

FRIEND PUBLIC SCHOOL

JANUARY 2021

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



FFA students delivered about 500 items and \$300 in gift cards to the University of Nebraska Medical Center and Children's Hospital.

These items will be given to children and their families who are in the hospital awaiting or who have received organ transplants.

They were given in honor of Beckett Arp, Isaac Speece & Crystal Gerdes who gave the gift of life.

Thanks to the FCCLA for their donation in gift cards and the





*From the
Superintendent's Desk*

Well, 2020 is in the books, and what a year it has been. This was a year that no class or workshop had ever prepared me for, as well as our teaching staff, students, or parents. In my April newsletter article, I talked about not knowing all the answers and how we will get through this. I also mentioned how our true character comes out in the worst of times. I think all those comments hold true, and I am very happy how well Friend Public School and the community has held it together through it all. I know a lot more than I did back in March, but I still am not an expert in COVID. I also know we got through some tough times and are doing fine with our current situation. Lastly, I know true character was shown with students wanting to be in school, staff working harder than they ever have, and parents supporting difficult decisions we had to make this year. A true character tester that passed with flying colors. With that, I want to thank everyone for being patient and understanding as we combated 2020.

I knew going into this school year, we were optimistic and hopeful we could educate our students in person. I honestly was hoping we could at least make it to Labor Day before another shutdown was going to be implemented. We know remote learning is not the most conducive way to educate our students, and in person is the most effective. We have adjusted to changes and made new plans on the fly. We have learned how one decision can affect others, and sometimes the decision is going to be praised and unpopular at the same time. All in all, I feel very blessed that we have weathered the storm and have been able to stay open and be with students in person. So, once again, thank you for your support.

So here is to 2021 and beating the odds once again. Please enjoy your break and family time. I look forward to seeing everyone back in January!!

Sincerely,

David Kraus, Superintendent



**We hope you had a very
Merry Christmas & Happy New Year!!**



Stutzman's Side Notes

"Color Your Life With Happiness"



As we wind down the interesting year of 2020, it gives us the opportunity to look back at all of the great things our staff and students have accomplished during this first semester of our school year, and we look forward to what they will learn and do the second semester! I am so excited that we were able to continue learning in person during this whole semester. It is truly the best way to make sure our students are successful learners.

Miss Rethman and the students did a wonderful job at the elementary and secondary winter programs! Please view the concerts on the Striv link. The winter sports seasons are in full swing; you can watch our student athletes on Striv. The coaches and athletes put in a lot of extra time and effort to be successful.

In our school wide Bulldog Buddies groups, we watched a video about organ donations. This really helped the staff and students see how their donations impact other kids directly. Thank you so much to our families who were able to donate items for the care packages.

We have so many things to be thankful for during this holiday season, and I am very proud of our students and staff for all of their hard work during this first semester of school. Please stay safe and healthy over the winter break.

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

Important Date to Mark Down this Month

January 5th: Back to school for the students for 2021!



Kindergarten celebrated the last school day of 2020 by making Christmas Gingerbread Houses! Merry Christmas!!

Parents/guardians of seniors who are college bound -- scholarship season is officially here! Please have a conversation with your child about these items:

- ⇒ Has your family completed the FAFSA? (Consider contacting Education Quest for assistance.)
- ⇒ When was the last time the student checked the “Scholarship Central” link on the school website? (AT LEAST once each week is recommended.) This is just a FRACTION of the scholarships available. See below!
- ⇒ When was the last time the student visited “Scholarship Quest” on the Education Quest website? New opportunities may appear each week or even daily!
- ⇒ Has your son/daughter completed a high school resume to use with scholarship applications?
- ⇒ Has your son/daughter identified three to give people who can be solid scholarship references or writers of recommendation letters?
- ⇒ Has your child scheduled time to see Ms. Hottovy for help with any of the above?

Parents/guardians of juniors:

Preparation will soon begin to help our juniors be prepared to take the ACT on Tuesday, March 23, 2021. In 2016, the state of Nebraska mandated that state testing at the high school level be completed through a college entrance exam, and the ACT was selected. Our students will take the Reading, English, Math, Science, and Writing portions of the ACT. Results from the ACT will be used for both state reporting and college entrance requirements. Watch for more information in next month’s newsletter regarding the practice sessions scheduled for students taking the ACT.

Juniors are also encouraged to schedule one college visit some time during the second semester. As long as required paperwork is turned in on time, this is an excused absence from school. Students should contact Ms. Hottovy for any questions or help needed with this process.


For ALL Parents

Does your child have or use a digital device? For most of us, the answer is yes. More importantly, do you know how to help protect your child when it comes to what they see and do online?

If not, consider taking advantage of a *FREE OFFER from Bark. Now through December 31, 2020, parents can sign up for Bark Jr., which will help you monitor content, manage screen time, detect potential issues like cyberbullying or online predators, and filter websites on your child’s device. Visit this website to sign up: <https://resources.bark.us/homepage/>*

You might also appreciate the many technology and parenting tips available on Bark’s Blog. Check it out here: [Bark Blog](#)

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					NO SCHOOL Holiday Break 	
					1	2
EMF FFA Officer Meeting in Exeter (Ag Room) 2:30	NO SCHOOL Teacher In-service	School Resumes GB BB @ Tri-County 6:00/7:30		GB BB vs. Southern 4:30/6:00/7:30	2:00 out	GB BB @ McCool Junction 1:00/2:00/3:15/5:30 WR @ Franklin Invite 9:00 JH GB & BB @ High Plains (in Clarks) 10:00/11:00
3	4	5	6	7	8	9
	JH GB & BB @ Meridian 2:00/3:30 BOE - Media Center 7:30	GB BB @ Dorchester 4:00/5:00/6:15/8:00	<i>FCA Lunch Meeting</i> Karen Haase speech with students 9am	GB BB vs. Osceola 4:30/6:00/7:30 WR @ Yutan	2:00 out	JH BB Quad @ BDS 9:00 WR @ Cross County 10:00
10	11	12	13	14	15	16
EMF FFA Chapter Meeting in Friend 5:30	MLK JR. DAY JH BB vs. Shelby- RC 4:30	GB BB @ Thayer Central 4:30/6:00/7:30	FFA District LDE @ Holthus Convention Center-York 9:00	JH BB vs. Sutton 5:00	2:00 out WR @ Thayer Central Invite GB BB vs. Johnson-Brock 4:30/6:00/7:30 EMF FFA Officer Meeting in Friend (Ag Room) 2:30	JH BB vs. Tri-County 9:00
17	18	19	20	21	22	23
			<i>FCA Lunch Meeting</i>	JH BB vs. Exeter- Milligan 3:00 GB BB @ Heartland 4:30/6:00/7:30	2:00 out GB BB @ Pawnee City 4:00/5:00/6:15/8:00	JH BB vs. Dorchester 9:00 WR @ Raymond Central Invite 9:00
24/31	25	26	27	28	29	30

Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Holiday Break NO SCHOOL 1
Holiday Break NO SCHOOL 4	Egg, Bacon Pizza K-6 Chicken Strips 7-12 Spicy Ckn Strip Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i> 5	Egg Taco Meaty Nachos Toppings Shredded Cheese Corn Bread/Butter <i>Fruit & Veggie Bar</i> 6	Chocolate Covered Mini Donuts Sloppy Joes Potato Smiles <i>Fruit & Veggie Bar</i> 7	Cherry Strudel Stuffed Crust Cheese Pizza Pudding <i>Fruit & Veggie Bar</i> 2:00 out 8
Breakfast Pizza Mandarin Orange Chicken Rice Bread/Butter <i>Fruit & Veggie Bar</i> 11	Pancakes Chicken Nuggets Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i> 12	Breakfast Bites Hamburger/Bun Baked Beans Frosted Cake <i>Fruit & Veggie Bar</i> 13	Breakfast Wrap Hot Turkey Sandwich Green Beans Bread/Butter <i>Fruit & Veggie Bar</i> 14	Chocolate, Chocolate Chip Muffin Fiestada Mexican Rice Churro <i>Fruit & Veggie Bar</i> 2:00 out 15
Donuts Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i> 18	Breakfast Burrito Tomato Soup Grilled Cheese Goldfish Crackers <i>Fruit & Veggie Bar</i> 19	Cinnamon Roll Chicken Patty/Bun Cheesy Broccoli Rice <i>Fruit & Veggie Bar</i> 20	Egg Omelet Spaghetti Breadsticks Shredded Cheese <i>Fruit & Veggie Bar</i> 21	Biscuits & Gravy Chicken Quesadilla Chicken Koos Koos Bread/Butter <i>Fruit & Veggie Bar</i> 2:00 out 22
Breakfast Pizza Cheese Flatbread Cooked Carrots <i>Fruit & Veggie Bar</i> 25	Breakfast Wrap Taco Salad Toppings Shredded Cheese Bread/Butter <i>Fruit & Veggie Bar</i> 26	Scrambled Eggs Hamburger/Bun Corn Brownies <i>Fruit & Veggie Bar</i> 27	French Toast Sub Sandwich Chips Cookie <i>Fruit & Veggie Bar</i> 28	Breakfast Bites Mini Corn Dogs Tator Tots <i>Fruit & Veggie Bar</i> 2:00 out 29

January

New Year's Resolutions --- 10 Healthy Resolutions for Kids*

1. I will clean up my toys and keep my room tidy.
 2. I will brush my teeth twice a day.
3. I will wash my hands frequently – before eating, after using restroom, etc.
 4. I will try new foods and eat my daily servings of fruits and vegetables.
5. I will drink more milk and water and limit soda and fruity drinks.
 6. I will find a sport, exercise, or activity that I like and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
 8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others and friendly to kids who need friends – like someone shy or new to school.
 10. I'll never give out personal information or pictures of myself to strangers or over the internet.

