



FRIEND PUBLIC SCHOOL



February 2022

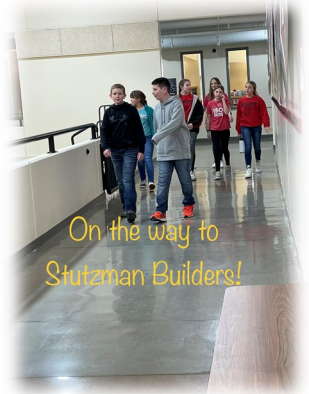
Superintendent-Derek Anderson Principal-Elizabeth Stutzman Activity Director-Jim Pfeiffer Counselor-Amy Hottovy



WHEW!!!
That was a great walk!



Just got back from a walk to Tuttle Inc.!



On the way to Stutzman Builders!



Friends of Friend Walk

Elementary classes participated in our first ever Student Wellness Challenge in January! Students took a virtual tour of Friend, and along the way they met many Friend business owners! Students got to learn about services offered, the family history of the owners, and the connections those owners had with Friend Public School!

Each elementary class chose their own path, or jetted off on a different path, each day. The distance from the “starting point” to the “business of the day” was calculated and students (and their teachers) would walk along the catwalk to achieve the distance needed to visit the selected establishment! This was a fun way to stay active and learn about our own community!

Seventeen local business owners participated in our “Friends of Friend” walk: beauty salons, construction, agriculture, trucking, and more! Students were excited to learn new things about the businesses they see daily and even more so to learn about the families that run these businesses! We thank all of the business owners who took the time to provide us with a short history of their facilities and their families!

Thank you Preston Meints (Edward Jones); Tom, Jake, and John Clouse (Friend Insurance Center); Tyler Brandt (Brandt Carpet & Tile); Gretta Stutzman (Blue Blossom); Christy Svehla (The Freckled Door); Bailey Zimmer (Studio 508); Trevin Stutzman (Stutzman Builders); Stan Houlden (Houlden Remodeling); Greg Ricenbaw (Country Cabinets); Gary, Chere, Galen, and Jamie Tuttle (Tuttle, Inc.); David Schluter (Friend Freightways); Mark Stutzman (Hardwood Artisan); Kevin & Kim Hulse (Hulse Trucking); John & Amanda Ellison (TDL Gutters); Dave, Joyce and sons (Nickel & Sons), Noelle Lawver (Salon West); Shelly & Eric Bresson (The Body Shop).



From the

Superintendent's Desk

Spring Parent Teacher Conferences

This is just a reminder that Parent Teacher conferences will take place on February 16th. We have gone back to offering conferences in the Spring, and our teachers are looking forward to bringing them back. 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 1:00-6:00 pm.

Here are some 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?
5. Where could he/she use improvement?
6. What can we do at home to support what you are doing in the classroom?
7. 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(s) throughout the rest of the school year.

You may have noticed that I try to be around and available during conferences as well. Please feel free to say hello, ask a question, or have a conversation. I always enjoy conferences and look forward to seeing you there!



From The Office



Friendly Reminder-Don't forget to empty your voicemail so when a school blackboard is activated or your child is sick and we are trying to reach you, we can leave a message for you to access.

Also, if your phone number has changed, please call the school so we can update your child's records.

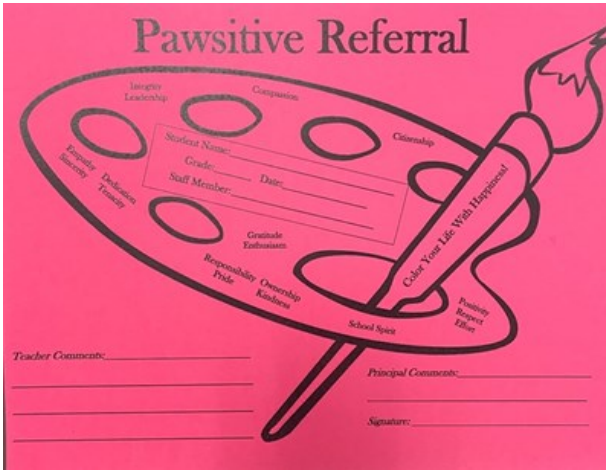


Stutzman's Side Notes



"You Learn Something New Every Day"

