# Friend Public School <br> OCTOBER 2021 <br> $\begin{array}{lllll}\text { Friend Public School } 501 \text { South Main St. } & \text { P.O. Box } 67 & \text { Friend, NE } 68359 & 402.947 .2781\end{array}$ 

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


Sophomores Study 'Westward Movement’
The Sophomore American History class recently completed a unit of study on westward movement. The class spent a beautiful day, Wednesday, September $22^{\text {nd }}$, visiting Homestead National Monument near Beatrice and Rock Creek Station east of Fairbury as part of this study of westward movement. The morning was spent touring Homestead National Monument's visitors' center and viewing the movie 'Land of Dreams,' using GPS handheld devices and compasses to find historical points of interest on the Homestead's prairie and a visit to the Freeman one room school house. After lunch, the students viewed the new orientation video in the visitor's center before
retracing a portion of the Oregon and Pony Express Trails at Rock Creek Station State Historical Park near
Fairbury. Students also visited the site of the legendary shooting of David McCanless by Wild Bill Hickok.
Those students attending included: Nathan Carlson, Laura Casper, Aaliyah Cook, Madison Cropp, Spencer Eberspacher, LillyAnn Ellison, Preston Knollenberg, Jacey Krotzer, Mandy Landis, Jake Leif, Breckan Schluter, Mason Semler, Shyann Smith, Harley Vajgrt, and Halona Wootton. Paul Martin was the sponsor of this field trip.


From the

## Superintendent's Desk

A new season is upon us, and it is evident with the cooler temperatures and shorter days. Change is one thing that is always consistent, whether it be the seasons or something in our school. I am ready to turn in the summertime attire for jackets and jeans!

Speaking of changes, I have witnessed some very positive ones in our school this year. Our new staff is settling in well and making great strides with our students. Changes that we have made within the last two years in math and science curriculum continue to push our students and increase knowledge and the rate at which they learn it. We have received our first delivery of beef from the Purple Ribbon Meat Program and have positive feedback from our students on the quality of the beef. Our school budget was approved last month with a unanimous vote by the board of education. The board has given me great support and guidance when creating a school budget and continues to offer students many opportunities for a small town. The budget is in good shape and is continually monitored to ensure our offerings remain sustainable.

Here at FPS, we are constantly working at finding ways to meet the needs of all students and work collaboratively as a staff to identify those needs. Sometimes we have to rethink and/or change our roles and responsibilities to better equip our students and staff.

I always look forward to change and the opportunities and positive additions it can bring to our school. "Because we have always done it that way," is not the only response when it comes to how we do business. We value the input from our students, staff, and especially our community. If you ever have any ideas or concerns, please know you are welcome to come in and share. We value your input and strive to continually meet the needs of our students.

Derek Anderson
Superintendent


Homecoming Royalty 2021!!

Front left to right:<br>Christian Weber, Vivian Weber<br>King-JB Drake<br>Queen-Cameryn Brandt<br>Cooper Girmus

## Stutzman's Side Notes

The month of September has come and gone, and we are moving into October. Our staff and students have wrapped up MAPS testing. We use this data to gear our lessons and find which areas students need more help in to be successful. We were very proud of our students, and many of them made improvements on their scores from the previous time taking the test in the spring. It was wonderful to see their growth but also give our staff information about areas in which everyone can improve.

Thank you very much to the parents who took the time to come and meet with their child's teacher(s) at conferences. We enjoy working with you to ensure your child's success!
$7^{\text {th }}-12^{\text {th }}$ Grade Students and Families- Just a reminder that if your child has two grades that are in the "D" range (70-76\%) or one F (69\% and below) he/she is required to attend W.I.T. (Wednesday Intervention Time) after school from 3:30-4:15. You are responsible for making sure they attend and that they also have a ride home afterwards. This a great opportunity for students to work with the teachers and get their grades up.

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

## Upcoming Dates:

October $7^{\text {th }}$ : Fire Safety Day
October $15^{\text {th }}$ : End of $1^{\text {st }}$ Quarter
October 19 ${ }^{\text {th }}$ : Flu Clinic at school
October $20^{\text {th }}$ : Picture Retakes
October 21 ${ }^{\text {st }}$ : 2:00 Release
October 22 ${ }^{\text {nd }}$ : Fall Break NO SCHOOL
October 25-29 ${ }^{\text {th }}$ : Red Ribbon Week
October 28 ${ }^{\text {th }}$ : Preschool Halloween (Fall) Parties
October 29 ${ }^{\text {th }}$ : Halloween (Fall) Parties for Kindergarten-6 ${ }^{\text {th }}$ Grade

## IMPORTANT

## ATTENTION PARENTS \& COMMUNITY PATRONS:

Please do not park on the west side of the building from 2:00-4:00 Monday-Friday. Thank you!

