

Elementary Student Council 2019-20



Each August, ten students ranging in grades third through sixth are chosen to be on Friend Elementary Student Council. These students get selected based on recommendations by teachers.

Leadership skills, friendliness, great work ethic, and all-around positive attitudes are qualities that teachers look for when considering candidates each year.

Members serve for one year only, and ten new members are nominated yearly. This allows many students, and not just a select few, the opportunity to participate and grow in leadership and service at a young age.

Members work on various activities and participate in service learning projects throughout the school year. A few activities that the council already has planned this year include: helping to facilitate Elementary Red Ribbon Week (Say No to

Drugs Campaign), create and deliver holiday cards and appreciation cards to school staff and community members, and participate in a service learning field trip next spring.

Congratulations to the following students who were nominated by elementary teachers to be members of the 2019-20 Student Council!

Students pictured are: (back row) Aniston Meints, Gehrig Weber, Bob Milton, Jacob Spohn, Josiah Ocegüera

Front row: Gracie Vyhnalek, Jacky Hernandez-Rodriguez, Miley Ricenbaw, Jewel Lawver, and Marlie Johnson.

The Council is sponsored by Abby Brandt, Amy Wiese, and Sue Eigsti

From the Superintendent Mr. Kraus

PT Conferences and Perceptual Data Collecting



Parent-Teacher Conferences

This is just a reminder that Parent Teacher conferences will take place on October 2nd. School will dismiss at 12:30 with school serving lunch to elementary only. There will not be afternoon preschool that day. Conferences will run from 2-8 pm. Here are a couple of tips and questions to ask when visiting with teachers.

1. Please be on time if scheduled.
2. What are my child's strengths and weaknesses?
3. How does my child get along with classmates?
4. Is my child working up to his/her ability? Where could he/she use improvement?
5. What can we do at home to support what you are doing in the classroom?
6. Be aware of time as other parents may have a scheduled time as well. If more time is needed, work with your teacher to schedule another meeting or phone call.

Once the conference is over, start immediately on the action plan you and the teacher put together. Discuss the plan with your child and track his/her progress. Stay in touch with your child's teacher throughout the year with regularly scheduled "report card" conferences that can keep the communication lines open.

Perceptual Data Survey

During Parent Teacher conferences, we will have laptop stations set up for parents to take an online perceptual data survey. The survey is to help provide feedback to our school and help in making district improvements. Please find the time to take the survey while at PT Conferences. We appreciate your feedback!!!! Students will also complete an online perceptual data survey, if parents wish to see the student survey, please contact Mr. Kraus at the school.

DID YOU KNOW?



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>

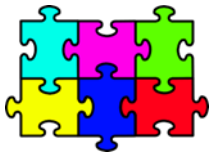
Or email: michele.clouse@friendschool.org



OCTOBER

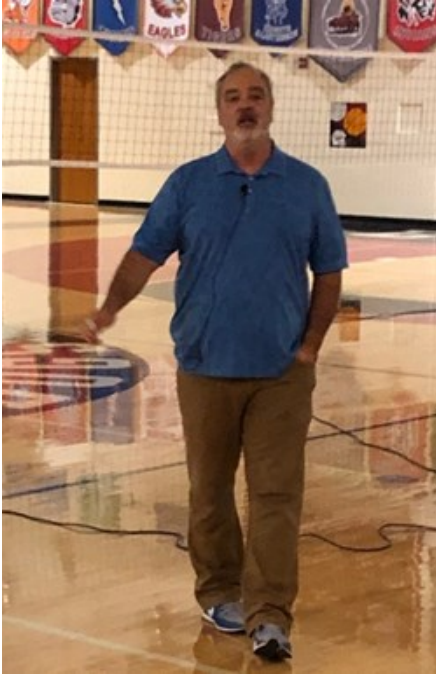
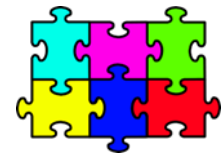


