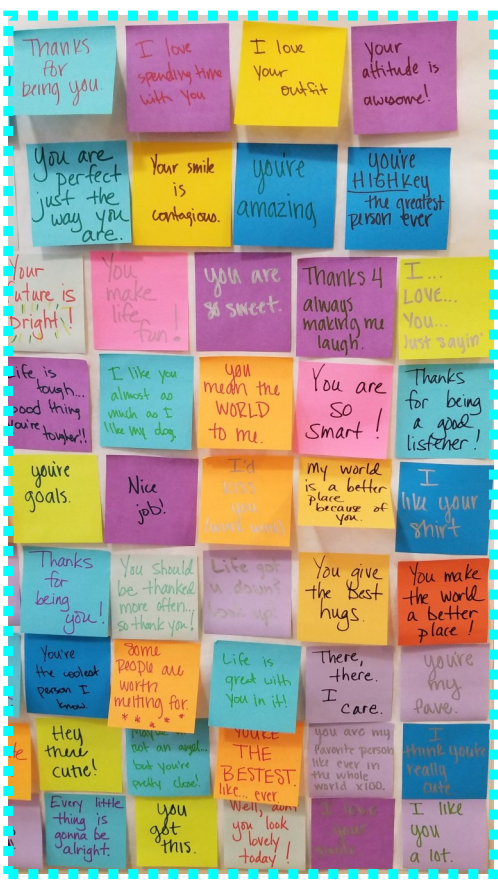
ACTS OF KINDNESS

random
act of kindness

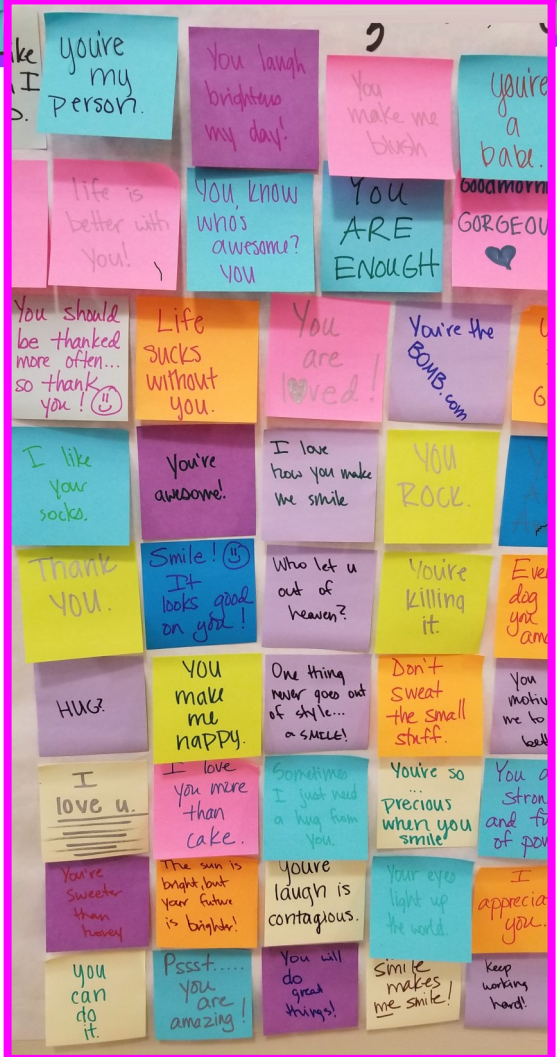
November 13 ~ WORLD KINDNESS DAY **BE A RAKTIVIST!**

Options:

- 1) Deliver a pre-written message of kindness to make someone's day!
- 2) Take a blank sticky note and create your own kind message... then deliver it!
- 3) Fill out a blank sticky note with an example of how someone showed you kindness!
- 4) Leave a kind or positive message here to make everyone smile!



November 13 was World Kindness Day! Friend Public School encouraged all students and staff to spread kindness by choosing a pre-written note, or writing a note of their own, and delivering it to someone special. We encourage kindness not just today but EVERY DAY!



EducationQuest Foundation
NEWS RELEASE

FOR IMMEDIATE RELEASE

For more information, contact:
Tricia Dunn, Director of Media Relations
800.303.3745, ext. 6666
triciad@educationquest.org

Grant Will Fund Campus Visit for Eighth Graders

(LINCOLN, Nebraska, November 12, 2018) – Eighth grade students at Friend Public School will experience a campus visit this school year through funding from an 8th Grade Campus Visit Grant awarded by EducationQuest Foundation.

Through the grant program, the schools will also conduct activities with eighth graders that will help them get on the path to college.

The 8th Grade Campus Visit Grant is one of several programs EducationQuest provides to fulfill its mission of improving access to higher education in Nebraska.