By Ms. Amy Hottovy, School Counselor \% Corner

## EDUCATION QUEST WORKSHOP FOR JUNIORS \& SENIORS

- Juniors \& Seniors will be participating in an EducationQuest virtual workshop on Wednesday, October 20, at 10:00 a.m., to learn about how to pay for college and other financial aid tips. Parents \& guardians are welcome to join the session! Please check in at the front office; we will be meeting in the media center.
- The session for juniors and their parents/guardians will run from 10:00 to 10:45 a.m.
- For the remainder of the session, seniors will then participate in Apply2College Day! Parents/guardians are welcome to stay for the second half of the session.


## COLLEGE VISITS

- Juniors are allowed one excused absence for a college visit. It's never too early to start looking!
- Seniors are allowed two excused absences for college visits, and they are highly encouraged to get one completed ASAP since they'll be taking part in Apply2College Day on October 20.
- Seniors are advised to have applied to at least three colleges before Thanksgiving, so get those college visits scheduled NOW!
- Parent permission forms for college visits are due BEFORE the student is gone from school or the absence will not be considered excused. Forms are available from Mrs. Kirchhoff in the office.


## SCHOLARSHIP NOTES

- Ms. Hottovy often sends scholarship opportunities and college/career information to juniors and seniors through school email. Have a conversation with your son/daughter about checking their email often and practicing good communication skills.
- If your business, organization, or family would like to begin offering a scholarship to this year's graduating seniors at Friend Public School, please contact Ms. Amy Hottovy at your earliest convenience.
- Current scholarship benefactors who wish to make a change to their application form or process are also encouraged to contact the school counselor as soon as possible. Thank you for your generosity and support!
- Students and parents 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, local scholarships are not listed, but they will be added throughout the year.
- Seniors have been encouraged to create an account and complete a profile through Education Quest to see the MANY scholarship opportunities that exist. They should check the website weekly!


## COMMUNITY SERVICE REQUIREMENT

- We are still looking for more community service opportunities to add to our list so students can see a variety of experiences from which to choose. If you are interested in offering and supervising community service, please contact me at your earliest convenience (amy.hottovy@friendschool.org; 402.947.2781 extension 212).


## IMPORTANT TEST DATES

October 13 - selected Juniors take the PSAT
November 2 - all Sophomores take the PreACT
December 8 - all Sophomores (and some Juniors) take the ASVAB
March 22 - all Juniors take the ACT

## ELEMENTARY LESSONS WITH THE COUNSELOR

Parents and guardians -- be on the lookout for a Second Step letter coming home with your child next week. Teachers will also be using Remind to inform you about the social-emotional lessons students have bi-weekly with the counselor. We hope your family will work together as a team to reinforce the many skills learned and practiced with Ms. Hottovy!

If you have a Kindergartener, please ask him/her about Miss Potato Head!
If your child is in grades 1-6, ask him/her what it means that Ms. Hottovy is his/her co-pilot!

## KEEPING KIDS SAFE

Parents and guardians, do you ever wonder how to keep up with the latest trends and dangers when it comes to cell phones, social media, screen time, or other technological devices?

Just like you would never hand the car keys over to your child and encourage him/her to speed down the interstate without any driving lessons or guidance, we should never "turn kids loose" in the world of technology without clear expectations, rules for safety, and an open door to come to you with anything they want or need to discuss.

CommonSenseMedia.org is an excellent resource for parents! You can access movie, TV, app, game, and book reviews on the website. You can also click on the "Parents Need to Know" tab to search for guidance on numerous topics by age group (ages 2-4, 5-7, $8-9,10-12$, and $13+$ ).

| Monday |  | Thesday <br> Friday |  |
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## SINK THE FLU AND COVID-19, TOO!

Public Health Solutions needs your help to wash out the Influenza and Covid-19 viruses. When more people receive the flu/covid-19 vaccine, many less people will become sick and thus there will be less people spreading these viruses to others. This is especially important if you are around infants 6 months or younger, immunocompromised individuals, or the elderly as they are at a greater risk to have serious complications due to influenza and coronavirus.

Public Health Solutions District Health Department will again be offering flu immunization clinics for students at your school and will be offering Covid-19 vaccines to anyone with a returned consent form who is 12 years and up. Prior to the start of clinics, students will bring home consent forms and fact sheets explaining the importance of receiving flu immunizations. For the Pfizer consent, we have our vaccine fact sheet on our website: phsneb.org. We will also bring EUA fact sheets to the school for anyone who receives the Pfizer vaccine. Parents and guardians are encouraged to read the information carefully, complete and sign the consent form, and send it back to the school with their student.
Sink the viruses and become a winner! All students who return a completed permission form AND receive the vaccine/vaccines on the day of the school clinic will be entered into a drawing for a $\$ 20.00$ gift card. Do not let the viruses win!
Public Health Solutions will be at your school on October 19, 2021.
For more information, contact your school health office or PHS at 402-826-3880.