This is the fourth year of having our school-wide positive reinforcement system- "Pawsitive" Referrals. If you haven't seen or heard about them, this is how it works! ANY staff member can give ANY student in our school a "pawsitive" referral for doing ANYthing that they feel goes above and beyond. Students get "pawsitive" referrals for so many things! Here are some examples: picking up trash, helping a friend, being kind at recess, helping a staff member, being polite, showing leadership, academics, meeting goals, and so many more!



The staff members fill them out, hand them into me, and I fill in my portion of the referral. Then the referral is given to the student (usually during lunch time); they get recognized and receive a lollipop from

the cops and a pen/highlighter to use in class. The students will also put their name and grade on a paw print and hang it on our wall!!! Our wall (pictured) is growing quickly this year! We have the most referrals we have ever had in four years! The students then take home the referral and get to show it off! The spread of positivity and focusing on pointing out the "good" things our students are doing has made our school such a positive place to be, and it has really brought a shift in our culture! So far we've given out 1,349 pawsitive referrals this year to our 250 students!!!!



Speaking of being "Pawsitive", it is very important to model positive behaviors at all sporting events (home or away). Staying positive during a sporting event can be difficult, especially when a game gets close, but displaying good sportsmanship is important for our kids, athletes, coaches, and community members. We want to set a good example and model positive behaviors and sportsmanship to everybody in attendance, especially our young children in the crowd. Let's be loud, proud, and positive. And as always- GO DAWGS!!!

Thank you very much for your continued support of our students and staff!
Liz Stutzman- Principal Friend Public School Go Dawgs!!

Upcoming Dates:

February 9th: No school

February 16th: 12:30 release- PT Conferences from 1:00-6:00 PM, 7th-12th Conferences will be held in the old gym, No Preschool today, Todd Becker Concert at 7:00 PM.

Scholarships

- Seniors should be busy working on local, regional, 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 local scholarships. Just look under “Counselor’s Corner” and then “Scholarship Central.” Seniors also receive almost daily emails with scholarship opportunities.

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.

Important Dates for Juniors

- Tuesday, February 8 – College and Career Fair at Exeter-Milligan
- Wednesday, February 16 – take the practice ACT with Ms. Hottovy
- Monday, February 21 – 1st ACT prep session with Kevin Hermeling from ACT-Now
- Friday, March 18 – 2nd ACT prep session with Kevin Hermeling
- Tuesday, March 22 – take the ACT (with writing)
 - *Parents/guardians of juniors – watch your mail for more information from Ms. Hottovy regarding the ACT!

Parenting Tips

• Parents and guardians -- one important thing we can do for our children is focus on how to help them foster confidence without being too hard on themselves. And sometimes life is just difficult! Take a look at these online resources from Child Mind Institute.

- [12 Tips for Raising Confident Kids](#)
- [How to Help Kids Who Are Too Hard on Themselves](#)
- [Kids Who Need a Little Help to Make Friends](#)
- [13 Ways to Boost Your Daughter's Self-Esteem](#)
- [How to Build Boys' Self-Confidence](#)



