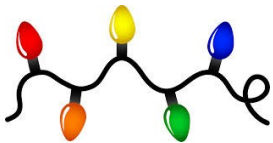
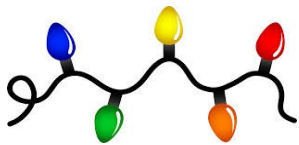


**FRIEND
PUBLIC
SCHOOL
DECEMBER
2019**



Friend Public Schools
501 South Main St.
P.O. Box 67
Friend, NE 68359
402.947.2781



Superintendent

David Kraus

Principal

Elizabeth Stutzman

Activity Director

Jim Pfeiffer

Counselor

Amy Hottovy



**Friend Students Earn First Place
at UNL Math Day**

On Thursday, November 14, six mathletes, Kate Houlden, Caitlin Sharkey, Josie Vhynalek, Cole Holman, Keagan Newsome, and Joanna Yu, headed to the University of Nebraska-Lincoln to compete at Math Day. The Friend team finished in first place in the Class VI, Probe 1 competition, which is a written portion where three of their scores were averaged together. The second area the mathletes competed in was a Quiz Bowl. In this event, the team went 2 - 2.

From the Superintendent Mr. Kraus

Perceptual Data Survey Results

The seasons are full of change as the leaves begin to drop to the ground, the days are shorter, and the temperatures begin decreasing. Our school plays a similar role as new personnel have been added, families have moved into our district to join us, and programs are implemented for our students. All of this brings us exciting new change to the temperature to our school district.

As with checking the temperature of our surroundings environmentally, it is our obligation to our school and community to check the temperature of our school culture and beliefs. With that said, the results are in from our NDE perceptual data surveys given at parent-teacher conferences this past October. We really appreciate those parents who took the time to fill out our survey and give us real feedback on our culture and ways we can improve our school. Students and staff were also given the opportunity to share their beliefs through a rating scale.

We feel it is important to share the results with the community as we had asked for your participation. The perceptual data results are available on our school website at friendbulldogs.org for your viewing. If you have any questions about the results, please feel free to contact myself at the school or email me david.kraus@friendschool.org, and I would be happy to visit with you. Our goal is to always have transparency with our parents and open lines of communication.

We know our school, as well as most schools in the state of Nebraska, all have their areas of strength and opportunities of growth. We hope if there is ever a concern or idea, that communication takes place with the school and individual so it can be addressed. Always know we have an open-door policy and we encourage you to reach out to us. We are always open to new ideas to help improve our school district.

FRIEND PUBLIC SCHOOL offers online payments for your convenience!

- When your child's lunch balance is getting low, you can also receive an e-mail alerting you of the low balance along with an option to replenish.
- Our partnership with **e~Funds for Schools (EFS)** will allow you to pay for your student's meals from your checking account, debit card, or credit card.
- Fund your child's lunch account at any time and from anywhere!
- Parents can access the **e~Funds for Schools** system and make one payment for one or all of their children, all during a single visit!



To get started, visit: <https://payments.efundsforschools.com/v3/districts/56376>

Or email: michele.clouse@friendschool.org



December

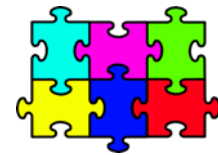


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	JH WR @ Wilber-Clatonia Inv. 6:00	District One Act @ Johnson-Brock (perform at 10:30) JH GB @ Dorchester 5:00	<i>FCA Lunch Meeting in Mr. Hitchcock's room</i>	GB BB @ Lewiston (No Girls JV) 5:15/6:15/8:00	2:00 out	WR - Bob Arehart Invite 9:00 JH GB @ Shelby-Rising City (Shelby) 10:00
8	JH GB vs Exeter-Milligan 3:00 JH WR @ Tri-County 6:00 BOE - Media Center 7:30	GB BB @ Sterling 4/5/6:15/8	State One Act @ Norfolk	ASVAB test JH GB vs. Tri-County 4:00 Elementary Holiday Program 6:30 West Gym 	2:00 out WR @ Wood River 10:00 GB BB (Varsity only) @ Falls City Sacred Heart 6/7:30	GB BB vs. Sandy Creek 1/2:30/4:00 JH WR @ Centennial 9:00
15	7-12 Christmas Concert 7:00 East Gym 	GB BB @ Exeter-Milligan (Exeter) 4/5/6:15/8	<i>FCA Lunch Meeting in Mr. Hitchcock's room</i>	JH GB @ Centennial 5:30	12:30 out <i>End of 2nd Quarter</i> GB BB vs. Lawrence-Nelson 4:30/6/7:30	WR @ Wahoo 9:00 JV GB BB @ Meridian Tournament 9:00
Dec. 22-26 NSAA MORATORIUM - BUILDING CLOSED					GB BB Holiday Tournament @ Shelby-Rising City TBD	GB BB Holiday Tournament @ Shelby-Rising City TBD
22	23	24	25	26	27	28
	Holiday Break NO SCHOOL	Holiday Break NO SCHOOL	 Holiday Break NO SCHOOL	Holiday Break NO SCHOOL	Holiday Break NO SCHOOL	
29	30	31			<p>For the most current and up to date information, please go to: http://www.pioneerconference.org and click on Friend or check the calendar on the school website: friendbulldogs.org</p>	



Stutzman's Side Notes

"You Learn Something New Every Day"



Our staff and students have been getting into the giving spirit this month! We began by having our elementary canned food drive to donate items to The Friend Food Pantry. The Pre-School-6th grade classes collected canned goods, food items, and household items for the Friend Food Pantry! **The Grand Total collected was 1,485 ITEMS!!!!** **WOW!** Thank you to everybody who donated, Elementary Student Council and teachers, and Pastor Black for picking up the items. The number items donated by each class were: Preschool=87, Kindergarten=236, 1st Grade=172, 2nd Grade=190, 3rd Grade=263, 4th Grade=159, 5th Grade=176, 6th Grade=202. We are so proud of our students and families for showing an example of giving. Pictured above are the 3rd Graders who collected the most items.

In our school wide Bulldog Buddies groups, we made cards for all of the Veterans for Veterans' Day. We enjoyed having the Veterans and community members as guests in our school for the Veterans' Day Program. The students were also

very lucky to witness 13 Veterans receive their Quilts of Valor. We appreciate your service! Thank you to the elementary students who made crafts to decorate the school, Student Council for passing out programs, and all of the staff members who worked hard to put on a special program for our wonderful Veterans.

To continue with our giving attitude, we are collecting 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 need to be donated were sent home on November 7th. If you need more information please contact the school. **Items are due December 9th.**

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 9: Donation items for care packages due

December 12: Elementary music program (new gym) 6:30 PM

December 16: 7th-12th Grade music program (old gym) 7:00 PM

December 20th: 12:30 release for Winter break (end of the 2nd Quarter)

Friday Early Release Update

Fridays are 2:00 Early Releases for all students.

Other Early Release Days= (due to not having a Friday that week) --- March 11 and April 9.

School Website: www.friendbulldogs.org

Twitter Account: @FriendSchools

Facebook: Friend Public School



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 EducationQuest 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!

7-12 grade students and parents/guardians: please mark your calendars with these important dates:

⇒ December 9-13 is drop & add week for those 7-12 grade students who wish to make a second semester schedule change with teacher, parent, and administrative approval. Class schedule changes can not be made after that time.

⇒ Sophomores, Juniors, and interested Seniors will be taking the ASVAB test on the morning of December 12. This is a free opportunity for students to understand their unique skills and interests, identify potentially satisfying careers, and discover all the different ways to get to their dream job.

