

Friend Public School

501 South Main St.

P.O. Box 67

Friend, NE 68359

402.947.2781

Derek Anderson, Superintendent

Elizabeth Stutzman, Principal

Jim Pfeiffer, Activity Director

Amy Hottovy, Counselor



Friend Elementary Students were able to attend a Leadership Conference at Doane and learn about kindness and being an effective leader!

Attending:

**Zonder Arp, Reese Tuttle, Tori Bresson, Adilyn Meints,
Zach Zirkel, Maddison Allen, Emily Bartels**



From the Superintendent's Desk

Being Safe and Getting Ready for Winter

When I woke up this morning, the house was feeling a little colder than normal. Today, I actually had to walk to school with a coat on. As someone who enjoys the winter season, I look forward to all of these changes. However, I know that not all of you do. The signs of winter progressing are upon us, and we must prepare for the possibilities of inclement weather.

As your school superintendent, it is my responsibility to ensure the safety of our students and staff at all times. Whether individuals are in school or in a school vehicle, we take safety very seriously and are always evaluating our protocol. We have an established safety team that meets quarterly, plus safety audits are conducted yearly by outside agencies. In addition, we practice fire drills, bus evacuations, lockdowns, and other various procedural drills, plus a crisis team is in place for emergencies. All in all, I feel very good about the safe and secure environment we have for our students and staff and wanted to ensure the community we have protocols in place.

With that said, now that colder weather is upon us, there is always a chance of snow/blowing snow, ice, or severe cold conditions which could cause a late start or school cancellation. The district currently uses BlackBoard Connect, which is a service that can instantly send messages through phone call, text and/or email. This will be our first line of communication to inform you when school will be cancelled. Once the call goes out, I will then contact the news stations to have it broadcast.

If you do not have your phone or cell phone registered with the school, or if you have changed phone numbers over the past year, you will not be able to receive a call through this service. Please take a moment to call the school if you need to update your contact information. We want to be sure all parents receive information through BlackBoard, as it is used for both emergency and non-emergency information. Hopefully this winter will not be too severe, but if it is, we will be prepared.

Take care and be safe!!!

Sincerely,
Derek Anderson, Superintendent



Congratulations to Elijah Black and Cameryn Brandt who were recognized as "Youth Leaders of the Year" through the Greater Omaha-Council Bluffs Area Council on Youth Leadership. Teachers, school counselors, and principals nominate students to apply to participate in the "Youth Salute" event. In order to qualify, the student had to have a 3.0 GPA or greater and have held at least two leadership roles to which they were chosen by their peers or an adult leader.

**We are so proud of your efforts and accomplishments,
Elijah and Cameryn!
It's a great day to be a Bulldog!**



Stutzman's Side Notes

"You Learn Something New Every Day"



Happy Fall! We have one quarter completed for the school year, and we are moving into the second quarter! In the elementary we were fortunate to have Stan Krause, Ray Rohrig, Eric Bardell, Jake Clouse, and John Clouse present to our elementary students about the importance of Fire Safety! We always enjoy this day in the elementary! During our October Bulldog Buddies Meetings, the students enjoyed playing "Active Bingo" and making posters for Red Ribbon Week that are hung around the school! In November we will be making cards for our Veterans.

Speaking of Red Ribbon Week, it was held October 26-30 to learn about being safe and saying no to drugs and alcohol. Thank you to our Student Council groups for organizing Red Ribbon Week! Speaking of being safe, this is just a friendly reminder that if your child is not feeling well, please keep him/her home to make sure everybody stays safe and healthy. A winter jacket (with hat/gloves) is a must for school.

For Halloween, the elementary students enjoyed having a parade where they got to see other students' costumes and have 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!

We are looking forward to recognizing our veterans for our Veterans' Day Program on November 11th at 8:30 AM in the old gym.

Thank you very much for your continued support of our students and staff!

