



The Friend High School Sophomores hit the trail recently, visiting Homestead National Monument and Rock Creek Station. This field trip was part of an American History unit covering Westward Movement. The sophomore class traveled to Homestead National Monument near Beatrice to see Daniel Freeman's homestead, the nation's first homestead after passage of the Homestead Act of 1863. The students viewed an orientation film at the education center, walked the prairie, participated in a museum search at the visitor center, and visited the one room Freeman Schoolhouse. The afternoon was spent at Rock Creek Station near Fairbury. Students learned what role Rock Creek Station played along the Oregon Trail and Pony Express Route. Students attending included: Austin Banks, Zoey Borgman, Emily Brahmstedt, Kiarra Fennell, Abby Gilmer, Avery Kraus, Shelby Lawver, Andrew Lunt, Nick Shafer, Shelby Steyer, Chase Svehla, Kylie Weber and Dakota Wootton. SPED/Life Skills Teacher Anna Runge and History Teacher Paul Martin accompanied the students.





From the Superintendent's Desk

I wanted to take a moment and update all of you on the health of our school and the protocols in place in this heightened time of COVID-19 cases.

In July, a reopening plan was created and implemented based on the knowledge known at that time. Since last summer, information, DHM's, certain mandates and restrictions have changed. The target continues to move weekly as we experience different ups and downs of the risk dial developed by Public Health Solutions. From the last couple of meetings I have had with our local health department, it is apparent that they have a huge concern for the increase in the number of Coronavirus cases in our communities and across the state.

In conversations with other ESU Superintendents and health officials, it is interesting to note that their concern is for the community spread of the disease, not the spread within schools. In fact, very little transmission is occurring within school buildings statewide. We feel that schools are a very safe place to be given all of the disinfecting and other procedures that are in place. They are seeing large increases in infection rates within communities, especially in people ages 40-75, due to social gatherings. Out of precaution, we have had quite a few students and staff quarantined by the health department, but we have had only a few identified positive cases. Our overall percentage of positive cases is less than 1%. We have no evidence that the virus was spread at school but feel it was likely transferred at home or at other events on the evenings and weekends.

We have been very fortunate this year that our positive cases in our school are less than 1%. We feel the protocols put in place have worked extremely well, such as continual sanitizing, social distancing, and using masks when social distancing is not possible. When students do not feel well, we appreciate those parents who keep their child home to safeguard those in attendance. We will continue to work with families who choose to keep their children home so it does not have a negative effect on their attendance count.

Recently, we gently reminded students about certain protocols such as mask wearing when they are not able to social distance. Since we have not had any cases in our school for a while, I believe we have gotten comfortable and relaxed on our expectations. I, too, am probably guilty of that. Getting us back to normalcy is a lofty goal, and having students able to enjoy a normal school experience is something I hope we can get to someday. Until then, we will continue doing what has been working.

We continually evaluate what we are doing to help keep everyone safe, and adjustments are made as necessary. Our risk dial has certain protocols listed in each colored column, but I will tell you that there may be times where we may blend certain stages together to address the increase in positive cases in our communities. Since we have recently moved into orange, I understand the reaction can be an increase of anxiety or concern for our school and community. We will continue to evaluate our own school building/community and determine if any changes need to occur. There is no magic formula that dictates when more restrictions would be placed within our building, but the team would meet to determine that. If transmission rates are dramatic and/or teacher shortage would impact whether we have enough personnel to have school, the only step remaining would be to close for a period of time. I want to be clear that closing would be an absolute last resort. We have a few more ways to keep kids in the building and parents at work without shutting our doors. We know how challenging that was in the spring, and we would rather not experience that again.

We appreciate your continued support and trust; we really do. We understand there can be a division of beliefs on what protocols are put in place, but the bottom line is we are in school and we feel our kids are safe. Our number one priority continues to be educating your children in a safe environment. If you have any concerns or ideas, please give us a call as we would love to have the conversation. In the meantime, please distance yourself from others, don't congregate in groups, continue to wash your hands, and if you are within six feet of another, please wear a mask. It is predicted to be a rough few weeks ahead, and we can all do better, if not for ourselves, then for others in our communities.

Stay Healthy,

David Kraus, Superintendent



Stutzman's Side Notes

"Color Your Life With Happiness"



Happy Fall! We have one quarter completed for the school year, and we are moving into the second quarter! Thank you very much to the parents who were able to attend parent teacher conferences. In both the elementary and secondary levels, we had great attendance! Remember to always keep communication lines open if you ever need anything. To help your child succeed, we all need to do our part (students, staff, and parents).