“When younger students visit a college campus, they see first-hand the possibilities that college can offer, said EducationQuest Assistant Vice President Eric Drumheller. “This experience can motivate them to take steps during high school that will make college possible.”

EducationQuest Foundation is a nonprofit organization with a mission to improve access to higher education in Nebraska. Headquartered in Lincoln, EducationQuest provides free college planning services, need-based scholarship programs, college access grants for high schools, college access resources for middle schools, and outreach services for community agencies. For more information, visit EducationQuest.org or call 800.303.3745.

Bulldogs of the Month



Staff
Julie Ricenbaw
7-12 Resource

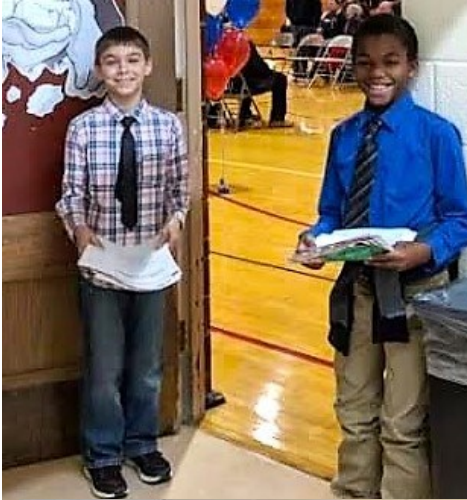


Student
Edwen Baptista
Senior



On Dec. 18 at half time of the Varsity boys basketball game, the 1933 football team from Friend High will be honored as that team was recently inducted into the Nebraska Sports Hall of Fame. The team had 11 members and went undefeated during the season playing 11 man football.

★★★ VETERAN'S DAY 2018 ★★★





Veteran's Day 2018



Public Health Solutions Announces Winner



Public Health Solutions was recently at your school offering flu shots. All students who returned a permission form and received the flu shot were entered into a drawing.

Grady Bresson is the lucky winner who participated in the 2018-2019 SKIP Flu Vaccine Clinic held at Friend Public School in October. His name was drawn from all students at your school who received a flu shot, to receive a \$25 gift card. The

CDC is forecasting a rough flu season this year so all staff and students who got their flu shot are winners by protecting themselves and their families!

Public Health Solutions is excited to report increased rates of participation overall and specifically, your school had 107 students and staff participate, which figures at 37.6%. Last year, there were 110 participants, at 35.1%. While Public Health Solutions would love to see 100% participation, we are excited to see these rates go up.

If for any reason you missed the SKIP Flu Clinic, please make the effort to get your flu shot at your local health care provider. For more information on flu shot

locations, feel free to contact Public Health Solutions at 402-826-3880.

Organ Transplant Care Packages

During our November Bulldog Buddies groups we learned about what KINDNESS is and what it is to do Random Act of Kindness. This holiday season we will be putting together care packages for children who are waiting to have an organ transplant and/or those who have received an organ transplant. Currently there are 12 children staying at Nebraska Medical Center in Omaha waiting to receive a lifesaving transplant. The patients and their families are in the hospital for weeks or months at a time while waiting on a transplant or after receiving one. Our goal is to provide 20-25 care packages for the children and their families during this holiday season to bring a bit of joy!

We are asking each student to provide at least one item for our care packages. All items must be NEW and from a non-smoking environment. Try to stay away from toys as they have others providing them during the holidays. If you think of other small items other than the suggested items on the list below, that is fine.. The items on the list were provided by The Child Life at Nebraska Medical Center.

Thank you in advance for your generosity.

Please return these items to school by

Friday, Dec. 7.

Boys and girls 4 & under

- ◆ Bubbles
- ◆ Play-Doh
- ◆ Puzzles
- ◆ Socks
- ◆ Books/board books
- ◆ Legos (small sets of larger ones)
- ◆ Balls
- ◆ Blocks
- ◆ Action figures
- ◆ Cars - chunky

Girls and boys ages 6-10

- ◆ Bubbles
- ◆ Play-Doh
- ◆ Fun Socks
- ◆ Word search/crossword
- ◆ Small Lego sets
- ◆ Books
- ◆ Card games
- ◆ Seek & find books
- ◆ Puzzles
- ◆ Nail polish
- ◆ Ear buds
- ◆ Nerf guns
- ◆ Basketball hoops that attach to doors

- ◆ Action figures
- ◆ Cars - match box
- ◆ Boys or girls ages 10-18
- ◆ Word search, Crossword puzzle, Sudoku books
- ◆ Puzzles
- ◆ Crafts (example—friendship bracelet kit)
- ◆ PJS
- ◆ Fun socks—fuzzy ones for girls
- ◆ Card games
- ◆ Books—easy to read chapter books
- ◆ Small Lego kits
- ◆ Nail polish
- ◆ Stress balls
- ◆ Ear Buds
- ◆ Pop sockets
- ◆ Nerf guns
- ◆ Basketball hoops that attach to doors
- ◆ Teen coloring books
- ◆ Gel markers or colored pencils