Liz Stutzman- Principal Friend Public School

Upcoming Dates:

October 25-November 4th: Elementary Canned Food Drive

November 11th: Veterans' Day Program in the old gym at 8:30 (*Coffee and cookies for our Veterans after the program*)

November 23rd: 2:00 release

November 24, 25, 26th: Thanksgiving Break

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 October 25 - November 5.** 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 5th. 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, and we beat that again in 2020 by collecting 1,626 items!

Let's do it again in 2021!!!

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



- **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.
- Seniors who plan to enroll in college next fall should also have completed college applications, as well as the FAFSA at this point. Need help? Reach out to Ms. Hottovy or EducationQuest./
- [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.
- **November is a busy month for FPS sophomores!**

* During the morning of Tuesday, November 2, all sophomores will be taking the PreACT.

- This short assessment predicts student performance on the ACT and offers career-interest information to students, parents, and teachers. It also helps ensure students take the best classes to prepare them for college and their options after high school.

* On Tuesday, November 9, sophomores will participate in the Connecting the Dots interactive career exploration simulation program.

- More information can be found here! <https://4h.unl.edu/connecting-dots>

- If your business, organization, or family has previously provided a scholarship to 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. Current and new scholarship benefactors are always welcome to reach out with questions. 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. Please contact me at your earliest convenience if you can help (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.




IMPORTANT

As we move into the winter months and anticipate 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.



November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Pre-ACT Sophomores	JH Quiz Bowl @ Seward		2:00 out FB Playoffs - Quarterfinals TBD	
	1	2	3	4	5	6
 EMF FFA Chapter Meeting (Friend) 4:00 7	JH WR Friend Invite 4:30 Pioneer Conference Vocal Clinic @ Southern/Tri-County BOE - Media Center 7:30 8	Connecting the Dots Career Seminar- Sophomores Red Cross Blood Drive 8-2 East Gym 9	EMF FFA Livestock CDE @ York Fairgrounds 8:00 <i>FCA Lunch Meeting</i> 10	Veterans Day Program 8:30 JH GB @ Wilber- Clatonia 4:30 11	2:00 out FB Playoffs - Semi-finals TBD 12	One Act @ York JH GB vs. Deshler 10:00 13
