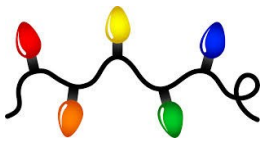
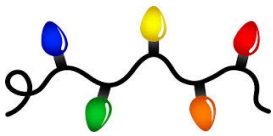


FRIEND PUBLIC SCHOOL

December 2021



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



Superintendent

Derek Anderson

Principal

Elizabeth Stutzman

Activity Director

Jim Pfeiffer

Counselor

Amy Hottovy



This year, approximately 240 students were selected to participate in the All-State Children's Chorus, which is sponsored by the Nebraska Music Education Association.

Angela Wright, Children's Chorus Coordinator for the Nebraska Music Education Association, is pleased to announce that Gehrig Weber and Rylee Rohren were among the 240 students selected to be a part of the 2021 All-State Children's Chorus. Guest conductor for the group was Dr. Penny Dimmick, Professor of Music Education at Butler University in Indianapolis and director of the Indianapolis Children's Choirs' Preparatory Choirs. The chorus rehearsed Wednesday, November 17th, on the University of Nebraska-Lincoln campus, the host site of the 2021 NMEA Conference/Clinic. A final public concert was held Wednesday, November 17th, 4:00 p.m. at the Lied Center for the Performing Arts on the University of Nebraska-Lincoln campus.



Stutzman's Side Notes

"You Learn Something New Every Day"



Our staff and students were excited to celebrate our veterans on Veterans Day. Thank you very much to everybody who was able to make it to our program. In our Bulldog Buddies groups, we enjoyed making cards, letters, and crafts for the veterans to show them our appreciation.

Speaking of Bulldog Buddies, some of you may be wondering, "What is Bulldog Buddies?" Bulldog Buddies are small groups of about nine students ranging from Kindergarten-12th grade with an adult in our school (all adults are each in charge of a group in our building). We have about thirty small groups in our school. We get together once a month in our groups and do a fun activity. Activities we have done are: active bingo, school wide scavenger hunt, letters to veterans, letters to residents in town, assembling donation packs for kids waiting for organ donations, positive notes to staff members, door decorating contest, board games, book reading time, March Madness challenge, picking up trash around inside/outside of the school, and the list goes on and on. The staff and students really enjoy their time together (they actually ask to meet more than once a month). It gives our older students a chance to be role models and leaders, and it gives our younger kids a chance to hang out with other students, but they also look up to our "big kids" as well. Our staff members enjoy the chance to be with other students, and it creates a staff-wide appreciation for what age range other staff members work with every day. When it is a "Bulldog Buddies Day", everybody is always very excited!!!

Thank you very much for your continued support of our students and staff, and have a wonderful holiday season. We have so much to be thankful for!

**Liz Stutzman- Principal, Friend Public School
Go Dawgs!!**

Upcoming Dates:

December 9th: 6:30 PM Elementary Winter Program (new gym)

December 13th: 7:00 PM 7th-12th Grade Winter Program

December 21st: 2:00 Release (start of winter break)

December 22- January 4th: Winter Break

January 5th: Back to school!



Friend Elementary Food Drive: "Friendly" Classroom Competition



Friend Elementary students worked very hard again to beat their total number of items donated to the Friend Food Pantry. In 2020, they donated 1,626 items, and this year they teamed up to donate 1,727 items!!

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

Checklist for high school seniors who are college-bound (parents & guardians -- please encourage your son/daughter to stay on track):

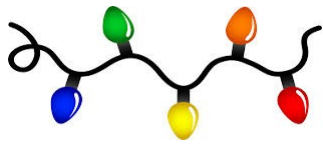
- Apply to at least 3 colleges before the end of the semester.
- Complete the FAFSA before the end of the semester (contact EducationQuest for assistance).
- Check the "Scholarship Central" link on the school website AT LEAST once a week. There are numerous local scholarships that seniors could start turning in *now!*
- 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:

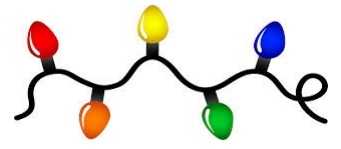
- December 15 is the deadline for 7-12 grade students who wish to make a second semester schedule change. Teacher, parent, and administrative approval is required for all changes.
- Sophomores plus any interested Juniors & Seniors will be taking the ASVAB test on the morning of December 8. This is a 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 15. Interested 9-12 grade students 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/>
- March 22 -- juniors will take the ACT in the morning as part of state testing.

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 you how they show they are paying attention!
 - Middle elementary grades are practicing how to build new pathways in their brains, plus they are learning that mistakes are a natural part of growing.
 - Upper elementary grades are learning about how to set goals that are specific, doable, and challenging.
- It's never too early to begin saving for your child's college expenses!
 - Your child may be young now, but he/she will 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.
- 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.



DECEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
For the most current and up to date information, please go to: www.pioneerconference.org and click on Friend or check the calendar on the school website: friendbulldogs.org			District One Act <i>FCA Lunch Meeting</i>	GB BB @ Lewiston (Varsity Only) 6:00/7:30	2:00 out	WR - Bob Arehart Memorial 9:00 JH GB @ Shelby - RC 10:00	
			1	2	3	4	
EMF FFA Chapter Meeting Christmas Party in Exeter 4:00 5	JH GB @ Exeter-Milligan 3:00 JH WR @ Tri-County Invite 6:00 Lions Vision/Hearing K-4 & 7-10 6	GB BB @ Sterling 4:00/5:00/6:15/8:00 7	ASVAB Sophomores 8	JH GB vs. Tri-County 4:00 Elementary Holiday Concert 6:30 9	2:00 out GB BB @ FCSH (varsity only) 6:00/7:30 10	JH GB @ Cross County 10:00 JH WR @ Centennial Invite 9:00 WR @ Meridian Invite 9:00 11	
	7-12 Holiday Concert 7:00 BOE - Media Center 5:45 12	GB BB vs. Parkview Christian 4:30/5:30/7:00 14	<i>FCA Lunch Meeting</i> 15	JH GB vs. Centennial 5:30 16	2:00 out GB BB vs. Lawrence-Nelson 4:30/5:00/6:00/7:30 17	WR @ Wahoo Invite 9:00 JV GB BB Tournament @ Meridian 9:00 18	
		2:00 out <i>End of 2nd Quarter</i> GB BB @ Exeter-Milligan 4:00/5:00/6:15/8:00 21	Dec. 22-26 NSAA MORATORIUM - BUILDING CLOSED				
19	20		Holiday Break NO SCHOOL 22	Holiday Break NO SCHOOL 23	Holiday Break NO SCHOOL 24	Merry Christmas 25	
	Holiday Break NO SCHOOL 27	GB BB Holiday Tournament @ East Butler TBD Holiday Break NO SCHOOL 28	GB BB Holiday Tournament @ East Butler TBD Holiday Break NO SCHOOL 29	Holiday Break NO SCHOOL 30	WR @ Shelby-RC 9:00  Holiday Break NO SCHOOL 31		

Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF CERTAIN PRODUCTS		Chocolate, Chocolate Chip Muffin Hamburger/Bun Baked Beans <i>Fruit & Veggie Bar</i>	French Toast Chicken Quesadilla Bread/Butter <i>Fruit & Veggie Bar</i>	Cherry Strudel Fiestada Corn Churros <i>Fruit & Veggie Bar</i> 2:00 out
Breakfast Pizza Chicken Nugget Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i>	Pancakes Soft Shell Taco Toppings Shredded Cheese Bread/Butter <i>Fruit & Veggie Bar</i>	Cinnamon Rolls Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i>	Breakfast Bites Spaghetti Breadsticks Shredded Cheese <i>Fruit & Veggie Bar</i>	Chocolate Chip Muffins Stuffed Crust Cheese Pizza Sliced Carrots <i>Fruit & Veggie Bar</i> 2:00 out
Donuts Mandarin Orange Chicken Rice Bread/Butter <i>Fruit & Veggie Bar</i>	Egg, Bacon Pizza Meaty Nachos Toppings Shredded Cheese Bread/Butter <i>Fruit & Veggie Bar</i>	Scrambled Eggs Hamburger/Bun Peas <i>Fruit & Veggie Bar</i>	Breakfast Bar *Holiday Meal* Sliced Ham Mashed Potatoes Gravy Green Beans Hot Rolls Cream Cheese Dessert <i>Fruit & Veggie Bar</i>	Biscuits & Gravy Subs Chips Cookie <i>Fruit & Veggie Bar</i> 2:00 out
Breakfast Pizza Chicken Strips Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i>	Chocolate Chip Mini Loaf Mini Corn Dogs Tator Tots <i>Fruit & Veggie Bar</i> 2:00 out	Holiday Break NO SCHOOL	Holiday Break NO SCHOOL	Holiday Break NO SCHOOL
Holiday Break NO SCHOOL	Holiday Break NO SCHOOL	Holiday Break NO SCHOOL	Holiday Break NO SCHOOL	

December

Is Your Child Getting Enough Sleep?



Getting consistent sleep is vital for children and adolescents who are undergoing significant brain development. Unfortunately, an increasing number of students in elementary, middle, and high schools across the United States are failing to get enough nightly sleep.

Without enough sleep, children and teens can have problems with attention, memory, and problem-solving. Sleep deprivation can also contribute to emotional issues and behavior problems that may affect academic achievement.

What is Enough?