Washington DC & New York City Tour 2020



Planning is underway for a student tour scheduled for late May 2020. The tour is scheduled through EF or Education First. The 5 day tour is packed with highlights such as the U.S. Capital White House and monuments of Washington DC before traveling to New York City to see the Statue of Liberty, Empire State Building, Central Park, as well as other noted tour stops. For many years, domestic and international tours have been organized and offered to Friend students. The last trip occurred in the summer of 2017 with Margo Houlden serving as sponsor.

Any student currently in the 7th grade or above is invited to participate in this great learning opportunity. The tour will allow parents or other adults to travel as well. If you wish to get more information about this wonderful opportunity, please contact Margo Houlden at margo.houlden@friendschool.org or call the school after 3:45 p.m.

EMF FFA UPDATE

By: Sarah Casper

Check out the EMF FFA website:

emf-ffa.weebly.com

National Convention - On October 24-27, FFA advisor Mrs. Bower, members William Yokel, Jacob Bottom, JB Drake, Kiah Songster, Avery Kraus, Cameryn Brandt, Vivian Weber, Abby Eberspacher, and Sarah Casper, and sponsors David and Nicole Kraus attended the 2018 National FFA Convention in Indianapolis, Indiana. On Wednesday night we got the chance to see a Garth Brooks concert. On Thursday we went to the first opening session, listened to keynote speaker Kyle Scheele, and took a tour of the Indy 500. On Friday, we toured the Louisville Slugger, Churchill Downs, and the Huber Winery/Orchard in Kentucky. We then went back to the Convention center in Indianapolis and listened to keynote speaker Judson Laipply. On Saturday we came back to Friend. The National FFA Convention was a great experience for all of us and we enjoyed our time there.

Feedlot Production & Alternative Production Agriculture; Ag Education/Extension; Agronomy & Horticulture; Commodity Marketing & Grain Merchandising; Sales & Ag Mechanics; Ag Finance & Banking; Veterinary/Animal Science/Food Science.



Land Judging - Land judging gives students the opportunity to learn soil structure, land evaluation, physical features, and land capability. On October 10, six of the EMF FFA members competed in the Land Judging competition. The members include Cameryn Brandt, Sarah Casper, Jesse Duba, Abby Eberspacher, Kiah Songster, Vivian Weber.

Harvest Bonanza - On October 29, the EMF FFA chapter went to the Milligan Co-op to give out a supper of hotdogs and chips to the farmers to eat, before heading out to harvest their fields.

O' Red 99 helped provide the food and supplies we needed. Thank you to all that helped.

Friend Christmas on Maple St.

- On November 16th the EMF Chapter was able to serve dinners to the community and visitors at the Legion in Friend. The Chapter served pulled pork sandwiches, desserts, and chips. The Chapter enjoyed this event and looks forward to doing it again next

year. Thank you to all that helped and supported us.

Livestock Judging - On November 7th the EMF FFA chapter went to the York County Fairgrounds to compete in the District 5 Livestock Judging Contest along with other chapters in our area. Livestock Judging consists of standard judging classes, feeder grading, slaughter grading, and keep/cull classes. The EMF Chapter had a great time and is still waiting for results.

Old Business - On November 15th, the EMF Chapter held a monthly meeting. This meeting was held in Exeter with a supper of hamburger the Alumni donated to the EMF Chapter. We had opening and closing ceremonies. The chapter then split up into our committees to figure out activities we could do during the year. The chapter was also joined by two visitors. One being from the Sentinel and the other was from Big Iron. William Yokel's name was drawn from about a thousand other FFA members to be awarded a scholarship from Big Iron. Congratulations William and a big thank you to the Alumni for their donations.

Upcoming Events

12-4-18 FFA Concessions in Friend

12-6-18 Chapter Meeting in Friend 7-8 p.m.

12-12-18 Friend Chamber Soup Supper FFA helping from 6:30-8



Cornerstone Bank Ag Day

EMF FFA took 10 students to the 28th annual Cornerstone Bank Careers in Ag. Day on Wednesday, September 26th in York. Students had the opportunity to choose 3 careers

to explore, from a broad selection including: Farm Management;

A FAMILY'S GUIDE TO NEBRASKA SCHOOL IMPROVEMENT



www.aquestt.com

www.education.ne.gov/essa

nep.education.ne.gov

The Nebraska Department of Education (NDE) and your school district are committed to achieving educational equity for all students. That means that every student can get the educational resources he or she needs at the right time, at the right level, and with the right intensity.