14	JH GB vs. Southern 6:00 <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 10px auto;"> <i>Start of Winter Sports Practices High School</i> </div> 15	JH GB vs. Sutton 4:00 JH WR @ Dorchester Invite 5:00 16	Pioneer Conference One Act Play Production @ Pawnee City <i>FCA Lunch Meeting</i> 17	JH GB vs. Heartland 4:00 JH WR @ Crete Invite 5:30 18	2:00 out EMF FFA Officer Meeting in Exeter 2:30 19	20
21	<i>FB Finals TBD</i> One Act Dinner Theater 7:00 22	2:00 out One Act Matinee 1:00 JH WR @ Fillmore Central Invite 4:30 23	NO SCHOOL Thanksgiving Break 24	NO SCHOOL  25	NO SCHOOL Thanksgiving Break 26	27
28	JH WR @ Wilber Invite 6:00 District One Act TBD GB BB Jamboree vs. Silver Lake 5/6:30 29	JH GB @ Dorchester 5:00 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 Chicken Nuggets Mashed Potatoes Gravy Bread/Butter</p> <p>Fruit & Veggie Bar</p> <p>1</p>	<p>Breakfast Wrap Taco Salad Toppings Shredded Cheese Corn Bread/Butter</p> <p>Fruit & Veggie Bar</p> <p>2</p>	<p>Breakfast Bites Hamburger/Bun Baked Beans</p> <p>Fruit & Veggie Bar</p> <p>3</p>	<p>French Toast Chicken Quesadilla Corn Bread/Butter</p> <p>Fruit & Veggie Bar</p> <p>4</p>	<p>Cherry Strudel Mandarin Orange Chicken Rice Bread/Butter</p> <p>Fruit & Veggie Bar 2:00 out</p> <p>5</p>
<p>Breakfast Pizza Chicken Strips Mashed Potatoes Gravy Bread/Butter</p> <p>Fruit & Veggie Bar</p> <p>8</p>	<p>Pancakes Tomato Soup Grilled Cheese Crackers</p> <p>Fruit & Veggie Bar</p> <p>9</p>	<p>Cinnamon Rolls Hot Dogs/Bun Chili Shredded Cheese</p> <p>Fruit & Veggie Bar</p> <p>10</p>	<p>Breakfast Bites Meaty Nachos Toppings Shredded Cheese Bread/Butter</p> <p>Fruit & Veggie Bar</p> <p>11</p>	<p>Choc. Chip Muffin Fiestada Rice Churros</p> <p>Fruit & Veggie Bar 2:00 out</p> <p>12</p>
<p>Donuts Breaded Chicken Patty/Bun Jell-O Cooked Carrots</p> <p>Fruit & Veggie Bar</p> <p>15</p>	<p>Egg, Bacon Pizza Subs Chips Cookie</p> <p>Fruit & Veggie Bar</p> <p>16</p>	<p>Scrambled Eggs Hamburger/Bun Potato Smiles</p> <p>Fruit & Veggie Bar</p> <p>17</p>	<p>Breakfast Wrap Holiday Meal Sliced Turkey Potatoes/Gravy Green Beans Hot Roll Pumpkin Dessert</p> <p>Fruit & Veggie Bar</p> <p>18</p>	<p>Biscuits & Gravy Stuffed Crust Cheese Pizza Pudding</p> <p>Fruit & Veggie Bar 2:00 out</p> <p>19</p>
<p>Breakfast Pizza Mini Corn Dogs Tator Tots</p> <p>Fruit & Veggie Bar</p> <p>22</p>	<p>Choc. Chip Mini Loaf Spaghetti Breadsticks Shredded Cheese</p> <p>Fruit & Veggie Bar 2:00 out</p> <p>23</p>	<p>NO SCHOOL Thanksgiving Break</p> <p>24</p>	<p>NO SCHOOL Thanksgiving Break</p>  <p>25</p>	<p>NO SCHOOL Thanksgiving Break</p> <p>26</p>
<p>Donuts Chicken Sticks Mashed Potatoes Gravy Bread/Butter</p> <p>Fruit & Veggie Bar</p> <p>29</p>	<p>Breakfast Wrap Sloppy Joes Chips</p> <p>Fruit & Veggie Bar</p> <p>30</p>			<p>SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF CERTAIN PRODUCTS</p>