In elementary, we were fortunate to have Eric Bardell, Jake Clouse, and John Clouse come and present to each classroom about the importance of Fire Safety! We always enjoy this day in elementary! During our October Bulldog Buddies Meetings, the students enjoyed playing board games (which was also our Homecoming Theme this year) with each other and getting to be together! In November, we will be making cards for our Veterans.

Our school also had Red Ribbon Week during October 26-30 to learn about saying no to drugs and alcohol and being safe. Thank you to our Student Council groups for organizing Red Ribbon Week! Speaking of being safe, this is just a friendly reminder to make sure your child brings their water bottle and mask to school, daily. Also, if your child is not feeling well, please keep them home to make sure everybody stays safe and healthy. A winter jacket (with hat/gloves) is a must for school.

On Halloween, the elementary students enjoyed having a parade where they got to see other students' costumes and enjoy fall parties in their classrooms. The teachers reminded them how to stay safe when Trick or Treating. And, most importantly, to always say please and thank you!

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

Important Dates to Mark Down this Month

November 2nd: Fall Concert: Will be streamed online; we will **NOT** hold an in-person concert.

November 4-18th: Elementary Food Drive! "Friendly" Classroom Competition!

November 11th: Veteran's Day Program is **CANCELLED** to keep our students and community members safe.

November 25-29: Thanksgiving Break!

School Website: www.friendbulldogs.org

Twitter Account: @FriendSchools

- **Seniors, juniors and their parents/guardians:** be sure to take a look at the EducationQuest College Planning Bulletin included in each month's newsletter. Students should be very busy with college planning this month!

Reminder: if a student plans to go on a college visit, paperwork must be completed and turned in at least one day before the visit for the absence to be excused.

- **Seniors (and parents/guardians)** 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, a few local scholarships are included; more will be added each week.
- [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.
- Current **9-12 graders who are in good academic standing** have been encouraged to consider taking a dual credit class next semester through Southeast Community College. The SENCAP (Southeast Nebraska Career Academy Partnership) program allows students to earn both high school and college credit at the same time. SCC offers a tuition remission scholarship for all SENCAP classes!

You can learn more information by clicking on this link <https://www.southeast.edu/sencap/> or by contacting Ms. Amy Hottovy.

- If your business, organization, or family plans to provide a scholarship to this year's graduating seniors at Friend Public School, please check your mail/email for a recent letter from the school. I am updating local scholarship opportunities and want to be sure all information is current. You may reach me via email (amy.hottovy@friendschool.org) or phone (402.947.2781 extension 212). Thank you for your generosity and support!
- We are still looking for more individuals, organizations, and businesses who are interested in offering and supervising community service hours for our students. 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).
- Is parenting difficult? It sure can be! To help parents and caregivers navigate common concerns many families face (from anxiety to media & technology to disruptive behavior), consider taking a look at the [Child Mind Institute](#) website. It is a very helpful and easy-to-use resource.

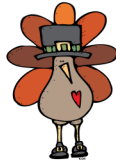


November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	Fall Concert Will be streamed online - TBA 2	NHS Red Cross Blood Drive 8-2 3	4	State Volleyball—Lincoln 5	2:00 out FB Playoffs - Quarterfinals TBD 6	7
8	JH WR Friend Invite @ Centennial 4:30 BOE - Media Center 7:30 9	10	Veterans Day <i>FCA Lunch Meeting</i> FFA Livestock CDE @ York Fairgrounds 8:00 11	JH GB vs. Wilber-Clatonia 6:00 12	2:00 out FB Playoffs - Semi-finals TBD 13	One Act @ York JH GB @ Deshler 10:00 14
EMF FFA Chapter Meeting in Exeter 5:30 15	JH GB @ Southern 6:00 <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: auto;"> <i>Start of Winter Sports Practices High School</i> </div> 16	JH GB @ Sutton 4:00 JH WR @ Dorchester Invite 5:00 17	<i>FCA Lunch Meeting</i> FFA Ag Communications Pioneer Conference One Act Play Production @ Neb City Lourdes 18	JH GB @ Heartland 4:00 JH WR @ Crete Invite 5:30 19	2:00 out EMF FFA Officer Meeting in Friend (Ag Room) 2:30 20	21
22	<i>FB Finals TBD</i> 23	2:00 out One Act Matinee 1:00 24	NO SCHOOL Thanksgiving Break 25	NO SCHOOL  26	NO SCHOOL Thanksgiving Break 27	28
29	JH WR @ Wilber Invite 6:00 District One Act TBD 30	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.socs.net				

Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Donuts K-6 Chicken Strips 7-12 Spicy Chix Strip Mashed Potatoes Gravy Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p>2</p>	<p>Sausage, Egg, Cheese Slider Hot Ham & Cheese/Bun Green Beans</p> <p><i>Fruit & Veggie Bar</i></p> <p>3</p>	<p>Egg Taco Tomato Soup Grilled Cheese Goldfish Crackers</p> <p><i>Fruit & Veggie Bar</i></p> <p>4</p>	<p>Chocolate, Chocolate Chip Muffin Meaty Nachos Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p>5</p>	<p>Cherry Strudel Stuffed Crust Cheese Pizza Cookie</p> <p><i>Fruit & Veggie Bar</i></p> <p>2:00 out</p> <p>6</p>
<p>Breakfast Pizza Breaded Chicken Patty/Bun Broccoli & Cheese Jell-O</p> <p><i>Fruit & Veggie Bar</i></p> <p>9</p>	<p>Breakfast Burrito Spaghetti Breadsticks Shredded Cheese</p> <p><i>Fruit & Veggie Bar</i></p> <p>10</p>	<p>Breakfast Bites Hamburger/Bun Baked Beans Chips</p> <p><i>Fruit & Veggie Bar</i></p> <p>11</p>	<p>Bacon Breakfast Toast Subs Chips Cookies</p> <p><i>Fruit & Veggie Bar</i></p> <p>12</p>	<p>Smores Bar Cheese Flatbread Cooked Carrots</p> <p><i>Fruit & Veggie Bar</i></p> <p>2:00 out</p> <p>13</p>
<p>Donuts Sloppy Joes Potato Smiles</p> <p><i>Fruit & Veggie Bar</i></p> <p>16</p>	<p>Sausage Breakfast Rounds Taco Salad Toppings Shredded Cheese Corn Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p>17</p>	<p>Cinnamon Rolls Chicken Nuggets Tator Tots</p> <p><i>Fruit & Veggie Bar</i></p> <p>18</p>	<p>Breakfast Burrito Holiday Meal Sliced Turkey Potatoes/Gravy Green Beans Hot Roll Pumpkin Dessert</p> <p><i>Fruit & Veggie Bar</i></p> <p>19</p>	<p>Biscuits & Gravy Mini Corn Dogs French Fries Brownies</p> <p><i>Fruit & Veggie Bar</i></p> <p>2:00 out</p> <p>20</p>
<p>Breakfast Pizza Mandarin Orange Chicken Rice Peas Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p>23</p>	<p>Chocolate Chip Oatmeal Bar Hamburger/Bun Corn Pudding</p> <p><i>Fruit & Veggie Bar</i></p> <p>2:00 out</p> <p>24</p>	<p>NO SCHOOL Thanksgiving Break</p> <p>25</p>	<p>NO SCHOOL Thanksgiving Break</p> <p></p> <p>26</p>	<p>NO SCHOOL Thanksgiving Break</p> <p>27</p>
<p>Donuts Hot Dog/Bun Chili Shredded Cheese</p> <p><i>Fruit & Veggie Bar</i></p> <p>30</p>			<p>Meal Prices 2020-21 Breakfast.....\$1.85 Grades K-6 lunch \$2.80 Grades 7-12 lunch \$3.05 Extra lunch entrée..\$1.00 Milk (extra or snack time) \$.35</p>	

November

Kindergarten Goes to Braun's Pumpkin Patch



Fire Safety Day



Kindergarten enjoyed learning about fire safety from the Friend Fire Department! Thank you for all you do for our community!





WINTER WEATHER TIPS FROM YOUR SCHOOL NURSE

With Jack Frost peeking around the corner, Friend Public School wants to remind students, parents, and staff about the importance of dressing appropriately for fall and winter weather!

Frostbite can settle into exposed skin *very quickly* in cold, windy conditions, so it is important for students to wear appropriate clothing when waiting for a school bus or walking/biking to school. To avoid skin damage, all should wear a coat, a hat, and gloves. We encourage all to wear scarves, snow pants, and boots if they will be outside for activities such as P.E. or recess. Layering is the most effective way to keep warm and allows for temperature changes that may occur throughout the day.

Understanding Frostbite and Hypothermia

The Centers for Disease Control and Prevention points out that frostbite is an injury to the body caused by freezing. With wind-chills of less than -25 degrees F, frostbite can set in less than 30 minutes for adults. If the wind-chill is -40 degrees F, it can set in less than 10 minutes! It is important to know that frostbite takes less time to set into children, as they have a lower body temperature than that of adults.

