

Friend Public School

September/October 2024 NEWSLETTER

Last First Day as a Friend Bulldog!!





Every New Beginning Comes
From Some Other Beginning's End...



Hello, Parents and Students,

We are off and running for the 2024-2025 school year! Fall is such an exciting time, and it is a joy to see the staff and students easing into the consistency that the school day brings. Our students are so blessed to have staff who truly care about them. Education is constantly evolving, and the needs of our students (and families) are much different than when I was going to school at Friend. We are tasked with teaching them not only their academics but also how to be a productive member of society, from young students to older students.

We also are helping them with their mental health and wellness. For the past six years, our school counselor, Amy Hottovy, has taught the students lessons from our “Second Step” curriculum that focuses on many things from responsibility, kindness, anxiety, being a good friend, saying no, and the list goes on and on. This year we have adopted a new Social/Emotional Curriculum called “Character Strong.” It is fabulous! The kids are reaping the benefits of it as our school counselor consistently teaches its lessons, and other staff members are adding the lessons into their daily routines as well. The kids enjoy the lessons, and we look forward to continuing to help them be well-rounded students at Friend Public School.

Speaking of helping our students, I would highly encourage any 5th-12th grade students and families to attend our “Rules of the Road” (Preteen-Teen Healthy Habits) Family Engagement Night. It's on *September 25th from 5:45-8:15 PM*. The night starts out with a free meal for you and your parents (this night is not for siblings under 5th grade), and then participants get to go to four sessions for students and parents to learn about sleep, hygiene, diet & exercise, social media/technology (setting up limits, how it affects the brain), discipline, healthy relationships, mental health - stress, anxiety, self-care, etc. Then we will have prizes drawn at the end of the night. This is a free night of learning and fun! We hope to see you there; spread the word!!!

Liz Stutzman- PreK-12th Grade Principal

Upcoming Dates:

September 2nd and 3rd: No School

September 16-20: Homecoming week! Pep Rally in Exeter; Football game and dance in Friend.

September 25th: 5th-12th Graders and Families please attend our "Rules of the Road" (Teen/Preteen Healthy Habits) Student/Parent Engagement night! We will have a free meal followed by a rotation of sessions for parents and students, ending with PRIZES!!!! You won't want to miss this night!!!

October 2nd: 12:30 release

**Parent-Teacher Conferences from 1:00-7:00 pm,
NO PRESCHOOL today**

October 3rd: 2:00 out

October 4th: NO SCHOOL

October 9th: Flu Shot Clinic at the school

October 11th: End of the First Quarter

October 31st: Halloween parade at 12:30 followed by classroom parties

COUNSELOR'S CORNER

PARENTS/GUARDIANS OF JUNIORS AND SENIORS...PLEASE TAKE NOTE!

All juniors and seniors will be attending an Education Quest college planning and financial aid session on October 2 here at Friend Public School. An informational letter will be sent home with students the middle of September. *Parents and guardians -- you are encouraged to join us!*

The college planning and financial aid session will run from 10:00 am to approximately 10:45 a.m. in the media center. Juniors will then be excused to class, and the seniors will take part in Apply2College Day from 11:00 to 12:15.

Juniors and seniors have been encouraged to create an account on EducationQuest.org and start exploring all this organization has to offer, including information about careers and colleges.

Juniors and seniors have also been encouraged to schedule a college visit soon!

- 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. I highly encourage them to get one in ASAP since they'll be taking part in Apply2College Day on October 2.
- 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 in the office.

IMPORTANT TEST DATES

October 30, 2024 - invited Juniors take the PSAT

November 13, 2024 - all Sophomores take the PreACT

- This 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.

December 4, 2024 - all Sophomores take the ASVAB

March 25, 2025 - all Juniors take the ACT

Seniors are highly encouraged to retake the ACT between now and December to make sure they have the highest score possible to impact potential financial aid and scholarships.

SENIOR PARENT/GUARDIAN WORKSHOP WITH THE COUNSELOR

- Ms. Hottovy will be holding two sessions during parent/teacher conferences so parents & guardians of seniors can learn more about college & careers, deadlines, scholarships, etc.
- Make plans to join us in the media center on October 2 at either 4:00 p.m. or 6:30 p.m.

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. 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 excited to continue the opportunity for our students to serve their communities! Thanks to those organizations and businesses that have already contacted us as willing partners in the program. We are still looking for more 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 Amy Hottovy at your earliest convenience (amy.hottovy@friendschool.org; 402.947.2781 extension 212).

***** Please note: if you would like to offer community service hours to our students, we ask that you first make sure the activity or event meets our criteria before you hold the event and agree to sign paperwork. Contact Amy Hottovy or Liz Stutzman to verify your event/activity. Thank you!*****

ELEMENTARY NOTES

Bi-weekly lessons with Ms. Hottovy have begun for our Kindergarten through 6th grade students! I'm excited to help promote their social emotional development, safety, and well-being through our new program, Character Strong. I hope you'll ask your child(ren) about the skills we practice that help them be ready to learn, be safe, and be a good friend, student & person.