FEBRUARY




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Pioneer Conference Tournament TBA	EMF FFA State Degree Review TBA EMF FFA District Proficiency Evaluation TBA JH BB @ Dorchester 2:00	JH BB vs. McCool 2:00 FCA Lunch Meeting Pioneer Conference Tournament TBA	2:00 out WR @ ECNC Conference (Weeping Water) 2:00 EMF FFA Officer Meeting @ Exeter 2:30 Pioneer Conference Tournament TBA	JH BB @ EM Tournament (Exeter) 10:00 <i>Friend vs. Meridian</i> 12:00 Pioneer Conference Tournament TBA	
		1	2	3	4	5	
	JH BB vs. Tri County 4:00	Junior College & Career Day	NO SCHOOL Staff Report Pioneer Speech @ Friend 9:00	GB BB @ Meridian 4:00/5:00/6:15/8:00	2:00 out WR Districts TBD GB BB vs. Diller-Odell 4:30/6:00/7:30 <i>Booster Soup Supper</i> 5:00-8:00	WR Districts TBD JH BB @ Heartland (Henderson) 10:00	
6	7	8	9	10	11	12	
	Valentine's Day GB Sub-Districts @ TBD BOE - Media Center 7:30	GB Sub-Districts @ TBD	12:30 OUT PT Conferences 1:00-6:00	GB Sub-District Final @ TBD FCA Lunch Meeting	2:00 out BB @ Cross County 5:30/7:15 Speech @ Columbus	JV BB @ Deshler Tournament 9:00	
13	14	15	16	17	18	19	
		FCCLA Week - Feb 14-18					
EMF FFA Chapter Meeting (Exeter) 4:00	PRESIDENT'S DAY BB Sub-Districts @ TBD	BB Sub-Districts @ TBD	EMF FFA CDE #2 Welding (Lincoln) 11:00	BB Sub-Districts @ TBD Red Cross Blood Drive 8:00-2:00	2:00 out EMF FFA Officer Meeting Friend 2:30 GB District Final @ TBD	Speech @ Milford	
20	21	22	23	24	25	26	
	Start of Spring Practice BB District Final @ TBD JH Quiz Bowl @ Thayer Central 4:00						
27	28	<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>					



National FFA Week Feb. 19-26

Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF CERTAIN PRODUCTS</p>	<p>Egg Bacon Pizza Chicken Quesadilla Corn Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">1</p>	<p>Cinnamon Rolls Hamburger/Bun Baked Beans</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2</p>	<p>French Toast Mini Corn Dogs Tator Tots</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">3</p>	<p>Cherry Strudel Stuffed Crust Cheese Pizza Pudding</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 4</p>
	<p>Breakfast Pizza Meaty Nachos Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">7</p>	<p>Pancakes Chicken Nuggets Mashed Potatoes Gravy Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">8</p>	<p>NO SCHOOL</p> <p style="text-align: right;">9</p>	<p>Breakfast Bites Chicken Taco Toppings Shredded Cheese Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">10</p>
<p>Donuts Hot Dog/Bun Chili Shredded Cheese</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">14</p>	<p>Chocolate Chip Mini Loaf Soft Shell Taco Toppings Shredded Cheese Corn Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">15</p>	<p>Breakfast Bites Stuffed Crust Cheese Pizza Cookie</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">12:30 out 16</p>	<p>Breakfast Bars Chili Shredded Cheese Cinnamon Rolls Crackers</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">17</p>	<p>Biscuits & Gravy Fiestada Rice Churro</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 18</p>
<p>Breakfast Pizza Sloppy Joe Doritos Brownies</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">21</p>	<p>Chocolate Covered Mini Donuts Hot Turkey Sandwich Green Beans Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">22</p>	<p>Scrambled Eggs Hamburger/Bun Baked Beans</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">23</p>	<p>Egg Bacon Pizza Spaghetti Breadsticks Shredded Cheese</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">24</p>	<p>Breakfast Bites Mandarin Orange Chicken Rice Carrots Sliced Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">2:00 out 25</p>
<p>Donuts Chicken Strips Mashed Potatoes Gravy Bread/Butter</p> <p><i>Fruit & Veggie Bar</i></p> <p style="text-align: right;">28</p>				

25 Ways To Take Part in Heart Month

#OurHearts
are healthier together

Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease. Taking care of your heart health has never been more important and there's a lot you can do to prevent heart disease. Encourage others to join you. More work needs to be done—and you can help!

There are dozens of ways to spread heart health messages during February and beyond. Here are a few:



Help Share Heart Health Messages. Check out these ideas to honor American Heart Month.

- 1 **Join the #OurHearts movement** by **sharing on social media** how you're working with friends or family to be heart healthy. Encourage your friends and family to do the same. Be sure to use the hashtag!
- 2 **Wear red on the first Friday of February** for National Wear Red Day to raise awareness about heart disease and encourage others to do the same. Use **NHLBI's social media materials** to help spread the word.
- 3 **Set up an online support group with friends far and wide** to encourage each other in your goals to manage your weight, eat healthier, quit smoking, or work out.
- 4 **Commit to a walking schedule** with a friend or family member, even if you can't walk together.
- 5 **Challenge your organization to participate in a "steps" contest.** Use activity trackers to see which team takes the most steps.
- 6 **Share NHLBI's Heart Month video** on social media or play it before your next team meeting to encourage colleagues to work together for a healthier heart.
- 7 **Try a new recipe weekly.** Ask friends and family to share their favorite heart-healthy recipe with you. NHLBI offers a variety of **recipes** on its website.
- 8 **Be social.** Use **NHLBI's Heart Month social media resources** to promote Heart Month to your friends and followers.
- 9 **Make television watching more active** by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.
- 10 **Sign a social support contract** with three family members or friends who also want to lose weight.
- 11 **Blog about it.** Write a blog post about Heart Month, the risk factors for heart disease, and how you're making heart-healthy changes in your life.
- 12 **Attend an online cooking class** with friends and learn new heart-healthy recipes. Or sign up your kids for one!
- 13 **Plan a date** to go on a hike or cook a heart-healthy meal with your loved one on Valentine's Day.



- 14 **Write an article** for your organization's newsletter or the local newspaper about Heart Month and ways to keep your heart healthy. Don't have time? NHLBI has **pre-written articles** you can use.
- 15 **Send a press release** to your local paper to promote local Heart Month activities within your community, and pitch them stories of how community members are taking steps to prevent heart disease.
- 16 **Post flyers** with heart-healthy messages at local clinics or pharmacies.
- 17 **Create a Pinterest board** with heart-healthy recipes and share it with your organization, friends, and family. Make it a public board and encourage others to add their favorite recipes. See ***The Heart Truth's*® Pinterest board** for other ideas you can repin.
- 18 **Ask if you can insert a fact sheet** with heart-health information in grocery bags or prescription bags at your local grocery store or pharmacy.
- 19 **Share NHLBI's slides** as part of a heart-health, online educational presentation, distribute during faith-based services, or show on informational screens such as those in local clinics, or anywhere there are screens to share information.
- 20 **Encourage your local representatives to post statistics** about **coronary heart disease in your state** on their social media sites.
- 21 **Ask health care providers to give a presentation to your organization** about ways to prevent heart disease.
- 22 **Host an online community event** where families can be active and learn about local health resources.
- 23 **Partner with a local hospital to do heart screenings** such as those for blood pressure, blood sugar, cholesterol, and body mass index (BMI).
- 24 **Work with local recreation and fitness centers** to spread the word online about the importance of physical activity to prevent heart disease.
- 25 **Use NHLBI's Heart Month materials.** Share the materials with your organization's members, your workplace wellness team, and other health advocates to encourage them to champion Heart Month.

Find graphics, videos, flyers,
and article samples at
nhlbi.nih.gov/heartmonth





**FRIEND
BOOSTER CLUB
CHILI & CINNAMON
ROLL FUNDRAISER**

Friday, February 11, 2022



Cheer on the Friend Bulldog & Diller-Odell Griffin Basketball teams.

Girls JV starts at 4:30; Boys JV at 5:00; Girls Varsity at 6:00; and Boys Varsity at 7:30.

While you are there, enjoy homemade soup & fresh baked cinnamon rolls at the Friend High School Cafeteria.

Free Will Donation.



Kindergarten celebrated the 100th day of School on Wednesday, January 25th!
We made crowns, necklaces, and looked at each others 100 day collections.
We are now 100 days smarter!!



Shed built by first semester Construction class.

Students left to right:

Andrew Lunt, Nick Shafer, Jesse Duba, Austin Banks and Shop Dog Bud.



Friend FCCLA Members Earn STAR

Two members of the Friend FCCLA Chapter traveled to the Milford SCC campus for District II STAR Competition on Wednesday, January 26th. Earning a silver medal was Shelby Steyer in the Chapter Service Project Event. Shelby has organized a chapter project of sending monthly correspondence to senior citizens having a Friend connection. Halona Wootton participated in the event, Focus on Children and also was awarded a silver medal. Halona has organized an afterschool cooking activity for 6th graders. Both Shelby and Halona also qualified to compete at the state level during the FCCLA State Leadership Conference held in Lincoln in April.

The competitors are congratulated for their hard work at this first level of STAR competition. STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and occupational preparation. Schools in District II of FCCLA include Centennial, Milford, Seward, Waverly, Lincoln Southwest, Lincoln Southeast, Crete, Fairbury and Friend.



The Todd Becker Foundation Presents

HEAR THE STORY

BE MOVED



Hear the life-changing
TODD BECKER STORY

with speaker
KEITH BECKER

Featuring **ATTN ALL THE NOISE**

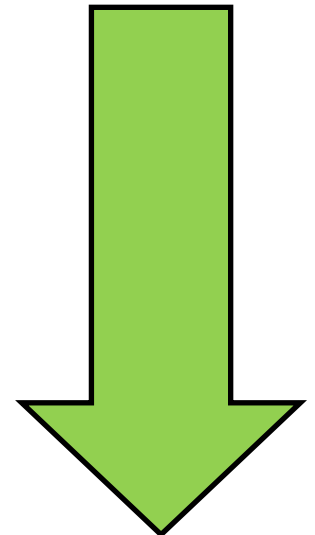
FREE BAND T-SHIRTS TO THE FIRST 10 STUDENTS

LOCATION **FRIEND HIGH SCHOOL**

DATE **2.16.22** TIME **7-9 PM** Doors open 20 minutes prior



 TODD BECKER FOUNDATION toddbecker.org A Christian Ministry and Message



Student Council Happenings

Food Drive

The Student Council is holding their annual Food Drive beginning February 14th and ending February 25th. All non-perishable food items collected will be donated to the Friend Food Pantry.

As an incentive for the students in grades 7 – 12 to bring in a plethora of food items, the class that collects the largest per person average of food (over 7) will earn an afternoon off to watch a movie!

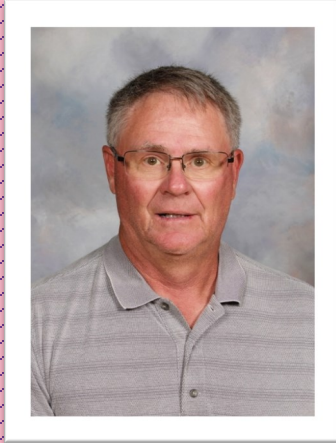
Thank you for your support in this community project.



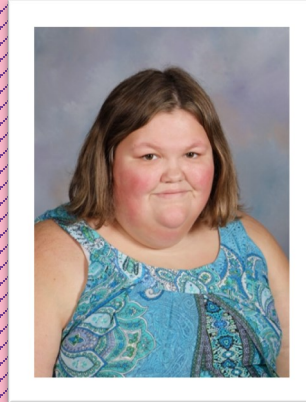
Pass the Bucket for Make-A-Wish

Student Council members will be passing buckets for Make-A-Wish on Friday, February 11th, during one of the basketball games. Last year, the Student Council sent \$470 to MAW. This is all in thanks to your generosity!

Bulldogs of the Month



Staff:
Jim Pfeiffer



Leah Rumery—Junior
Mason Vossler—Freshman



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PRSR STD
ECRWSS
U.S.POSTAGE
PAID
EDDM