Frostbite and hypothermia are related but different conditions. Both result from exposure, but hypothermia — when your body is losing heat faster than it can produce it — is more serious and requires emergency medical help.

If you have the signs of frostbite, but not hypothermia, and you cannot get immediate medical help, the CDC offers this advice:

- Get into a warm room as soon as possible.
- Warm the affected area using body heat. Frostbitten fingertips warmed under the armpits, as an example.
- Immerse the affected area in warm — not hot — water. (The temperature should be comfortable to the touch for unaffected parts of the body.)
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Do not walk on frostbitten feet or toes unless absolutely necessary as this increases the damage.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Hypothermia is a very dangerous condition where the body's temperature falls below 95 degrees Fahrenheit. Children already have a lower body temperature than adults, so they are more susceptible to this condition, especially when they get wet. Symptoms include:

- Shivering
- Drowsiness
- Slurred speech
- Confusion

If you notice these hypothermia symptoms in your child, get him/her inside right away, out of wet clothes, and wrapped in a warm, dry blanket. Call 911 immediately. Anyone suffering from symptoms of hypothermia should seek medical treatment immediately.

Please speak with your student's teacher, school counselor, or school nurse if you require assistance in obtaining winter clothing for your student(s).

Friend Elementary Food Drive: “Friendly” Classroom Competition

Friend Elementary is again helping our community by stocking The Friend Food Pantry. **The food drive will run from November 4 - November 18.** Each class will compete to see which class can collect the MOST items in these weeks.

This is for Pre-school-6th Grade classrooms.

(Junior high and high school will collect in the spring)

Please consider donating to those who are less fortunate and need our help. Bring your items to school by November 18th. Food, household items, and toiletries are welcome. In 2018, we collected 1,180 items, and we beat that in 2019 by collecting 1,485 items!

Let's do it again in 2020!!!

Thank you for your help and for setting a “giving” example and mentality for your children.



COVID ORANGE: ELEVATED COVID-19 SPREAD RISK

At Home:

- No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected.
- Self-isolation of symptomatic persons.
- Outdoor activities with members of your household are acceptable.
- No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected.
- Face coverings for symptomatic people.
- Frequently wash hands for at least 20 seconds, especially after touching high-contact surfaces, sneezing/coughing/touching face, or before eating.
- Monitor for COVID-like symptoms.
- Contact healthcare provider if sick.
- Monitor the health of anyone in your home with COVID-like symptoms.
- Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures).

Outside the Home (Work, Social, In Public):

- **Stay at home** unless traveling for work, medical care, or food.
- Distance at least 6 feet from anyone outside the home.
- Work from home if possible.
- Individual activities such as walking, biking, etc. are acceptable.
- Smallest number of contacts feasible.
- Face coverings strongly recommended for anyone over 2 years old.
- Frequently wash hands for at least 20 seconds, especially after touching high-contact surfaces, sneezing/coughing/touching face, or before eating.
- Use hand sanitizer when handwashing is inaccessible or infeasible.
- If sick with Flu-like or COVID-like symptoms, **Stay at Home**.
- Minimize contact with symptomatic people.
- Daily temperature checks at work.
- Avoid bare hand contact with any high touch surface.
- Use barrier such as paper towel or clothing when bare hand contact is unavoidable.
- Wash hands or apply sanitizer after touching high-contact surfaces.
- Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures).



Friend Public School will NOT be hosting our Veterans' Day Program this year, due to Covid and the health and safety of our students and our community members.

Thank you for your support, and we want to thank all of the Veterans for their service and sacrifice.

Wear a mask. Stay in school.



COVID-19 School Scenarios

with no documented transmission in the classroom setting

EVERYONE MASKED

When a masked person tests positive and close contacts are wearing masks

COVID +

Close Contacts



ISOLATE



SELF-MONITOR
NO QUARANTINE

CLOSE CONTACTS MASKED

When an unmasked person tests positive and close contacts are wearing masks

COVID +

Close Contacts



ISOLATE



QUARANTINE

Close Contact:

Occurs when an individual has been within 6 feet of a person, whom tested positive for Covid-19, for at least 15 minutes.

Self-Monitor:

Perform a self-check or be monitored twice daily for a fever of 100.4 F or above and symptoms for fourteen days. **Coordinate with your health care provider and local public health department.**

Quarantine:

May be required when an individual has had a close contact. These individuals shall remove themselves from situations where others could be exposed/infected, and self-monitor for symptom development.

CLOSE CONTACTS UNMASKED

When a masked person tests positive and those exposed are not wearing masks

COVID +

Close Contacts



ISOLATE



QUARANTINE

SELF-MONITOR
NO QUARANTINE

NO ONE MASKED

When an unmasked person tests positive and close contacts are not wearing masks

COVID +

Close Contacts



ISOLATE



QUARANTINE

Isolation:

Required when individual has tested positive for COVID-19 or develops a fever of 100.4 F or above and/or one or more of the following symptoms: a sudden onset of a cough, sudden onset of shortness of breath, or sudden loss of taste or smell. Individuals should remove themselves or be removed from situations where others could be exposed/infected.

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

November 2020

Seniors...a reminder of what to do this fall

There's A LOT going on right now with the financial aid and college admission processes, but don't get overwhelmed! Here's a recap of tasks you should complete this fall to stay on track to college.

Complete the Free Application for Federal Student Aid (FAFSA)

- First, create a Federal Student Aid account (FSA ID) for you and one for a parent at studentaid.gov. You'll need the user names and passwords to access and sign the FAFSA. [Click here](#) for instructions.
- Review our [FAFSA Checklist](#) for items to gather before you start the form.
- Complete the FAFSA at studentaid.gov.
- If you need guidance on how to complete the form, register to attend a FAFSA Tutorial Webinar on [Monday, October 19](#) or [Tuesday, October 20](#). The webinars will also be held in Spanish on [October 19](#) and [October 20](#).
- For free help with the FAFSA, see [FAFSA Tools](#) at EducationQuest.org or call the [EducationQuest location nearest to you](#) to make a virtual appointment.

Apply to your top college choices. If your high school is holding an *Apply2College* event this fall, you'll get help with your applications. If not, [here are steps](#) you should take to apply.

Check out the EducationQuest Virtual College Fair. The live fair is over, but you can still [register and log in](#) to visit college booths and watch recorded college-prep sessions.

Retake the ACT and/or SAT. Some colleges will use your best scores for college admission and scholarships.

Get serious about applying for scholarships. See [ScholarshipQuest](#) at EducationQuest.org for Nebraska-based scholarships and a list of national search sites.

Juniors...start researching colleges

If you narrow your college choices by the end of your junior year, your senior year will be less stressful. Here's how to get started:

Review [College Profiles](#) at EducationQuest.org to learn about colleges in Nebraska and across the country. If you're interested in an out-of-state school, check out the [Midwest Student Exchange Program](#) to learn about tuition discounts.

Check out the EducationQuest Virtual College Fair. The live fair is over, but you can still [register and log in](#) to visit college booths and watch recorded college-prep sessions.

Once you narrow your choices, [schedule campus visits](#). Try to visit in the spring of your junior year while colleges are in session. [Click here](#) to find links to virtual campus visits.

For more tips, see the [Finding the Right Fit section](#) at EducationQuest.org.

November "To Do" List

Seniors...complete these tasks in November to stay on the path to college:

- _____ Complete the [FAFSA](#).
- _____ Apply to your top college choices.
- _____ Register by November 5 for the December 5 SAT.
- _____ Register by November 6 for the December 12 ACT.

Juniors...complete these tasks:

- _____ [Research colleges](#) that interest you.

For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	308-708-7199
888-357-6300	800-303-3745	800-666-3721	800-303-3745, ext. 6654

EducationQuest.org

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

Your Journey to College Begins with Us

Bulldogs of the Month



Staff:
Mrs. Liz Stutzman



Student:
Jake Leif

IMPORTANT

As we move into the winter months and the chance for closing school due to weather conditions, please make sure to call the school if you have changed your phone number or email address. Our Blackboard announcement system is the quickest way for you to receive school closing/cancellation information.



This holiday season, Friend Public School will be hosting our 3rd annual care package drive for children who are waiting organ transplants. This project is to honor Isaac Speece, Crystal Gerdes, and Beckett Arp, whose families graciously chose to donate their organs. The past two years were a huge success, thanks to our wonderful community! We are asking students to provide items for our care packages. All items must be NEW and from a non-smoking environment. The items on this list were provided by The Child Life at Nebraska Medical Center in Omaha and Children's Hospital Organ Transplant Team.

Please bring the items to school between Nov. 16th and Dec. 11th.

Or drop them off at the EMF FFA area at Christmas on Maple on Thursday Nov. 19th.

Children's Hospital- requested gifts card for food, fuel and shopping needs.

UNMC- For ages 0-18

Play-Doh
Lego sets
Books

Card games- UNO, Go Fish, Old Maid
Puzzles 24 piece

Basketball hoops that attach to doors
Action figures
Cars-Hot Wheels
Markers, crayons, colored pencils
Coloring books

Nerf guns
Ear Buds
Board Games