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For the most current and up to date information, please go to: http://www.pioneerconference.org and click on Friend or check the calendar on the school website: friendbulldogs.org</p>		SB @ Milford 5/6:30 VB vs Osceola 6/7 Seniors— Apply2College Day 8:30 Juniors & Seniors - Education Quest Workshop 8:30	Dismiss @ 12:30 Parent-Teacher Conferences 2-8 pm Fire Safety Day 	FCA Lunch Meeting <i>Mr. Hitchcock's room</i> JH VB vs Exeter-Milligan 3:00	2:00 out FB @ Osceola-High Plains (played in Clarks) 7:00	SB — SNC Tournament @ Fairbury JH VB @ Dorchester Invite 9:00 Marching Band -- Harvest of Harmony Grand Island
	SKIP Flu Clinic 11:00 JH VB @ Osceola 4:00 SB vs Aurora (in Geneva) 5/6:30	VB @ Nebraska City Lourdes Catholic 5:30/6:30	SB Districts @ Hastings County Government Day—Wilber	SB Districts @ Hastings JH VB vs Cross County 4:00 VB Triangular vs. Deshler & Meridian 5:30	2:00 out <i>End of 1st Quarter</i> FB vs East Butler (in Friend) 7:00 Homecoming	FFA EDGE @ McCool Junction 9-11 am VB @ Heartland Quad (Henderson) 3:00 Marching Band — Melody Roundup (Hastings)
6	Homecoming Week		Fire Prevention Week			12
	JV FB vs. Lawrence-Nelson (in Milligan) 6:00 JH VB vs Shelby- Rising City 4:30 BOE Media Center 7:30	VB @ Sutton 6/7	FCA Lunch Meeting <i>Mr. Hitchcock's room</i> Women's Quiz Bowl @ Seward 8:00 State Softball @ Hastings	VB @ Diller-Odell 6/7 State Softball @ Hastings	2:00 out FB @ Nebraska Lutheran (Waco) 7:00 State Softball @ Hastings 6th grade field trip Egerton Export – Aurora	VB @ Centennial Inv. 9:00
13	14	15	16	17	18	19
	VB—Pioneer Conf. Tournament TBA A site—Sterling B site—Friend JH & JV FB @ Osceola/High Plains 4:30/6:30	Picture Retakes FCCLA DLC @ Milford VB—Pioneer Conf. Tournament TBA A site—Sterling B site—Friend	Quiz Bowl @ Concordia University	7-12 Fall Concert 7:00	2:00 out FB vs Cross County (in Milligan) 7:00 VB—Pioneer Conf. Tournament TBA A site—Sterling B site—Friend	
20	21	22	23	24	25	26
	VB Sub-Districts @ Centennial	VB Sub-Districts @ Centennial	FCA Lunch Meeting <i>Mr. Hitchcock's room</i>	2:00 Out FB Playoffs 1st Round @ TBD 	<div style="border: 2px solid orange; padding: 10px;"> <p>Friday, November 1</p> <p>NO SCHOOL—Fall Break</p> <p>Welcome Fall</p>  </div>	
27	28	29	30	31		
<div style="border: 1px solid red; padding: 5px; display: inline-block;">  Red Ribbon Week  </div> <p style="color: red; font-weight: bold;">October 28-31</p>						



Stutzman's Side Notes

"You Learn Something New Every Day"



We have had a busy month in September! We began by hosting Cohort with our other partner schools: McCool Junction, Exeter-Milligan, Dorchester, and Shickley. We were very fortunate to have Gerry Brooks come and speak to our staff. Gerry had many wonderful insights about teaching, life, and students! Cohort is such a valuable time for our staff to get together and discuss curriculum, instruction, and bounce ideas off of each other.

Our staff and student have also wrapped up MAPS testing. We use this data to gear our lessons and find which areas students need more help in to be successful. We were very proud of our students and many of them make improvements on their scores from the previous time taking the test.

The staff and students participated in their first Bulldog Buddies Group time of the year! We did Active Bingo and really had a great time getting the blood flowing, laughing, and being in our groups again!

We have a lot of fun things happening during the month October, please be on the lookout for information for your teachers. We look forward to seeing you at Parent Teacher Conferences, where parents and teachers come together to make sure the students are being successful. Keep up the great work! Go Dawgs!!!