Sleep needs vary by age. For school-age children ages 6-12 years, the National Sleep Foundation recommends 9-11 total hours of sleep per day. For teens, the recommended amount of sleep is 8-10 hours per day.

Unfortunately, researchers have found that many children in the United States are failing to get the sleep they need. As many as 25% of younger children are believed to suffer from poor sleep and excessive daytime sleepiness. And, sleeping problems are even more prevalent in adolescents. Data from the CDC indicates that over 57% of middle school students and 72% of high school students reported sleeping less than what was recommended based on their age. For as many as 23.8% of adolescents, the problem is significant enough to be considered insomnia, a serious sleep disorder that involves noticeable daytime impairment.

What is the Effect of Poor Sleep on Academic Performance?

It is widely accepted by sleep experts that a lack of sleep reduces cognitive abilities and can harm school performance in children and teens. A direct way that sleep and school performance are connected is through effects on mental function. Some known problems associated with lack of sleep include:

- Decreased attention. The ability to concentrate is vital to learning and academic achievement, but insufficient sleep reduces attention and focus.
- Impaired memory. Sleep provides a time for memory encoding, which is when the brain stores and strengthens the recollection of an image or thought. Without adequate sleep, memories may not be properly formed, and it may also be more difficult to accurately recall stored information.
- Slowed processing. Short sleep may reduce sharpness, slow reaction time, and hinder the ability to quickly take in and analyze information.
- Worsened sequential thinking. The ability to remember a series of steps, such as in a science experiment or when playing a musical instrument, is reduced when sleep is curtailed.
- Reduced creativity. Creative thinking relies on being able to make connections between diverse ideas, and some research has found that this type of mental activity is harmed by poor sleep.

Sleep deprivation can also detract from school performance because of various effects on mood and behavior:

- Excessive daytime sleepiness: Drowsiness during the day, including at school, can have considerable consequences for academic achievement. Dozing off for seconds at a time, known as microsleeps, can occur in the classroom, causing a student to fall asleep at their desk. In addition to interrupting learning, this may be viewed by teachers as a behavior problem.
- Poor decision-making: Limited sleep can hinder the development of the parts of the brain involved in making good decisions, increasing the likelihood of risky or unwise choices that can lead to disciplinary problems in school.
- Aggression: Some research in children has linked sleeping problems to a heightened risk of aggressive behavior, which may be especially worrisome when combined with sleep deprivation's effects on mood.
- Irritability and mood: Quality sleep is directly linked with healthy emotional regulation, which may make children and teens who fail to get enough sleep more likely to be irritable or easily upset.
- Hyperactivity: Insufficient sleep can affect attention and, in one study, was associated with levels of hyperactive behavior reported by teachers. Sleeping problems may exacerbate the symptoms of attention-deficit/hyperactivity disorder (ADHD).
- Depression and Anxiety: In both adults and children, sleep deprivation is associated with a higher risk of depression and anxiety, and these conditions can directly affect a child's overall health and school performance.

Academic achievement may also be dragged down by missing school. Sleeping problems have been tied to increased absenteeism and tardiness in school. Behavioral factors may contribute to missed school time, and sleep deprivation is tied to physical problems like lethargy, headaches, and pain that may contribute to absences due to illness.

What Causes Sleep Deprivation?

Many factors can lead to sleeping problems in children and adolescents, and in some cases, a combination of causes may be involved. Some of the most common contributors to sleeping problems for youth include:

- Inconsistent sleep schedules: Major fluctuations in bedtimes and wake times can make it harder to establish a pattern of steady nightly sleep. While some children can benefit from catching up on sleep during the weekend, this may throw off their ability to keep a stable sleep schedule on school nights.
- Lack of priority given to sleep: Children and their parents may fail to budget enough time for sleep every night, instead allocating more time to studying, social life, sports, or other activities.
- Excess use of electronic devices: It is increasingly common for children and adolescents to use cell phones, tablets, and laptops later in the evening. As many as 89% of teens reported having their phone in their bedroom at night in the National Sleep Foundation's 2014 Sleep in America Poll. These devices stimulate the brain, which can make it harder to get to sleep. They also emit blue light, a type of light that can interfere with normal sleep.
- Sleep disorders: Children of different ages can be affected by sleep disorders including insomnia, sleep apnea and other breathing disorders, restless leg syndrome, and parasomnias like nightmare disorder and sleepwalking.
- Other health conditions: Sleep problems may be more likely in children and teens with a wide range of other conditions such as ADHD, autism spectrum disorder (ASD), depression, and anxiety. Stressful or challenging circumstances at home may also play a part in sleep deprivation for some children.

How Can You Help?

It's natural for parents to want to do all that they can to support their children in school. Given the importance of sleep for academic performance, parents can make promoting good sleep a pillar of their child's learning.

