



FRIEND PUBLIC SCHOOL



February 2021

Superintendent-David Kraus Principal-Elizabeth Stutzman Activity Director-Jim Pfeiffer Counselor-Amy Hottovy



EMF FFA update

2021 has been off to a busy start for the EMF FFA Chapter. One of our biggest events is Leadership Development Events, which the chapter competed in on January 20th at the Holthus Center in York. This year the chapter competed in Sr. Parli Pro, Creed Speaking, Jr. Public Speaking, Sr. Public Speaking, Job Interview, Ag Demonstration, and Natural Resources Speaking. Shelby Lawver participated in Natural Resources Speaking and is the District Champion and qualified for state. Avery Kraus participated in Jr. Public Speaking and placed 6th out of 14. Cameryn Brandt received 7th place out of 14 in the Sr. Public Speaking Division. Abby Eberspacher received 5th out of 22 in Job Interview, and Jaiden Papik received 6th place out of 22 in Job Interview. The Ag Demo Team of Christian Weber, Chase Svehla, and Kiah Songster received a red ribbon, and Jacob Weber competed in Creed Speaking and also received a red. Kiarra Fennell, Shelby Lawver, Avery Kraus, Vivian Weber, and Kylie Weber participated in Sr. Parliamentary Procedure and placed 6th out of 9 teams. We are so proud of our member accomplishments in LDE's this year.

Coming up on February 3rd, Jaiden Papik will be applying and interviewing for her State FFA Degree, and we have several members who will also submit proficiency award applications. Proficiency award applications are awards based on a student's SAE (Supervised Agriculture Experience Project). We are looking forward to seeing how our students do on these awards. Also, we will be celebrating National FFA Week during February 21-28. Our plans for this week will be announced on our Facebook page (EMF FFA) in the coming week to include dress up days, activities, and events.



Stutzman's Side Notes

"Color Your Life With Happiness"



Hello, Fellow Bulldogs!

We are very proud of how our staff and students came back after winter break and got right back to business. We played board games with our bulldog buddies groups. This gives all of us a chance to relax, spend time together, and enjoy some friendly competition.

Our 3rd-12th graders were very fortunate to listen to Karen Haase (KSB Lawyer) talk about social media and internet safety. She gave the kids do's and don'ts to keep themselves and others safe. Karen spoke about real-life situations and legal issues that students have gone through when it comes to internet safety.

Our elementary students celebrated the 100th day at the end of January. The kids had a 100th day parade and got a chance to see one another's "100 Day" collections that were brought in. One hundred days seems even more sweet this year! The extra effort from our staff, students, and families this school year has made everybody more successful as a whole! WOW!

Thank you to our families for your continued efforts to keep your child and the rest of our students and staff safe by washing masks and water bottles, keeping your sick child at home, and making sure your child comes to school dressed appropriately for the cold weather.

Keep up the great work! Go Dawgs!!! Mrs. Stutzman- Principal

Important Dates to Mark Down this Month

February 12th: Valentine's Day Parties (students only)

February 22-26th: FFA Week

Scholarships

- Seniors should be busy working on both local and national scholarship applications.
- Several local scholarship applications have already been turned in. Is YOUR son/daughter working on them at home?
- The school website has a complete listing of available scholarships. Just look under "Counselor's Corner" and then "Scholarship Central."

College Visits

- It's never too early to start thinking about college choices! Juniors are encouraged to get in one college visit this semester.
 - Juniors are allowed one excused absence per school year for a college visit, and seniors are allowed two.
- If a student plans to make a college visit, he/she must get the appropriate paperwork completed and turned in BEFORE the day of the visit in order for the absence to be excused.
- Need help scheduling a college visit? Contact Ms. Hottovy at your earliest convenience.

Community Service

- Quite a few seniors and even some juniors have already met their community service requirements.
 - Parents and guardians: please visit with your student about his/her progress toward completing hours.
- Businesses, organizations, churches, etc. in the Friend school district are reminded to contact the school with any community service opportunities that might be available for our high school students. Thank you to all who are already partnering with the school!