Making this happen requires that everybody, including parents and teachers, knows what their schools need to do to improve. To help, NDE created the AQuESTT system. It stands for Accountability for a Quality Education System, Today and Tomorrow. AQuESTT classifies all schools using four categories: Excellent, Great, Good, and Needs Improvement.

Your child's school has been classified as Needs Improvement. Your school will be working on an improvement plan. This fact sheet explains how the classification system works. It also discusses how your school, with the support of parents, teachers, and community members, will work to improve.

THE SIX TENETS OF AQuESTT

AQuESTT is based on six major points, or tenets. They are Positive Partnerships, Relationships, and Success; Transitions; Educational Opportunities and Access; College, Career, and Civic Ready; Assessment; and Educator Effectiveness. To learn more about the six tenets, go to www.aquestt.com.



As Nebraska schools, including your child's school, work to improve, they will be guided by these six tenets.

THE AQUESTT CLASSIFICATION SYSTEM

The four categories of schools—Excellent, Great, Good, and Needs Improvement—are based on a number of indicators. Test scores are part of the classification process. But so are other measures, including graduation rates, progress for students learning English, and reduction in absenteeism. Plus, the progress a school is making toward achieving these indicators is factored in. This classification system will take place every year.

The Needs Improvement category includes different types of support for schools. Some schools will be eligible for Targeted Support and Improvement (TSI) in the fall of 2019. Additionally, schools may also be eligible for Comprehensive Support and Improvement (CSI) this year. Please see the back of this fact sheet for a description of each group.

NEXT STEPS IN THE AQUESTT SYSTEM

You can expect a number of things to happen as a result of the AQuESTT classification. NDE uses these classification indicators to better target funds and resources to schools that need to improve. In addition, your district or school will develop an improvement plan. Your school may get additional support that includes professional development for teachers and principals, instructional coaches in schools, and new instructional materials.

Schools designated as CSI will conduct a comprehensive needs assessment that focuses on the six tenets of AQuESTT. They then will create a complete improvement plan based on what is going well and what needs to improve. CSI schools may be eligible for additional federal funds to support their improvement plans.

Contact your school's principal if you would like to take part in improving your school.

Junior High Quiz Bowl

The Friend Jr. High Quiz Bowl team recently competed at the Nebraska AMI 8th Annual Quiz Bowl Competition in Seward. Friend had two teams competing in the event, a 7th and 8th grade team. After competing in a morning round robin teams were seeded for the afternoon single elimination tournament. The 7th grade team finished 3rd in the small school division.

The 7th grade team members included: Andy Drake, Kaden Newsome, Elizabeth MacDonald, Harley Vajgurt and Jacob Weber.

8th grade team members are: Jack Baptista, Braden Benjamin, Zoey Borgman, Chase Svehla, and Kylie Weber.

Paul Martin Quiz Bowl Sponsor



SHELBY-RISING CITY HIGH SCHOOL
2018 HOLIDAY TOURNAMENT

Thursday, December 27 and Friday, December 28, 2017

BOYS BRACKET



ADMISSION: ADULTS---\$5.00
STUDENTS---\$4.00

SHELBY-RISING CITY HIGH SCHOOL
2018 HOLIDAY TOURNAMENT

Thursday, December 27 and Friday, December 28, 2017

GIRLS BRACKET



ADMISSION: ADULTS---\$5.00
STUDENTS---\$4.00

Why Wellness Is Important to our School

- Research shows a strong link between a young person’s practice of healthy habits, including a good diet and regular physical activity, and an improvement in their overall life outcomes.
- Research also shows that schools can be places for motivating students to lead healthy lifestyles and staff can be role models for showing students how to adopt and maintain healthy behaviors.
- When kids are physically active, they perform better academically, have better attendance and their behavior improves.

That’s why our school is creating a healthier generation where students, teachers, and staff eat better, move more -. We are pleased to share that **Friend School** is participating in the Alliance for a Healthier Generation’s Healthy Schools Program. If you would like to learn more or have any questions, please contact **David**

Kraus at david.kraus@friendschool.org and visit healthiergeneration.org

Everyone can support a #HealthyFuture. Together, we succeed.



LEADING THE WAY FOR CHILDREN’S HEALTH

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.

Elementary Food Drive

Friend Elementary students came together and collect 1,180 items to donate to the local food pantry. Classes had a friendly competition to see who could collect the most items. In the end, the top 3 classes were separated by only 1-2 items while the rest of the classes were not far behind. It was an amazing effort put forth by all students, and most importantly, their effort helps a very worthy cause.

Pictured is the Kindergarten class with the items that they collected.

Nice job Kindergarteners!!



Reminder that the building is closed Dec. 22-26 for the NSAA Moratorium.

There are to be no practices held during this time.

Friend Public Schools
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