November

Kindergarten Goes to Braun's Pumpkin Patch



Fire Safety Day



Kindergarten attended a field trip to the Friend Fire Station to learn about fire safety on October 7th. Thank you, Friend Volunteer Fire Firefighters!



Friend FCCLA Attend District Conference

The Friend High School Chapter of Family, Career and Community Leaders of America (FCCLA) and other FCCLA youth members and adult advisers from FCCLA District 2 gathered at Southeast Community College in Milford for the annual District Leadership Conference (DLC) on Tuesday, October 19th, 2021. FCCLA District 2 membership includes students from the following schools: Centennial, Crete, Fairbury, Friend, Lincoln Southwest, Lincoln Southeast, Milford, Seward, and Waverly. This meeting provided FCCLA members with opportunities to gain leadership skill experience and learn how to become a better leader by exploring what FCCLA is all about, as well as members attending sessions aligned with FCCLA's National Programs. At DLC, our goal is to have members increase their leadership skills and gain in personal growth. The theme for the event was Endless Opportunities.

Members heard from keynote speaker, Hunter Radensladen. As a recognized speaker and entrepreneur in his early 20s, Hunter shared his story of overcoming adversity to empower others to live their lives for something greater than themselves.

At the conference, members also attended breakout sessions on driver safety, career opportunities in human services, nutrition, substance abuse, relationships, adoption, college and career readiness, STAR, leadership, culinary, officer opportunities, and FCCLA National Programs. Also, a highlight for the day was the Knowledge Bowl Competition between chapters. Also, participating in the opening session was Friend's District Representative, Shelby Steyer.

Family, Career and Community Leaders of America (FCCLA) is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work, and societal issues through Family and Consumer Sciences education. FCCLA has more than 164,000 members and more than 5,300 chapters from 49 state associations, Puerto Rico, and the Virgin Islands.



Back row: Danika Smith, Andrew Lunt,
Shyann Smith
Front row: Shelby Steyer, Halona Wootton



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 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 the school bus or walking to school. To avoid skin damage, all should wear a coat, hat, and gloves, and 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 during 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°F , frostbite can set in less than half an hour for adults. If the wind-chill is -40°F , it can set in less than 10 minutes. And, it takes less time for it to set into children as they have lower body temperatures 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 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, for example).
- Immerse the affected area in warm – NOT hot- water. (The water 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 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°F . Children already have a lower body temperature than adults, so they are more susceptible to this condition, especially when they get wet.

Symptoms of hypothermia include:

* Shivering * Drowsiness * Slurred Speech * Confusion

If you notice these hypothermia symptoms in your child, get him 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 to your student's teacher, school counselor, or school nurse if you require assistance in obtaining winter clothing for your student(s).



Everyday Preventive Actions Can Help Fight Germs, Like Flu

FIGHT FLU



CDC Says “Take 3” Actions to Fight Flu.

1. Take time to get a flu vaccine.
2. Take everyday preventive actions that help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.
3. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for older people, young children, people with certain chronic health conditions, and pregnant people.

How does flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly eyes. Many other viruses spread the same way. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5 to 7 days.

What are everyday preventive actions?

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after fever is gone except to get medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

2021 EMF Junior High Football SUMMARY

Game 1 @ High Plains- Win 76-36 EMF wins as the offense rolls. We struggled to contain two of HP's athletes on defense but managed to score at will on offense.

Game 2 @ Diller Odell- Win 46-6 EMF wins easily. Most of the younger guys had played some before half time, and the First Team sat the whole second half.

Game 3 @ Thayer Central- Loss 28-32 Thayer had some players that appeared to be full grown men which seemed to intimidate EMF in the first half. Thayer shot to a large half time lead, but EMF fought back in the second half in dominating fashion but ultimately fell just short of the win.

Game 4 @ Friend vs. Meridian- Win 42-20 This game is always a challenge to prepare for since we have to play 6 man defense. EMF rose to the challenge, though, dominating from the start. The Starters were done for the day at half time.

Game 5 @ Milligan vs. Shelby-Rising City-Osceola- Loss 8-36 EMF ran into a buzz saw. SRCO was big and fast, and we struggled to match up physically. Due to injury, we were also playing without Zach Rabenhorst, our strong side offensive end and defensive end. He unfortunately was out for the last two games.

Game 6 @ Milligan vs. Heartland-Giltner Win 44-14 EMF dominated from the start, cruising to a 44-0 halftime lead and allowing the younger kids to all get extensive playing time. The coaches were proud of how the kids responded after a humiliating loss the previous week.

This team has a lot of talent, played hard, and was very coachable. The only losses they had were to more physically mature teams. I expect that this group of guys will continue to mature physically and mentally. The future looks bright for EMF football.