Parenting Tips

- Parents and guardians -- do you ever struggle with how to handle a difficult or challenging situation with your child?
- Consider taking a look at the Love and Logic website, which notes, "Whether your child is a newborn or teenager, you'll find information and handouts for dealing with a range of situations, including potty training, toddler aggression, homework assignments, internet safety, accountability, appropriate consequences, and more!"
- You can access Love and Logic articles and advice by clicking on this link:
<https://www.loveandlogic.com/a/info/articles-and-advice-for-parents>

When to keep kids home from school*



*Adapted from Children's Health

Fever, vomiting, and sniffles ...oh, my!

Between colds, coughs, and tummy bugs, kids can get sick frequently. So when symptoms like a runny nose or a stomachache hit, it may be difficult to decide when you should keep your child home from school.

"Sometimes it's obvious when kids need to stay home, like when they have a fever," says Stormee Williams, M.D., a pediatrician and Director of School Based Telehealth at Children's Health. "But many times children's symptoms fall into a gray area that gives parents pause."

Is my child too sick for school?

In general, you should keep your child home from school when they have any of the following symptoms or illnesses: • Fever – Temperature greater than 100.4° • Diarrhea • Vomiting • Certain illnesses and/or rashes like chickenpox, measles, or hand, foot and mouth disease

Should I keep my child home from school with a cold?

Colds, coughs, and sore throats are common in kids and do not require that children stay home from school, especially if symptoms are mild. However, if cold symptoms include a fever, or if a cough is excessive enough to disrupt their learning, you should keep your child home to rest. "With colds, as long as there is no fever and the child feels well enough to participate in class, they can go to school," says Dr. Williams. "But if a child is lethargic or will not eat, it's best to keep them home until they are feeling better."

When can my child return to school after being sick?

When your child can go back to school will vary depending on what symptoms or type of illness your child experienced.

Returning to school after fever

A child should stay home with a fever, which is a temperature of 100.4° or higher. Children should be fever free for 24+ hours without the use of fever-reducing medications such as Tylenol or Motrin.

Returning to school after vomiting

Children can return to school when they tolerate liquids and solid food without vomiting for 24 hours. A child may go hours without vomiting if they haven't eaten, but as soon as they eat or drink, they get sick again. Dr. Williams advises to wait an hour after a child vomits to let the stomach calm down and then give them sips of water. If they can hold water down after an hour, progress to more liquids or something bland to eat, like a cracker or piece of toast.

Returning to school after flu

Children can return to school after the flu when they no longer have a fever and they feel well enough to participate in class. Because the flu can cause a variety of symptoms, a child may not be ready for school even if they are fever free. Parents should use their best judgement to determine if their child is close to being back to their normal level of activity before returning to school.

Tips to keep your child healthy at school

Proper hand hygiene is the best way to prevent the spread of germs. Teach your child to wash their hands frequently, especially before eating, after using the bathroom, or blowing their nose. It's also important to wash hands after touching desks, doorknobs, and handrails. To help prevent the spread of illness, teach your child to cough into their elbow or to cover their nose and mouth with a tissue before a sneeze. It's also a good idea to remind your child not to share food or utensils with classmates. We recognize that illness is never convenient, but we can all work together to limit the spread of flu, colds, and other contagious illness and keep our kids strong and healthy!





FEBRUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pioneer Conference Tournament Girls-4:30 Boys 6:00 @ Lewiston	Pioneer Conference Tournament "A" Site - Johnson-Brock "B" Site - Sterling "C" Site - Lewiston	FFA State Degree Review @ Milford	Pioneer Conference Tournament "A" Site - Johnson-Brock "B" Site - Sterling "C" Site - Lewiston JH BB @ McCool 2:00	2:00 out WR @ ECNC Conference (Malcolm) 2:00 Pioneer Conference Tournament "A" Site - Johnson-Brock "B" Site - Sterling "C" Site - Lewiston	JH BB @ Exeter-Milligan Tourney (Exeter) TBA Pioneer Conference Tournament "A" Site - Johnson-Brock "B" Site - Sterling "C" Site - Lewiston
	1	2	3	4	5	6
	BOE - Media Center 7:30		FCA Lunch Meeting	GB BB vs. Meridian 4:30/6:00/7:30	2:00 out WR Districts TBD GB BB @ Diller-Odell (Odell) <small>JV/Boys V/Girls V</small> 4:30/6:00/7:30	WR Districts TBD JH BB vs. Heartland 10:00 JV GB BB @ Diller-Odell Tournament 9:00/10:00
7	8	9	10	11	12	13
FCCLA Week - Feb 8-12						
	PRESIDENT'S DAY GB Sub-Districts @ TBD	GB Sub-Districts @ TBD		GB Sub-District Final @ TBD NHS Parent Meeting 7:00	2:00 out BB vs. Cross County 5:30/7:00	JV BB @ Deshler Tournament 9:00
14	15	16	17	18	19	20
State Wrestling - Omaha						
FFA Pancake Feed 11-1 Exeter at Legion Hall EMF FFA Chapter Meeting 1:00 Exeter at Legion Hall	BB Sub-Districts @ TBD	BB Sub-Districts @ TBD Red Cross Blood Drive 8-2	FCA Lunch Meeting FFA CDE - Welding (Lincoln) 11:00	BB Sub-Districts @ TBD	2:00 out EMF FFA Officer Meeting in Exeter (Ag Room) 2:30 GB District Final @ TBD	
21	22	23	24	25	26	27
National FFA Week Feb. 20-27						
28	<div style="border: 2px dashed black; padding: 10px;"> <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> </div>					

Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Donuts Meaty Nachos Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">1</p>	<p>Egg, Bacon Pizza Chicken Strips Mashed Potatoes Gravy Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2</p>	<p>Breakfast Bites Sloppy Joes Potato Smiles Pudding</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">3</p>	<p>Breakfast Wrap Breaded Chicken Patty/Bun Peas Jell-O</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">4</p>	<p>Chocolate, Choc. Chip Muffin Fiestada Mexican Rice Churro</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: center;">2:00 out</p> <p style="text-align: right;">5</p>
<p>Breakfast Pizza Chicken Nuggets French Fries Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">8</p>	<p>Pancakes Chili Shredded Cheese Crackers Cinnamon Rolls</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">9</p>	<p>Egg Taco Hamburger/Bun Corn Chips</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">10</p>	<p>Chocolate Covered Mini Donuts Hot Dog/Bun Chili Shredded Cheese</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">11</p>	<p>Cherry Strudel Stuffed Crust Cheese Pizza Frosted Cake</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: center;">2:00 out</p> <p style="text-align: right;">12</p>
<p>Donuts Mandarin Orange Chicken Rice</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">15</p>	<p>Breakfast Burrito Spaghetti Breadsticks Shredded Cheese</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">16</p>	<p>Cinnamon Roll Chicken Quesadilla Cooked Carrots Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">17</p>	<p>Egg Omelet Hot Turkey Sandwich Green Beans Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">18</p>	<p>Biscuits & Gravy Chicken Stix Mashed Potatoes Gravy Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: center;">2:00 out</p> <p style="text-align: right;">19</p>
<p>Breakfast Pizza Cheese Flatbread Peas</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">22</p>	<p>Breakfast Wrap Soft Shelled Taco Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">23</p>	<p>Scrambled Eggs Hamburger/Bun Baked Beans</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">24</p>	<p>French Toast Subs Chips Cookie</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">25</p>	<p>Breakfast Bites Mini Corn Dogs Tator Tots</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: center;">2:00 out</p> <p style="text-align: right;">26</p>

February

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

February 2021

Seniors...make sure you complete the FAFSA process

Getting financial aid for college involves more than completing the Free Application for Federal Student Aid (FAFSA). Complete each step of the process so that you don't miss out on money for college.