Congratulations to our Friend Public School seniors who were recognized as
! local winners of the 2021-22 US Bank Believers \& Achievers Award:
Elijah Black, Christian Weber, \& Vivian Weber.
It's a great day to be a Bulldog!

Influenza (Flu) Vaccine (Inactivated or Recombinant): What you need to know

## 1 Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May.
Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.
Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.
Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.
Each year thousands of people in the United States die from flu, and many more are hospitalized
Flu vaccine can:

- keep you from getting flu,
- make flu less severe if you do get it, and
- keep you from spreading flu to your family and other people.


## 2 Inactivated and recombinant

 flu vaccinesA dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else needs only one dose each flu season.
Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have not shown thimerosal in vaccines to be harmful, but flu vaccines that do no contain thimerosal are available.


There is no live flu virus in flu shots. They cannot cause the flu.
There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.
Flu vaccine cannot prevent:

- flu that is caused by a virus not covered by the vaccine or
- illnesses that look like flu but are not.

It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

## 3

## Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- If you have any severe, life-threatening allergies. If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all, types of flu vaccine contain a small amount of egg protein.
- If you ever had Guillain-Barré Syndrome (also called GBS).
Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.
- If you are not feeling well.

It is usually okay to get flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.

> Don't forget about the Flu Clinic at Friend Public School on Tuesday, October 19.

$$
\begin{aligned}
& \text { Reminder to have your } \\
& \text { student bring a copy of } \\
& \text { his/her insurance card. }
\end{aligned}
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| 4 | Risks of a vaccine reaction |
| :---: | :--- |

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.
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## 5 <br> What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

## What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get the person to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.
VAERS does not give medical advice.


## 6 <br> The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.
Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

## How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC)
Call 1-800-232-4636 (1-800-CDC-INFO) or
- Visit CDC's website at www.edc.gov/flu


## Vaccine Information Statement

Inactivated Influenza Vaccine


## Family and Consumer Sciences Happenings



Earlier this month, students in the Food and Wellness class created a display showing the amount of sugar in popular beverages. It was very eye opening for the students to read labels and calculate the number of teaspoons added to such things as sports drinks, soda, and juices.

Pictured from left to right: Emily Brahmstedt, Leah Rumery, Nick Shafer, and Madi Cropp


Students of Mrs. Houlden's Personal Finance class recently took a field trip to Citizen's State Bank to learn about loans and other operations of the bank. Jim Niemeier presented helpful information about loans and the paperwork necessary to apply for loans. In addition, he spoke of the importance of saving money for the future. Mr. Niemeier's message to the students was, "It isn't necessarily about how you spend your money but more about how you save your money."

# Homecoming 2021: Bobcat Victories for Decades to Come!! 

Homecoming Week at Friend Public School was packed with fun and excitement! The week consisted of daily dress up days, a pep rally at the end of the school day on Friday, and coronation and a dance following the football game Friday night.

The Student Council Homecoming Committee decide on the theme "Bobcat Victories for Decades to Come." Each class from $9^{\text {th }}-12^{\text {th }}$ grade then chose a decade to decorate their hallway and plan a lip sync around.

The week began Sunday afternoon when the classes gathered at the school to practice their lip syncs and decorate the hallways according to the decade each class chose. It is always amazing to see the creativity of the students to transform the hallways in a few short hours!

The dress up days from Monday through Friday consisted of Pajama Day, Color Day, Dress as Your Decade Day, Throwback Thursday (dress in old Bulldog gear), and Bobcat Attire Day. All students from Pre-K through 12 ${ }^{\text {th }}$ and even the staff (!) went above and beyond donning costumes to show their school spirit and support for the Bulldogs and Bobcats this week!

On Friday afternoon, Vivian Weber emceed the Student Council Homecoming Pep rally in which students, staff, and community members were entertained with games, trivia, lip syncs, a Royalty roast, and a special skit by the senior parents!

After the exciting, nail-biting Homecoming game against Thayer Central where the Bobcats were victorious over the Titans, the Homecoming Court was introduced, and the King and Queen were crowned. The 2021 Court consisted of five deserving seniors selected by the student body: Cameryn Brandt, JB Drake, Cooper Girmus, Christian Weber, and Vivian Weber. The king and queen crowned this year were JB Drake and Cameryn Brandt.

The week concluded back at the school where the students danced the night way! The dance floor was rocking until midnight! I am sure the students were appreciative of having Saturday and Sunday to recuperate from Homecoming festivities planned by the Student Council!