Healthy You: Make healthy food choices. Stay hydrated. Be active. Make an appointment for a check - up, vaccination, or screening. Know your numbers – weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Make a new friend.

Healthy Family: Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Keep pets vaccinated and healthy. Be courteous and practice good manners.

Healthy Home: Go green; reduce, reuse, and recycle. Install smoke alarms and carbon monoxide alarms on every level/check batteries of all alarms. Keep cleaning products and medications away from children. Have a winter weather emergency plan, and stock your home and car with necessary supplies. **Healthy Community:** Volunteer at your church, school, or one of the many community centers needing help or an extra hand. If you have received help from others, pay it forward. Perform random acts of kindness.

Healthy Workplace: Stay home if you are sick. Wash your hands often. Participate in healthy workplace programs. Take steps to prevent job stress. Practice meditation, deep breathing and movement to promote wellbeing.



EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

January 2021

Winter break is a good time for college prep!

Here are a few things you can do:

Seniors, complete your FAFSA

If you haven't already, complete your [FAFSA](#) (Free Application for Federal Student Aid). Need help? Use our [FAFSA Tools](#) or call us to make a free virtual appointment: Omaha - 888.357.6300; Lincoln - 800.303.3745; Kearney - 800.666.3721; or Scottsbluff - 800.303.3745, ext. 6654.

Juniors, prepare for the ACT

All Nebraska high school juniors will take the ACT Test this spring. Ask your school counselor about test-prep options at your school. These [resources](#) are also available.

Search for scholarships

Use our free [ScholarshipQuest](#) tool to find Nebraska-based awards. You'll also find links to national scholarship sites.

Update your Activities Resume

Our free [Activities Resume](#) is an easy way to track your extracurricular activities, accomplishments, volunteer work, and part-time jobs. The information is then readily available when you apply for scholarships and employment.

January "To Do" List

Seniors:

- ___ If you haven't already, complete the [FAFSA](#).
- ___ Apply for scholarships; see [ScholarshipQuest](#) for Nebraska-based awards.
- ___ Update your [Activities Resume](#).
- ___ Follow EducationQuest on [Facebook](#), [Twitter](#), and [Instagram](#) for a chance to win a [\\$500 scholarship](#).

Juniors:

- ___ Update your [Activities Resume](#).
- ___ [Register](#) by January 8 for the February 6 ACT.
- ___ [Register](#) by February 12 for the March 13 SAT.
- ___ 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	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



FCS students baking cookies for the Friend Santa event from left to right: Cameryn Brandt, Cooper Girmus and Shyann Smith



Pictured with FCCLA gift card donations, Left to right: Katy Schluter, Jyllean Beck, Erika Arp and Zoe Foster

Pictured with coats for the FCCLA community service activity. Left to right: Jyllean Beck, Kendyll Pavel and Zoe Foster

FCS and FCCLA Happenings

During December, Friend FCS Classes and FCCLA members were involved in various community service activities. Over 20 winter coats were collected by the FCCLA Chapter and donated to the Peoples City Mission in Lincoln. FCCLA members also donated food gift cards to the Friend School Care Packages Project organized by Erika Arp. The care packages were given to Children's Hospital and UNMC. Receiving the gifts will be individuals who had received organ transplants and those waiting for organ transplants. FCS classes also put their baking skills to use by baking cookies for the Friend Santa event held downtown on December 12th.



Grooming Products Needed

The Friend FCCLA Chapter would like help in getting donations for the Matt Talbot Kitchen and Outreach for a FCCLA service project. The Matt Talbot Kitchen and Outreach is seeking donations such as travel size shampoo, conditioner, body wash and soap, men and women's deodorant, feminine hygiene products, razors, hand and foot warmers, baby wipes, and warm winter gloves (men). Donated items can be dropped off at the school office during the month of January. If any questions, please contact Margo Houlden at margo.houlden@friendschool.org

Bulldogs of the Month



Student-
Cole Holman
Senior



Staff-
Nicole Kraus



District One Act Play results:

Congrats to these individuals for receiving acting awards including Jacob Weber, Fred Hausman, Abby Eberspacher, Keagan Newsome, and Kylie Weber. Abby was nominated by all three judges, which is hard to achieve.