1. **If you haven't already, complete your 2021-22 FAFSA** at studentaid.gov using 2019 income tax data. Before you start, you and a parent must each create a [Student Aid account](#). If you need help with your FAFSA, [contact EducationQuest](#) to set up a free virtual appointment.
2. **Expect a Student Aid Report (SAR) via an email link.** The SAR acknowledges that your FAFSA was received and lets you know if you need to take further action before the form can be processed.
3. **You might receive a verification notice** from the college(s) you listed on your FAFSA requesting documents to verify your FAFSA information. The college will not process your financial aid until you provide required documents.
4. **Watch for financial aid award notifications.** Once you're accepted for admission to the colleges you listed on your FAFSA, they will notify you of the types and amounts of financial aid they're offering.

Watch your email and student portal carefully for important details from colleges about admission and financial aid.

What you need to know about scholarships

Most scholarships are based on academics, but others are based on community service, school involvement, or talent. Some are based on financial need as determined by the results of your FAFSA.

Here's where to look for scholarships:

1. **[ScholarshipQuest](#) at EducationQuest.org** houses over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria. You'll also find links to national sites that EducationQuest recommends.
2. **Your school counselor's office.** Visit regularly to check on local and national awards.
3. **The college you plan to attend.** Contact the school for a list of scholarships they provide and the application procedures.
4. **Other resources** could include your coach, clubs and organizations, and your parents' employers and civic organizations.

[Click here](#) for more details about scholarships and tips to help you complete a successful application.

Two easy-to-apply-for scholarships from EducationQuest

Don't miss out on these scholarships for Nebraska students in grades 9-12:

Get Social Scholarship – By following EducationQuest on [Facebook](#), [Twitter](#) and [Instagram](#), you can enter into a drawing for a \$500 scholarship each time we hit another 250 followers. [Click here](#) for details.

Scavenger Hunt Scholarship – To apply for this scholarship, create a *ScholarshipQuest* profile at [EducationQuest.org](#) and then scavenge around the EducationQuest website to find answers to questions on a survey. The deadline to apply is **March 31**. We'll draw two winners from those who answer all questions correctly. [Click here](#) for details.

Save the Date...Virtual College Fair is March 2-3

EducationQuest will host a Virtual College Fair Tuesday, March 2 from 9:00 a.m.-noon and Wednesday, March 3 from 5:00-8:00 p.m. During this event, you can chat with college representatives and watch live college-prep presentations. Watch for details!

February “To Do” List

Seniors:

- ___ If you haven't already, complete the [FAFSA](#).
- ___ Expect financial aid award notifications from the colleges you listed on your FAFSA.
- ___ Apply for scholarships.

Juniors:

- ___ Start preparing for the ACT. Here are [test-prep resources](#) to consider.
- ___ [Register](#) by February 12 for the March 13 SAT.
- ___ [Register](#) by March 12 for the April 17 ACT.

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

308-708-7199
800-303-3745, ext. 6654

[EducationQuest.org](#)

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

Your Journey to College Begins with Us



Kindergarten
Celebrated the
100th day of school
on Friday, January
29th!
We are now 100 days
smarter!!



The Friend FCCLA Chapter is collecting donations for the Matt Talbot Kitchen and Outreach. Please consider donating any of the following items. Bring items to the Friend High School office, or they can be given to Shelby Steyer or Andrew Lunt.

Outreach Items Needed

Matt Talbot welcomes donations from the community for supplies needed for our outreach programs. Items needed include:

- Travel size shampoo, conditioner, body wash and soap
- Men and women's deodorant
- Feminine hygiene products
- Razors
- Hand and foot warmers
- Baby wipes
- Warm winter gloves (mens)



Bulldogs of the Month



Janeal Grisak
Para



Grant Pavel
Junior

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