Mrs. Stutzman- Principal

Important Dates to Mark Down this Month

October 2nd: 12: 30 Release and Parent-Teacher Conferences for all students from 2: 00-8: 00 PM. Fire Safety Day.

October 7th-11th: Homecoming Week! The theme is "Hollywood".

October 11th: Homecoming Pep Rally in the new gym. End of the 1st Quarter.

October 28-31st: Red Ribbon Week

October 31st: Halloween Parties, costumes can be worn in PreK-6th Grade during the parties 12: 30-2: 00 PM. No weapons or makeup. Costume Parade at 12: 30 in the elementary wing.

2: 00 Release today.



Friday Early Release Update

Friday's are 2:00 Early Releases for all students.

Other Early Release Days= (due to not having a Friday that week)

October 31, March 11, and April 9.

School Website:

www.friendbulldogs.org

Twitter Account: @FriendSchools

Facebook: Friend Public School



COLLEGE AND CAREER NOTES

FPS juniors, seniors, and their parent(s)/guardian(s) are invited and highly encouraged to attend an Education Quest college planning and financial aid session at the school on *Tuesday, October 1, at 8:30 a.m.* An Informational letter was sent home in mid-September. We hope to see you there!

Start planning college visits now!

Juniors are allowed *one excused absence for a college visit*. It's never too early to start looking!

Seniors are allowed *two excused absences for college visits, and they are highly encouraged to get one completed ASAP since they'll be taking part in Apply2College Day on October 1.*

Parent permission forms for college visits are due **BEFORE** the student is gone from school or the absence will *not be considered excused*. Forms are available from Mrs. Segner in the office.

Ms. Hottovy often sends scholarship opportunities and college/career information to juniors and seniors through school email. Have a conversation with your son/daughter about checking their email often and practicing good communication skills.

[Countdown2College](#) is an excellent resource for students and parents in grades 8-12. Sign up to receive monthly emails with tips on planning and

paying for college. Take some time to explore all the Education Quest website has to offer.

SCHOLARSHIP NOTES

If your business, organization, or family would like to begin offering a scholarship to this year's graduating seniors at Friend Public School, please contact Ms. Amy Hottovy at your earliest convenience.

Current scholarship benefactors who wish to make a change to their application form or process are also encouraged to contact the school counselor as soon as possible. Thank you for your generosity and support!

Students and parents are able to see an updated list of scholarship opportunities as they become available. Look for the tab called "Scholarship Central" on the school website or follow this link: [Scholarship Central](#). At this time, local scholarships are not listed, but they will be added throughout the year.

COMMUNITY SERVICE REQUIREMENT

We are still looking for more community service opportunities to add to our list so students can see a variety of experiences from which to choose. If you are interested in offering and supervising community service, please contact me at your earliest convenience (amy.hottovy@friendschool.org; 402.947.2781 extension 212).



Bella Mitz-Weipert & Kayzlye Kirchhoff
on Hat Day

The Elementary Student Council would like to thank everyone who participated in "Hat Day". All your contributions are so very much appreciated and will go to help the student council reach out and serve others.

THANK YOU!!!