Better sleep often starts by first discussing sleep habits and the benefits of sleep with children. Recognizing the value of quality rest for everyone in the family can be a jumping-off point for practical steps to improving sleep. As part of this process, parents should do their best to model good sleep habits, which can benefit parental health and serve as an example for their children.

A vital step for many families is making sleep a priority. Parents should create a daily schedule that accounts for school start times and other activities and budgets enough hours for children to get the recommended amount of sleep. Having a consistent schedule reinforces the importance of sleep and supports steady sleep habits.

Studies have found that children sleep better when their parents set a bedtime. Having this bedtime not only clarifies the daily schedule but also protects against other activities, even beneficial ones like studying, from gradually cutting into time meant for sleep. In addition to getting more sleep, bedtimes set by parents have been associated with better mood and less daytime sleepiness in children.

As an extension of the firm bedtime, parents can encourage their children to create a relaxing routine to get ready for bed. Following the same steps every night in order to relax and prepare for sleep has been found to benefit young children and is often recommended for people of all ages.

Part of getting ready for bed should mean stopping the use of electronic devices, including cell phones. Most experts advise that both children and adults stop using devices for an hour or more before bed, and if possible, the devices should be kept out of arm's reach when in bed or out of the bedroom entirely.

Parents can also promote sleep by creating a relaxing sleep environment for their children. Like adults, children sleep better when they have a supportive mattress, comfortable bedding, and a bedroom that is dark and quiet. Parents can work hand-in-hand with their children to make sure that their sleep setting is calming and conducive to quality rest.

If sleeping problems are serious, persistent, or are clearly affecting their child's thinking or behavior during the day, then parents should speak with their child's pediatrician. A doctor can determine if a child has insomnia, which is distinct from occasional sleeping problems, and make specific recommendations for treatment. A pediatrician can also review a child's situation to determine if their sleep difficulties are related to an underlying sleep disorder or other health condition.

Sweet Dreams!

Nurse Buol



Friend FCCLA Winter Coat Drive



- Please drop off clean, gently-used coats to the school office or the FCS room.
- Mittens, gloves, and hats are also accepted
- The winter apparel that we collect will be donated to the People's City Mission.



Activities Reminder

Please remember as our winter sports begin, students are expected to sit with their parents during activities.



The Nebraska Lions Foundation will be coming to Friend Public School on December 6, 2021. Students in Kindergarten thru 4th grade, 7th grade, and 10th grade will be assessed for hearing and visual acuity. We are so thankful to receive these services every year; it is such a valuable resource for our students, and it often serves as an early indicator of any concerns that may be interfering in educational, home, and social situations.

"See" you then!



FPS SOPHOMORES CONNECT THE DOTS

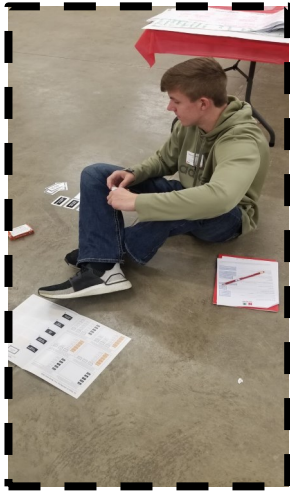
Friend Public School sophomores recently attended the Connecting the Dots career exploration simulation program brought to Saline county students by the UNL Extension office.

Students from Friend, Exeter-Milligan, Dorchester, and Crete learned about how their careers of interest connect from early high school through post secondary education & training to the workplace. Several local business & industry, college, and military partners were on hand to interact and have conversations with students to learn about various careers, including Friend's very own Preston Meints and Tyler Bartels who represented Edward Jones financial advising and Tuttle, Inc.

Additional workshops on resumes/interviewing, motivating skills, and networking were also part of the program.

FPS students shared that these were the most important ideas they took from the experience:

- It isn't uncommon to get a job that is not related to your degree.
- Our careers should involve doing what we love.
- No matter the background you have, you can get an education and the job of your dreams.
- Attending a 2 year college is just as much of a success as attending a four year.
- Education is very important for every job.
- It is important to find people to learn from when it comes to careers.
- There are a lot of college options available to me, but I need to be prepared that many cost a lot of money.
- There are so many careers to choose from.





Kindergarten



2nd Grade



4th Grade



1st Grade



3rd Grade

Elementary Food Drive!! Way To Go, Bulldogs!



6th Grade



5th Grade

Elementary Student Council Loading the Truck!!





Staff:
Mrs. Houlden



Students:
Kiahna Bachle-8th Grade
Nick Shafer-Junior

Bulldogs of the Month

7-12th Grade Parents:

Please check with your students to see if they need more glue sticks in their backpacks for school.



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

Merry Christmas & Happy New Year



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

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM