# FRIEND PUBLIC SCHOOL MARCH 2022 

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

# PROOO BULIDOGG SPELIERS 



Friend 7th and 8th graders who took part in the Saline County Spelling Contest were:

Back row: Josiah Oceguera, Megan Gordon, Zach Vossler Front row: Keltyn Kirchhoff, Aniston Meints, Luke Carlson


Friend $5^{\text {th }}$ and $6^{\text {th }}$ graders took part in the Saline County Spelling Contest on February 8, 2022. Each student proudly represented the Bulldogs. A BIG CONGRATULATIONS goes to $1^{\text {st }}$ place winner, $5^{\text {th }}$ grader, Gehrig Weber. Way to go, Gehrig, and all who competed! Back row:
Lyra Fennell, Maddy Kenney, Kameron Schluter Front row:
Dane Anderson, Gehrig Weber, Grant Bartels

## Superintendent's Desk

It is hard to believe that about a year ago, I was preparing to move to Friend and begin my new journey as a superintendent. Now, as I sit here thinking about the school year so far, I feel tremendously blessed at how the school year has gone and what we have achieved.

One of the achievements I would like to focus on is the increase we have seen in our Math scores in the elementary. Below is some information that outlines the jump many of our students made in test scores from the start of the 2020-2021 school year to the end of the year (September to March):

Math MAP (Measure of Academic Progress) Test Scores from 2020-2021
3rd Grade: Average math test scores rose by 20 points. 17 of 20 were above the national average. 4th Grade: Average math test scores rose by 17 points. 15 of 17 were above the national average. 5th Grade: Average math test scores rose by 10 points. 14 of 20 were above the national average 6th Grade: Average math test scores rose by 10 points. 15 of 19 were above the national average.

There are few reasons we see these results.
1.) A credit to Nebraska education as we kept our kids in school so they could continue learning from teachers in person rather than online only.
2.) A credit to the new Math curriculum that has proven to be more challenging but at the same time meets the needs of all of our students' abilities.
3.) A credit to our teachers for implementing this curriculum with fidelity; they are now seeing the fruits of their labor.

Besides changes in math curriculum, we bought a new K-12 Science curriculum and will be looking at changes to our 7-12 Language Arts curriculum as well.

A special thank you to our board of education, who continues to positively respond to the needs of our students and helps us improve instruction.

As spring approaches, I look forward to reaching the finish line in May and am proud of this district. Two years ago we were handed some difficult circumstances, and we met them head on.

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WESLEYAN HONORS
    FESTIVAL
LillyAnn Ellison, Maddison Cropp, and Kylie Weber participated in the Wesleyan Honors Band from Thursday, February 10th, through Saturday, February 12th.
The band was conducted by famous musician and composer, Robert Sheldon!
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## Stutzman's Side Notes

"You Learn Something New Every Day"

As always, once we get into the month of March, the days seem to really start flying by at Friend Public School. Thank you to everybody who came out to support our winter sports teams, students, and coaches. It is great to see the stands filled up!
For Bulldog Buddies in February, we chose to "Spread the Love" and wrote notes to our local volunteer Firefighters, EMTs, police officers, and staff members!!! The staff and students really enjoyed taking the time to show others their appreciation!
We are celebrating Read Across America by once again doing our "Read with a Buddy" Day. The elementary kids get to have a buddy join them and read books, and then we will go straight into our Grandparent's Day Celebration!
It will be a fun filled day on March $2^{\text {nd }}$.
Thank you to all of the parents for coming to Parent-Teacher Conferences on February $16^{\text {th }}$. Your support and team effort makes our students successful!

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

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## Scholarships

- Seniors should be busy working on both local and national scholarship applications. Deadlines for several local scholarships are quickly approaching!
- The list of scholarship opportunities is updated almost daily. Click here to see what has been made available so far this year: Scholarship Central
- Many scholarship applications require the student to include a letter of recommendation.
- Seniors are reminded to plan ahead!
- A lack of planning on the student's part does not equal an emergency on the part of the individual writing the letter.
- Give the writer a minimum of two weeks to plan and complete a quality letter of recommendation.
- A huge thank you goes out to our local benefactors for the many scholarship opportunities offered to our seniors!


## Parents/Guardians of Juniors/Third-Year High School Students

- Preparation for the state required ACT test on March 22 is underway for all students in their third year of high school.
- Parents will soon be receiving an informational letter from the school.
- If your son/daughter will be testing on March 22, please mark your calendar now. It is important for students to have a good night's rest the night before the test and to eat a healthy breakfast that morning.
- Why is the ACT important?
- Most colleges and universities use ACT scores to judge a student's readiness for college and to determine if a student will be accepted to their institution.
- Doing well on the ACT can lead to more scholarships!
- The test provides information to students on their strengths for education and career planning.
- The State of Nebraska requires all third-year cohort students take the ACT as part of state accountability testing.
- ACT results will help school personnel better advise students with their education and career planning. Also, it gives the school another way to analyze the academic development of our students.


## Looking Ahead to Next School Year

- Registration for next year's classes will soon take place. Upcoming 7-12 grade students are encouraged to visit with their parent(s)/guardian(s) about how they might challenge themselves by taking classes that are considered more difficult or rigorous, or maybe just a class that is outside a student's comfort zone.
- Next year's high school students will soon be hearing from both the school counselor and Michael Morris, our Southeast Community College SENCAP representative, about a few ways they can earn college credit next school year. Take a look at this website for more information: SCC SENCAP


## Elementary Parents/Guardians

- I hope your student has come home and talked about what he/she is learning during our elementary lessons. Maybe you have heard about goal setting, how students can show they are paying attention, managing big emotions, and how the brain builds pathways.
- We use the Second Step curriculum at Friend, which focuses on Social-Emotional Learning. In other words, "In a world where emotional intelligence is critical for lifelong happiness, successful careers, and healthier relationships, social-emotional learning (SEL) is the process through which children and adults can better understand, manage, and express emotions and empathy, develop positive relationships, and make responsible decisions. SEL curricula teach children techniques that help them gain confidence, set and achieve positive goals, collaborate well, and navigate the world more effectively—adding a highly valuable dimension to education in the classroom," according to the Second Step website.


## 8th Grade Campus Visits

- Thanks to a grant we received from EducationQuest, the 8th graders will be visiting Southeast Community College-Lincoln and Concordia University in Seward on April 12. More information will be coming to students and parents/guardians soon!


## Sunday

Monday
Tuesday Wednesday Thursday
Friday
Saturday

|  |  | EMF FFA CDE \#3 TBA <br> 1 | 2:00 out <br> Grandparents Day \& Read Across America 12:15-2:00 | NO SCHOOL | NO SCHOOL <br> 4 | 5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Girl | d Boys State B | all - Lincoln | 2:00 out <br> End of 3rd Quarter |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | $\begin{gathered} \text { BOE - Media Center } \\ 7: 30 \end{gathered}$ <br> 14 | 15 | Senior High <br> Pioneer <br> Conference Quiz <br> Bowl @ Southern TBA <br> County <br> Government Day <br> @ Wilber <br> 16 | ST. PATRICK'S DAY <br> State Sp 17 | 2:00 out <br> ech-Kearney | Senior High Quiz Bowl @ David City 9:00 |
| EMF FFA Chapter Meeting in Exeter 4:00 | 12:30 out <br> Junior High Pioneer Conference Quiz Bowl @ Friend 1:00 | NHS Induction Ceremony 7:00 Media Center | Pioneer Conference Indoor Track Meet @ Doane 8:30 | Musical Matinee TBA | 2:00 out <br> Musical 7:00 | Musical 7:00 $26$ |
| 27 | 28 | TR-Turkey Creek Relays @ Friend 10:00 | Golf @ Syracuse <br> Invite 9:30 <br> Senior High <br> Quiz Bowl @ <br> Seward | JH TR @ Friend Invite 10:00 |  | current and ormation, o: http:// ference.org Friend endar on the bsite: ogs.org |


| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  | Egg, Bacon Pizza Mini Corn Dogs Tator Tots <br> Fruit \& Veggie Bar | Breakfast Bites Hamburger/Bun Chips <br> Fruit \& Veggie Bar 2:00 out | NO SCHOOL Spring Break | NO SCHOOL <br> Spring Break |
| Breakfast Pizza Chicken Nuggets Mashed Potatoes Gravy Bread/Butter <br> Fruit \& Veggie Bar | Pancakes Hot Dog/Bun Chili Shredded Cheese <br> Fruit \& Veggie Bar | Cinnamon Rolls <br> Meaty Nachos Toppings Shredded Cheese Bread/Butter <br> Fruit \& Veggie Bar | Breakfast Bars Chicken Quesadilla Corn Bread/Butter <br> Fruit \& Veggie Bar | Cherry Strudel <br> Fiestada <br> Rice <br> Churro <br> Fruit \& Veggie Bar 2:00 out |
| Donuts <br> Cheese Flatbread Green Beans <br> Fruit \& Veggie Bar $14$ | Chocolate Chip Mini Loaf <br> Tomato Soup Gilled Cheese Crackers <br> Fruit \& Veggie Bar | Scrambled Eggs Hamburger/Bun Baked Beans <br> Fruit \& Veggie Bar $16$ | Breakfast Bites Spaghetti Breadsticks Shredded Cheese <br> Fruit \& Veggie Bar | Chocolate, Chocolate Chip Muffin Subs Chips Cookies <br> Fruit \& Veggie Bar 2:00 out |
| Breakfast Pizza Stuffed Crust Cheese Pizza Corn <br> Fruit \& Veggie Bar <br> 12:30 out 21 | Chocolate Covered Mini Donuts Sloppy Joes Doritos Brownies <br> Fruit \& Veggie Bar | Chocolate Chip Muffin Taco Salad Toppings Shredded Cheese Bread/Butter <br> Fruit \& Veggie Bar | Egg Bacon Pizza <br> Chicken Taco <br> Toppings <br> Shredded Cheese Bread/Butter <br> Fruit \& Veggie Bar | Biscuits \& Gravy Stuffed Crust Cheese Pizza Pudding <br> Fruit \& Veggie Bar 2:00 out 25 |
| Donuts Chicken Strips Mashed Potatoes Gravy Bread/Butter <br> Fruit \& Veggie Bar | Breakfast Bites Hot Turkey Sandwich Bread/Butter <br> Fruit \& Veggie Bar | Scrambled Eggs Mandarin Orange Chicken Rice <br> Cooked Carrots Bread/Butter <br> Fruit \& Veggie Bar | French Toast Breaded Chicken Patty/Bun Cheesy Broccoli Jell-O <br> Fruit \& Veggie Bar | $\begin{aligned} & \text { SUBJECT TO } \\ & \text { CHANGE } \\ & \text { WITHOUT } \\ & \text { NOTICE } \\ & \text { DUE TO } \\ & \text { AVAILABILITY } \\ & \text { OF CERTAIN } \\ & \text { PRODUCTS } \end{aligned}$ |

## March is National Nutrition Month*

As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving children in meal preparation and cooking can motivate them to try new foods - and is a good way to spend time together as a family!


## What is a "healthy" diet?

A healthy eating plan is one that: emphasizes fruits, vegetables, whole grains, and low -fat or fat -free milk products. Includes lean meats, poultry, fish, beans, eggs, and nuts. Is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars. Stays within your calorie needs.


> Focus on Healthy Food Choices - Choose the GREEN, YELLOW, and RED foods:

> GREEN FOODS - are the lowest in fats and added sugar. They are nutrient dense with a better source of vitamins, minerals, and other nutrients important to health. Examples of GREEN foods are fruits, vegetables, whole grains, fat-free and low-fat milk products, lean meats, poultry, fish, beans, egg whites, or egg substitute. Include lots of GREEN foods into your daily diet!

YELLOW FOODS - are higher in fat, added sugar, and calories. YELLOW foods include vegetables with added fat, white refined bread flour, low- fat mayonnaise, $2 \%$ low fat milk products, peanut butter, pizza, baked chips, and mac and cheese. Have "slow" foods sometimes.

RED FOODS - are the highest in fat and sugar. They are calorie dense foods and low in vitamins, minerals, and other needed nutrients. Examples of WHOA foods are whole-milk products, fried foods, bakery sweets, candy, soda, chips, sugary cereals, and creamy salad dressings. Have RED foods once in a while, and when you do have them, have small portions.
*Adapted from http://wecan.nhlbi.nih.gov/

## EMF FFA Sends 26 Members to District Leadership Development Events

With the start of a new year, the FFA chapter has continued to roll into events this semester. For the past several weeks, the chapter has been preparing for District Leadership Development Events that were held in York on January 19th. This year the chapter took 26 members, which is an all-time high number for our chapter to have participated. Events include Parliamentary Procedure, Junior and Senior Public Speaking, Ag Demonstrations, Job Interviews, etc. We were excited with how well our members did at the event with the following results:

Ag Literacy- Malorie Lawver blue; Alexis Paulsen blue and second alternate to state
Discovery speaking- Sophie Weber purple, second alternate to state; Jacob Spohn- purple and first alternate to state

Creed Speaking- Zach Spohn blue ribbon and Abbie Milton red ribbon
Junior Public speaking- Ella Archer 2nd place, purple ribbon and STATE QUALIFIER
CCM (Junior Parli Pro) team- 6th place and blue ribbon
Ag Demo Teams- Keila, Ashley, Vivian, Shelby, Kylie, Ben, Cade, Carter, Jayden, and Mikey received red ribbons

Job Interview- Cameryn and Christian made finals. Cameryn received 5th place and a purple ribbon. Christian received 3rd place and 1st alternate to state, purple ribbon. Job interview was out of 28 individuals!

Christian Weber, Cameryn Brandt, Vivian Weber, Fred Hausman, Kiah Songster, Ben Bartu, and Cade Kresak all interviewed for their State FFA Degree on February 2nd at Tri County High School. They passed both their assessment and interview portion and will receive their degrees on stage at the State FFA Convention in April. Vivian Weber also completed an FFA Proficiency Award based on her SAE (Supervised Agriculture Experience) project. She applied for the area of Sheep Entrepreneurship and placed 1st Gold with her application being forwarded to state scoring. Christian Weber also applied for a Nebraska FFA STAR Placement award based on his SAE project. He received 1st Gold at districts and will have his application forwarded to state judging.

At the end of February, we will be hosting a myriad of activities during National FFA Week which is February 21 -25. Check out our social media accounts on Instagram and Facebook for pictures from FFA Week, as well as chapter happenings. On February 23rd and March 1st, chapter members will be heading to SCC to compete in Career Development Events to qualify for state competitions in April. Good luck to our members competing.

Lastly, our greenhouse is nearing completion. We will be picking up our plant plugs the first week of March, and our Nursery/Landscape class will start getting these potted and ready for our first ever plant sale at the end of April. We will have hanging baskets, bedding plants, container plants, succulents, and vegetables (tomatoes, peppers, etc) ready to meet your needs. Please watch for ads and social media announcements on our sale. If you have any questions on the plant sale please reach out to Mrs. Kohtz.

## Tips for Communicating With Your Teen

childmind.org/article/tips-communicating-with-teen

Keeping the parent-child relationship strong during a tricky age

## Rachel Ehmke

The teenage years have a lot in common with the terrible twos. During both stages our kids are doing exciting new things, but they're also pushing boundaries (and buttons) and throwing tantrums. The majordevelopmental
task facing both age groups is also the same: kids must pull away from parents and begin to assert their own independence. No wonder they sometimes act as if they think they're the center of the universe.

This makes for complicated parenting, especially because teens are beginning to make decisions about things that that have real consequence, like school and friends and driving, not to speak of substance use and sex. But they aren't good at regulating their emotions yet, so teens are prone to taking risks and making impulsive decisions.

This means that having a healthy and trusting parent-child relationship during the teenage years is more important than ever. Staying close isn't easy, though. Teens often aren't very gracious when they are rejecting what they perceive to be parental interference. While they're an open book to their friends, who they talk to constantly via text messages and social media, they might become mute when asked by mom how their day went. A request that seemed reasonable to dad may be received as a grievous outrage.

If this sounds familiar, take a deep breath and remind yourself that your child is going through his terrible teens. It is a phase that will pass, and your job as parent is still vitally important, only the role may have changed slightly. Here are some tips for navigating the new terrain:

1. Listen. If you are curious about what's going on in your teen's life, asking direct questions might not be as effective as simply sitting back and listening. Kids are more likely to be open with their parents if they don't feel pressured to share information. Remember even an offhand comment about something that happened during the day is her way of reaching out, and you're likely to hear more if you stay open and interested - but not prying.
2. Validate their feelings. It is often our tendency to try to solve problems for our kids, or downplay their disappointments. But saying something like "She wasn't right for you anyway" after a romantic disappointment can feel dismissive. Instead, show kids that you understand and empathize by reflecting the comment back: "Wow, that does sound difficult."
3. Show trust. Teens want to be taken seriously, especially by their parents. Look for ways to show that you trust your teen. Asking him for a favor shows that you rely on him. Volunteering a privilege shows that you think he can handle it. Letting your kid know you have faith in him will boost his confidence and make him more likely to rise to the occasion.
4. Don't be a dictator. You still get to set the rules, but be ready to explain them. While pushing the boundaries is natural for teenagers, hearing your thoughtful explanation about why parties on school nights aren't allowed will make the rule seem more reasonable.
5. Give praise. Parents tend to praise children more when they are younger, but adolescents need the self-esteem boost just as much. Teenagers might act like they're too cool to care about what their parents think, but the truth is they still want your approval. Also looking for opportunities to be positive and encouraging is good for the relationship, especially when it is feeling strained.
6. Control your emotions. It's easy for your temper to flare when your teen is being rude, but don't respond in kind. Remember that you're the adult and he is less able to control his emotions or think logically when he's upset. Count to ten or take some deep breaths before responding. If you're both too upset to talk, hit pause until you've had a chance to calm down.
7. Do things together. Talking isn't the only way to communicate, and during these years it's great if you can spend time doing things you both enjoy, whether it's cooking or hiking or going to the movies, without talking about anything personal. It's important for kids to know that they can be in proximity to you, and share positive experiences, without having to worry that you will pop intrusive questions or call them on the carpet for something.
8. Share regular meals. Sitting down to eat a meal together as a family is another great way to stay close. Dinner conversations give every member of the family a chance to check in and talk casually about sports or television or politics. Kids who feel comfortable talking to parents about everyday things are likely to be more open when harder things come up, too. One rule: no phones allowed.
9. Be observant. It's normal for kids to go through some changes as they mature, but pay attention if you notice changes to her mood, behavior, energy level, or appetite. Likewise, take note if he stops wanting to do things that used to make him happy, or if you notice him isolating himself. If you see a change in your teen's daily ability to function, ask her about it and be supportive (without being judgmental). She may need your help and it could be a sign she needs to talk to a mental health professional.

## FCCLA Week Activities

Recently, the Friend FCCLA Chapter sponsored the annual Cupcake War for two age groups, Senior High and Junior High students. The cupcakes were judged in the design and taste categories, while the entire student body was able to vote through monetary donations. The event was held in conjunction with FCCLA Week February 14-18.

Junior High students displayed their cooking talents by making a variety of cupcakes. Winners in the design category were: 1st-Kendyll Tomlinson and 2nd-Aniston Meints. In the taste division, it was 1st-Grady Bresson and 2nd-Avery Tuttle. The People's Choice winner for this division was Grady Bresson, with Aniston Meints earning second place.

Ten students in grades 9-12 also created many different types of cupcakes. Winners in the design category: 1st-Leah Rumery, 2nd-Cameryn Brandt, and 3rd-Andrew Lunt. In the taste division, 1stCameryn Brandt, 2nd-Andrew Lunt, and 3rd-Madi Cropp. Collecting the most money were Cameryn Brandt and Shelby Steyer.

Thanks to all the participants and individuals for purchasing the cupcakes. Approximately $\$ 160$ was collected and will be donated to a community service organization.

FCCLA members were also involved in an Afterschool Cooking Club for 6th graders. They met during FCCLA Week to make Mug Cakes. On other occasions, they have made French Toast, Pizza Snacks, and Fruit Salad. The purpose of the event is to teach 6th graders basic cooking skills which will help them become more independent in the future. Organizing the event for her STAR Project is FCCLA member,



## 6th Grade Afterschool Cooking Club sponsored by FCCLA

Back row:
Miley Ricenbaw, Madelyn Kenney, Bob Milton, Ty Svehla, Tori Bresson, Meredith Paulsen
Front row:
Autumn Filipi, Aubrey Bachle, Ryleah Smith, Emily Bartels, Makenna Burchett


## Bulldogs of the Month



Khrystyne Elsberry Middle School Language Arts



Kendyll Tomlinson 7th Grade

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

Friend, NE 68359
402.947.2781


[^0]:    Upcoming Dates:
    March $2^{\text {nd }}: 2: 00$ Release AND 12:15-2:00 Read with a Buddy time and then Grandparent's Day Program. March 3-4 ${ }^{\text {th }}$ : SPRING BREAK, NO SCHOOL
    March $11^{\text {th }}$ : End of the $3^{\text {rd }}$ Quarter
    March $21^{\text {st }}: 12: 30$ Release as we are hosting Pioneer Conference Junior High Quiz Bowl