6th graders: Chase MacDonald, Brittney Hernandez-Rodriguez, Caleb Black

October Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>Bacon Breakfast Toast Cheese Pizza Mini Bagels Frosted Cake <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">1</p>	<p>Breakfast Bites Stuffed Crust Cheese Pizza Pudding 12:30 Dismissal <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2</p>	<p>Scrambled Eggs Hamburger/Bun Baked Beans Chips <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">3</p>	<p>Chocolate-Chocolate Chip Muffins Kindergarten & 1st grade Meal Mini Corn Dogs Potato Smiles Chocolate Chip Cookie <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">4</p>
<p>Breakfast Pizza Chicken Patty/Bun Broccoli & Cheese Jello <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">7</p>	<p>Pancakes Lasagna Shredded Cheese Bread Sticks <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">8</p>	<p>Egg Taco Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">9</p>	<p>Breakfast Burrito Chicken Fajita Toppings Chicken Koos Koos <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">10</p>	<p>Cherry Strudel Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i></p> <p style="text-align: center;">2:00 out</p> <p style="text-align: right;">11</p>
<p>Donuts Chicken Quesadilla Cheesy Mexican Rice Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">14</p>	<p>Sausage Breakfast Rounds Taco Salad Toppings Corn Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">15</p>	<p>Cinnamon Rolls Chicken Sticks French Fries Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">16</p>	<p>Sausage-Egg-Cheese Slider Hamburger/Bun Cooked Carrots Brownies <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">17</p>	<p>Biscuits & Gravy Fiestada Mexican Rice Churro <i>Fruit & Veggie Bar</i></p> <p style="text-align: center;">2:00 out</p> <p style="text-align: right;">18</p>
<p>Breakfast Pizza Cheese Flatbread Santa Fe Koos Koos <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">21</p>	<p>French Toast Chicken Nuggets Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">22</p>	<p>Egg Omelet Sloppy Joes Tator Tots <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">23</p>	<p>Sausage Breakfast Rounds Hot Turkey Sandwich Mashed Potatoes Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">24</p>	<p>Egg Taco Stuffed Crust Cheese Pizza Pudding <i>Fruit & Veggie Bar</i></p> <p style="text-align: center;">2:00 out</p> <p style="text-align: right;">25</p>
<p>Donut Meaty Nachos Toppings Corn Bread/Butter <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">28</p>	<p>Sausage-Egg Patty Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">29</p>	<p>Chocolate-Chocolate Chip Muffins Mandarin Orange Chicken Rice Bread/Butter</p> <p style="text-align: right;">30</p>	<p>Breakfast Burrito Hamburger/Bun Baked Beans Frosted Cake <i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">31</p>	<p>Adult Breakfast...\$2.30 Adult Lunch.....\$3.75</p> <p style="text-align: center;">A student will be notified in writing if and when his/her account has a negative balance.</p>



Fall is here and “Flu” and Cold Season has arrived! Here are a few reminders in regards to school policy and healthy guidelines:

Keep your child at home for treatment and observation if

he or she has any one of these symptoms:

- A fever greater than 100°F --- Your student(s) must be fever free, without the use of anti-emetics (Tylenol/Ibuprofen), for *24 full hours* before returning to school.
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croup cough
- Lots of nasal congestion with frequent blowing of nose

Often when a child wakes with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to

bring to school. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom. Influenza is very contagious and can be spread from person to person by breathing in the droplets in a cough, sneeze, or runny nose that contain the flu virus.

To help prevent the flu and colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose, or mouth
- Cover mouth and nose when sneezing or coughing.
- Avoid close contact with people who are sick

Annual Flu Shot ---- Read on to learn more about Public Health Solution’s annual flu clinic being held at FPS on October 7TH!

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

DON'T LET THE FLU BUG SNEAK UP ON YOU!

Public Health Solutions doesn't want to have the Flu Bug Sneak Up on You. When more people get the flu vaccine, fewer people will become sick with the flu and thus there will be less people spreading influenza to others. This is especially important if you are around infants 6 months or younger or the elderly as they are at a greater risk to have serious complications due to flu. Most healthy school aged children may not experience flu complications but could risk exposing an elderly grandparent or baby brother/sister to the virus.

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. Parents and guardians are encouraged to read the information carefully, complete and sign the consent form, and send it back to school with their student.

Show the Flu Bug who is the winner! Not only will students have received protection against the flu by getting a flu shot, they will also be entered into a drawing. All students who return a completed permission form AND get the flu shot the day of the school clinic will be entered into a drawing for a \$20.00 gift card. Don't let the flu bug win!

Public Health Solutions District Health Department will be at your school on Monday, October 7.

Flu Vaccine - Shot

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized.

Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.

2 Inactivated and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.

Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do not contain thimerosal are available.

There is no live flu virus in flu shots. **They cannot cause the flu.**

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine, or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

3 Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.**
If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.
- **If you ever had Guillain-Barré Syndrome (also called GBS).**
Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
- **If you are not feeling well.**
It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get a flu shot do not have any problems with it.