⇒ Registration for spring SENCAP classes is due Friday, December 13. Interested juniors and seniors should be making appointments NOW to see Ms. Hottovy to discuss options. This is a great way for high school students to earn college credit at a hugely discounted rate! Take a look at this website for more information:

<https://www.southeast.edu/sencap/>

- ◆ Juniors will attend the College & Career Fair at Exeter-Milligan on Tuesday, February 11.
- ◆ Preparation sessions for the spring ACT will be held for juniors from 8:30 to 11:00 a.m. on March 2, March 9, March 16, and March 23.
- ◆ April 7 -- juniors will take the ACT in the morning as part of state testing.
- ◆ 8th graders will be going on campus visits to UNL and SCC-Lincoln on Tuesday, April 21.

Elementary parents/guardians:

Ask your child about what he/she is learning during lessons with the school counselor! These are skills students should use both at school and at home.

- Lower elementary grades have been practicing their skills of focusing and listening. They should be able to tell and show you how to use your attentoscope!
- Middle elementary grades are practicing self-talk and how to focus their attention when distractions are present.
- Upper elementary grades are learning about how to show empathy for others and also how to be assertive (not passive or aggressive).

It's never too early to begin saving for your child's college expenses!

- Your child may be young now, but they'll be graduating from high school before you know it.
- While you and your child's teachers are making sure the children are ready for higher education, be sure you have done your homework as well.
- With some planning and a bit of commitment, you can make their dreams of college a reality!
- Visit <https://www.nest529direct.com/home.html> for information on how the NEST529 college savings plan might be a good fit for your family.
- If you are interested in a brochure, contact Ms. Amy Hottovy at school.

December Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza Sloppy Joes Potato Smiles Brownies <i>Fruit & Veggie Bar</i> 2	Bacon Breakfast Toast K-6 Chicken Strips 7-12 Spicy Chicken Strips Mashed Potatoes Bread/Butter <i>Fruit & Veggie Bar</i> 3	Breakfast Bites Hamburger/Bun Baked Beans Chips <i>Fruit & Veggie Bar</i> 4	Scrambled Eggs Taco Salad Toppings Corn Bread/Butter <i>Fruit & Veggie Bar</i> 5	Chocolate Chocolate Chip Muffins Fiestada Mexican Rice Churro <i>Fruit & Veggie Bar</i> 2:00 out 6
Donuts Cheese Flatbread Cooked Carrots Pudding <i>Fruit & Veggie Bar</i> 9	Pancakes Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i> 10	Egg Taco Mandarin Orange Chicken Rice Bread/Butter <i>Fruit & Veggie Bar</i> 11	Breakfast Burrito Chicken Nuggets Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i> 12	Biscuits & Gravy Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i> 2:00 out 13
Breakfast Pizza "9-11 Lunch" Breaded Chicken Patty/Bun Cheesy Broccoli Jello Chocolate Chip Cookie <i>Fruit & Veggie Bar</i> 16	Apple Churros Mini Corn Dogs Tator Tots <i>Fruit & Veggie Bar</i> 17	Cinnamon Roll "Christmas Meal" Sliced Ham Mashed Potatoes Gravy Hot Roll Cream Cheese Dessert <i>Fruit & Veggie Bar</i> 18	Egg Omelet Meaty Nachos Toppings Green Beans Bread/Butter <i>Fruit & Veggie Bar</i> 19	Cherry Strudel Mini Cheese Bagel Pizza Cookies <i>Fruit & Veggie Bar</i> 12:30 out 20
Meal Prices 2019-20 Breakfast.....\$1.80 Grades K-6 lunch \$2.75 Grades 7-12 lunch \$3.00 Extra lunch entrée..\$1.00 Milk (extra or snack time) \$.35			Adult Breakfast...\$2.30 Adult Lunch.....\$3.75 <p style="text-align: center;">A student will be notified in writing if and when his/her account has a negative balance.</p>	
		<p><u>Activities Reminder</u></p> <p><i>Please remember as our winter sports begin, students are expected to sit with their parents during activities.</i></p> 		



Make Breakfast a Priority

It can be hard to crawl out from under the covers on these cold winter mornings, but I encourage you and your family to make breakfast a priority! You probably heard it from your own parents: Breakfast is the most important meal of the day. But now you're the one saying it — to your sleepy, frazzled, grumpy kids, who insist "I'm not hungry" as you try to get everyone fed and moving in the morning.

Why Bother With Breakfast?

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight and cardiovascular system! Studies also show that kids who eat breakfast have fewer absences, fewer trips to the school nurse, fewer disciplinary referrals and improved reading and math scores!

Breakfast Brain Power

It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Kids who eat breakfast are more likely to get fiber, calcium, and other important nutrients. They also tend to keep their weight under control and have lower blood cholesterol levels. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

Making Breakfast Happen

It would be great to serve whole-grain waffles, fresh fruit, and low-fat milk each morning. But it can be difficult to make a healthy breakfast happen when you're rushing to get yourself and the kids ready in the morning and juggling the general household chaos. Try these practical suggestions to ensure that — even in a rush — your kids get a good breakfast before they're out the door:

- Stock your kitchen with healthy breakfast options
- Prepare as much as you can the night before (gets dishes and utensils ready, cut up fruit, etc.)
- Get everyone up 10 minutes earlier
- Let kids help plan and prepare breakfast
- Have grab-and-go alternatives (fresh fruit; individual boxes or baggies of whole-grain, low-sugar cereal; yogurt or smoothies; trail mix) on days when there is little or no time to eat

If kids aren't hungry first thing in the morning, be sure to pack a breakfast that they can eat a little later on the bus or between classes. Fresh fruit, cereal, nuts, or half a peanut butter and banana sandwich are nutritious, easy to make, and easy for kids to take along. Encourage your student(s) to keep a box of granola bars, cereal bars, or fruit snacks in their backpack or locker "just in case".

You also may want to check out the breakfasts available at Friend Public School! FPS offers a wide selection of healthy and delicious options for breakfast *and* provides them for free or at reduced prices for families with limited incomes. If your kids eat breakfast outside the home, talk with them about how to make healthy selections.

Breakfast Ideas to Try

The morning meal doesn't have to be all about traditional breakfast items. You can mix it up to include different foods, even the leftovers from last night's dinner, and still provide the nutrients and energy kids need for the day.

Try to serve a balanced breakfast that includes some carbohydrates, protein, and fiber. Carbs are a good source of immediate energy for the body. Energy from protein tends to kick in after the carbs are used up. Fiber helps provide a feeling of fullness and, therefore, discourages overeating. And when combined with healthy drinks, fiber helps move food through the digestive system, preventing constipation and lowering cholesterol.

Good sources of these nutrients include:
carbohydrates: whole-grain cereals, brown rice, whole-grain breads and muffins, fruits, vegetables
protein: low-fat or nonfat dairy products, lean meats, eggs, nuts (including nut butters), seeds, and cooked dried beans
fiber: whole-grain breads, waffles, and cereals; brown rice, bran, and other grains; fruits, vegetables, beans, and nuts

And don't forget how important your good example is! Let your kids see you making time to enjoy breakfast every day. Even if you just wash down some whole-wheat toast and a banana with a glass of juice or milk, you're showing how important it is to face the day only after refueling your brain and body with a healthy morning meal.

EDUCATIONQUEST FOUNDATION COLLEGE PLANNING BULLETIN

A monthly college planning guide for Nebraska high school students

December 2019

What to expect after you submit your FAFSA

The [FAFSA](#) opened October 1, so many of you have already completed and submitted your form. Here's what happens next:

Expect a Student Aid Report (SAR). You'll receive it via an email link if you provided an email address on your FAFSA. The SAR acknowledges that your FAFSA was received and lets you know if you need to take further action to process your FAFSA.

Make sure you applied for admission to colleges you listed on your FAFSA. Colleges that receive your FAFSA results typically won't send you a financial aid package until you've applied and have been accepted to the school.