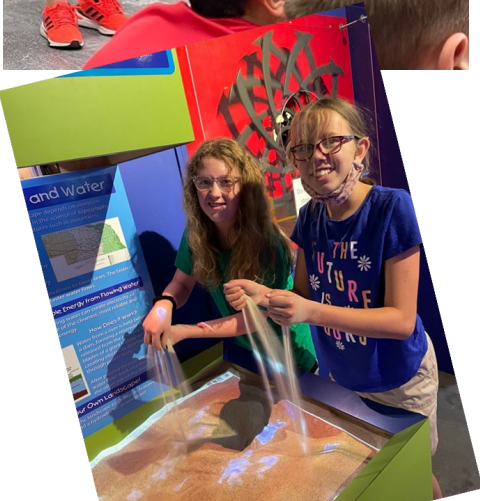
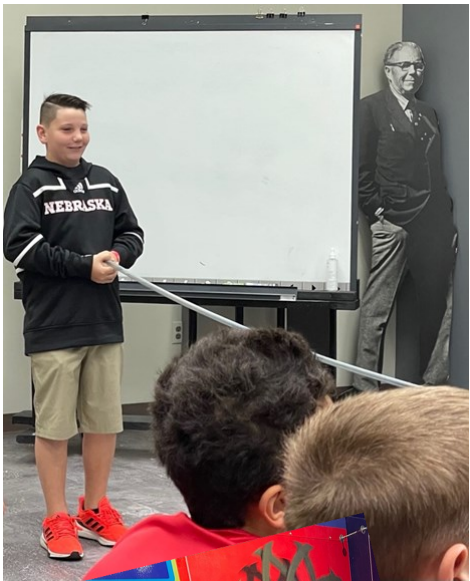
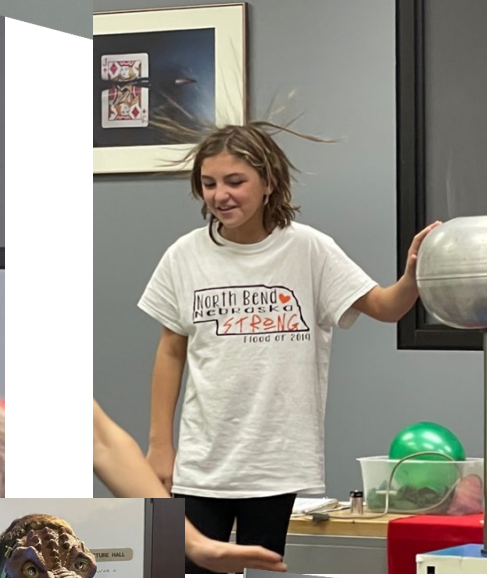
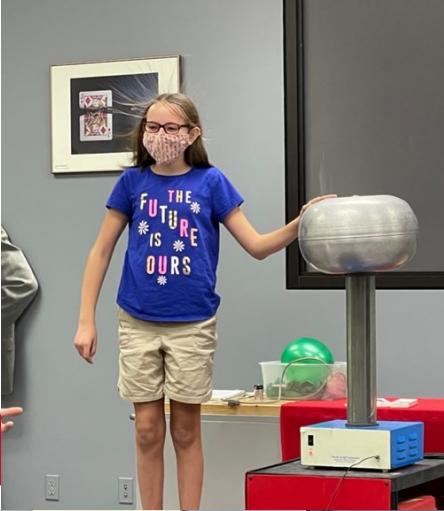
EMF Junior High Football Players include: Josiah Oceguela, Truman Milton, Riley Conner, Christian Conley, Carver Canode, Grady Bresson, Keltyn Kirchhoff, Rylan Bartels, Zach Rabenhorst, Jase Luzum, Jonah Geiger, Jacob Spohn, Zayde Arp, Brett Kallhoff, Hunter Svehla, Ryan Nicholson, Cohen Harre, Evan Brahmstedt, Jaxson Brandt, Adrien Mueller, Andrew Fennell.



Hunter Svehla makes an open field tackle with Brett Kallhoff, Ryan Nicholson, and Christian Conley closing in.

6th Graders have a
SIMPLY, SUPER, SCIENTIFIC EXPERIENCE AT THE
EDGERTON EXPLORIT CENTER!







Staff:

Mary Niemeier

Bulldogs of the Month



Students:

VIVIAN WEBER, KYLIE WEBER, SHELBY LAWVER, KEILA RICENBAW, LAURA CASPER, KYLER SLADEK

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