Minor problems following a flu shot include:

- soreness, redness, or swelling where the shot was given
- hoarseness
- sore, red or itchy eyes
- cough
- fever
- aches
- headache
- itching
- fatigue

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

More serious problems following a flu shot can include the following:

- There may be a small increased risk of Guillain-Barré Syndrome (GBS) after inactivated flu vaccine. This risk has been estimated at 1 or 2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure.

Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

5 What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS does not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/flu

Vaccine Information Statement
Inactivated Influenza Vaccine

08/07/2015

42 U.S.C. § 300aa-26

Office Use Only



EMF JR. HIGH FOOTBALL UPDATE



Jordon Lawver (#48) running for a long gain; Draven Payne (#21) leading the way

Submitted by Coach
Jay Hitchcock

Game 1 @ Diller Odell - Win 76-8 The Defense was very aggressive and tackled well. The D and O lines dominated with the First team D allowing 0 points. Rushing offense was explosive with 9 EMF players scoring. The 2nd team scored multiple times, once on a long pass play.

A mission of Friend Public School is to provide curriculum, instruction, and experiences in a health-promoting school environment to instill habits of lifelong learning and health.



This school year, our Wellness Team is focusing on healthy food and beverage choices, with an emphasis on the USDA's "My Plate" program, the food pyramid and mindful movement. We will be sharing with you, via our

newsletters, ways you can help us achieve our goals of health and wellness.

One way families can help is by choosing healthy snacks for your student's classroom(s)!

Snacking helps kids maintain their energy levels, makes for better focus and concentration, and provides fuel for activities throughout the day. We are asking for your assistance in helping your child plan an appropriate option when it is their "turn" to bring the snack for his or her classroom. When looking at snack options, ask yourself, "Does this snack make a positive contribution to the children's diets and health?"

Appropriate snack choices would include whole grains, fruits, vegetables, dairy, and healthy fats, and would minimize saturated fats, sodium, and sugar. *Kids eat more fruits and vegetables when they are offered to them.* Our bodies need some sodium and sugar, but almost everyone consumes more than they need, contributing to obesity and other health problems. *Foods and beverages should be offered in age*

appropriate portions. Whole grains give kids their B vitamins, minerals, and fiber, which helps keep them full longer and stay alert in order to concentrate at school.

Some healthy snack ideas include (but are not limited to):

- fresh/dried fruits
- fruit cups
- fresh vegetables
- raisins/craisins
- pretzels
- baked snack crackers
- animal crackers
- trail mix
- no-sugar added applesauce
- granola bars

Thank you for working with Friend Public School in keeping our children healthy and fueled for school!!

For more information, feel free to check out the following websites:

www.healthiergeneration.org

www.usda.gov

www.actionforhealthykids.org

FHS Student Council Happenings!

The FHS Student Council passed the bucket for Make-A-Wish at our first home football game and collectively raised \$220! This was the most we have ever collected, and we would like to thank the community for your generous donations, which will benefit children facing life-threatening illnesses. Coming up in October, Student Council will be hosting FHS Homecoming and Red Ribbon Week. Homecoming week starts October 7, and we will have a Hollywood theme this year. Leading up to the football game on Friday, October 11, there will be dress up days, hallway decorations, and other activities. On Friday the 11th, Student Council will host a pep rally to wish the EMF football team good luck for the night's game.

Student Council will also be hosting Red Ribbon Week October 28-31, where we will promote staying drug free. Throughout Red Ribbon Week, there will be dress up days, prizes, and other activities.

Kate Houlden,

Student Council PR officer

Jake Wiese & Mary Niemeier, Student Council Advisors



Sophomore Class
Field trip to
Homestead Monument &
Rock Creek Station

September 25, 2019



Bulldogs of



the Month



Staff:

Mrs. Johnson-Clouse – Business Manager

Mrs. Hulse – Assistant to the Superintendent

Mrs. Segner – Assistant to the Principal



Student:

Breanna Newsome

Senior



Don't forget about the Flu clinic at Friend Public School on Monday, October 7.

Reminder to have your student bring a copy of insurance card.

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

PRSR STD
ECRWSS
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EDDM