Watch for verification requests. The college(s) you listed on your FAFSA might request verification of your FAFSA information. If so, send the required documents to the colleges' financial aid office.

Watch for financial aid award notifications. The colleges you were accepted to – and listed on your FAFSA – will send you financial aid award notifications detailing the types and amounts of aid they're offering based on your financial need.

This [EducationQuest Blog article](#) has more details about what happens after you submit your FAFSA.

Haven't completed your FAFSA yet?

No problem! You and a parent can complete the form at [FAFSA.gov](#). Before you start, create an FSA ID for you and one for a parent at [fsaid.ed.gov](#). You'll need them to access and sign the form.

For *free* help with the FAFSA, watch these [FAFSA Demo videos](#), use our free [FAFSA Tools](#), or call EducationQuest to make an appointment:
Omaha – 888.357.6300

Lincoln – 800.303.3745

Kearney – 800.666.3721

Scottsbluff – 800.303.3745, ext. 6654

Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

Don't ever pay for scholarship searches! Use *free* resources such as [ScholarshipQuest](#) at EducationQuest.org with over 2,000 Nebraska-based scholarships, or free national sites like [Cappex](#), [GoodCall](#), and [Chegg](#).

Visit your school counselor often for information about local scholarships.

Focus on local and college-specific scholarships because you're more likely to earn them.

Update your activities, honors, community service or paid jobs using the [Activities Resume](#) at EducationQuest.org.

Earn the best possible ACT/SAT scores by taking the exam(s) in the spring of your junior year and again in the fall of your senior year.

Use quality references such as a teacher, coach, or counselor. Encourage them to write specific examples of your leadership skills. Give them a specific deadline, and a copy of your Activities Resume.

Tailor your essay to the scholarship. Ask an English teacher to read your essay and offer advice on making a big impact. Your essay will need to stand out from other applications.

Want more tips? [Click here!](#)

December "To Do" List

Complete these tasks during December to stay on the right college planning track.

Seniors:

___ If you haven't already, submit [college applications](#) and the [FAFSA](#).

___ Continue to apply for [scholarships](#).

___ Use this [College Timeline](#) to stay on track to college.

___ Follow EducationQuest on [Facebook](#), [Twitter](#), and [Instagram](#) for a chance to win a [\\$500 scholarship](#).

Juniors

___ Take an ACT prep course.

___ Set up a [ScholarshipQuest](#) profile and start searching for Nebraska-based scholarships.

___ Use this [College Timeline](#) to stay on track to college.

--- ___ Follow EducationQuest on [Facebook](#), [Twitter](#), and [Instagram](#) for a chance to win a [\\$500 scholarship](#).

For free help with college planning, contact EducationQuest Foundation:

Omaha 402-391-4033 888-357-6300

Lincoln 402-475-5222 800-303-3745

Kearney 308-234-6310 800-666-3721

Scottsbluff 800-303-3745 ext. 6654

[EducationQuest.org](#)

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#)!

Elementary Food Drive a success!



Elementary Student Council members after loading the mini van FULL of food drive items.

Over 1,400 items were collected!! Great job, elementary students!!

FACS Happenings

The 7th Grade FACS Class has been busy learning equivalents and cooking terms. As one of their cooking labs, they made homemade spaghetti sauce.

Students enjoying their spaghetti are from left to right: Danika Smith, Kyler Sladek, Zach Spohn, Abbie Milton, Trinity Williamson, Chase Paulsen, and Will Vyhnaek.





Staff:
Mr. Jake Wiese
Sr. High English

Bulldogs of the Month



Student:
Danielle Jackson
Senior



**IMPORTANT
NOTICE**

**The school building is
closed for the NSAA
Moratorium
December 22-26.
There are to be NO
practices during this
time.**

Friend Public Schools
501 South Main St.
P.O. Box 67
Friend, NE 68359

PRSR STD
ECRWSS
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