PARENTING RESOURCES

Being a parent is not easy!

Multiple useful articles are available for parents on our school website under the Counselor Corner tab. More will be added throughout the school year. Click here to access them: [Parent/Guardian Resources](#).

If you are looking for assistance on how to best handle behavioral issues, parent/child conflict, aggression or arguing, or even just everyday problems that can arise, consider calling the Nebraska Family Helpline.

The Helpline is supervised by licensed mental health professionals and can assist you by assessing immediate safety needs, making recommendations or referrals to appropriate resources, and identifying the level of a behavioral/mental health crisis. It is a great way for parents to have easy access to necessary services to safely resolve challenges that families can face.

888-866-8660

www.nebraskafamilyhelpline.ne.gov

BULLDOG BOUTIQUE

The Bulldog Boutique is a place where ALL Friend Public School students can find new or gently used clothing and personal items...no questions asked and free of charge! Staff members are encouraged to let the school counselor know if a child is in need.

If any district patrons would like to donate to our Boutique, use the QR code below to find items that would help us meet our students' needs. Thank you for your generosity!



Members of the 2024-2025 Black Lightning Dance Team

Left to Right:

*Maddy Kenney, Sophie Weber, Miley Ricenbaw, Taylin Schluter
Sponsor-Lori Vyhnaek, Alexis Paulsen, Gracie Vyhnaek, Meredith Paulsen*



Friend, NE



Child Care Forum

Please join us for an evening of learning about the importance of childcare in Friend, the Friend Learning Center's efforts to address our childcare shortage in Friend, and steps the community can take to support Friend families. This forum is intended for all members of the community who desire successful children, a strong economy, and a prosperous community

Snacks will be provided.
Tours of the proposed site at the Hospital will be available following the discussion.



THURSDAY,
SEPTEMBER 12TH

American Legion Hall
136 Maple St, Friend, NE
7:00pm - 8:30pm

Topic of Discussion:

"Addressing the Childcare Crisis in Friend."

Guest Speaker:

FIRST FIVE
NEBRASKA'S
MIKE FEEKEN



More information:

Katie Spohn: 402-499-3879
Derek.anderson@friendschool.org

EMF BOOSTER TAILGATE SEPTEMBER 13 - MILLIGAN

EMF BOBCATS VS. SHELBY-RC HUSKIES

BURGER-CHIPS-DESSERT-WATER FREE WILL DONATION

6 P.M. THROUGH HALFTIME



PROCEEDS BENEFIT
EXETER-MILLIGAN-FRIEND
BOOSTERS



STEPS TO COLLEGE WORKSHOP

EducationQuest
presentations for juniors,
seniors & their parents

**Wednesday
October 2
FPS Media Center**

**Session #1 -
10:00-10:50 a.m.**

Juniors/Seniors & their parents will
explore the costs of college & ways to
pay for it.

**Session #2
11:00 a.m.-12:15 p.m.**

Seniors can apply to college(s), fill
out the FAFSA, build an activities
resume, and/or work on
scholarships.

See you there!

EM FCCLA HOSTS: 5TH QUARTER

MOVIE

Night



**BRING
CANNED
FOOD FOR
ENTRY**

OCT 11, 2024










09:00PM

FRIEND HIGH SCHOOL MUSIC ROOM

**OPEN TO EM + FRIEND
STUDENTS IN GRADES 7-12**

**SEE MRS. STUTZMAN OR AN FCCLA
MEMBER WITH QUESTIONS**

SEPTEMBER Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL	NO SCHOOL	<p>Donuts Walking Taco Toppings Shredded Cheese Bread/Butter <i>Fruit & Veggie Bar</i></p> 	<p>Egg, Cheese Omelet Chicken Nuggets Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i></p>	<p>Chocolate, Chocolate Chip Muffin Pepperoni Calzone Brownie <i>Fruit & Veggie Bar</i></p>
9	10	11	12	13
<p>Breakfast Bites Chicken Bacon Ranch Flatbread Cooked Carrots <i>Fruit & Veggie Bar</i></p>	<p>Pancake Bites Hamburger/Bun Corn Chips <i>Fruit & Veggie Bar</i></p> 	<p>Cinnamon Roll Mandarin Orange Chicken Rice Bread/Butter <i>Fruit & Veggie Bar</i></p>	<p>Scrambled Eggs Taco Salad Toppings Shredded Cheese Bread/Butter <i>Fruit & Veggie Bar</i></p> 	<p>Breakfast Pizza Stuffed Crust Cheese Pizza Green Beans <i>Fruit & Veggie Bar</i></p>
16	17	18	19	20
<p>Breakfast Bars Meaty Nachos Toppings Shredded Cheese Bread/Butter <i>Fruit & Veggie Bar</i></p> 	<p>Egg Patty Hot Dog/Bun Chili Shredded Cheese <i>Fruit & Veggie Bar</i></p> 	<p>French Toast Chicken Strips Mashed Potatoes Gravy Bread/Butter <i>Fruit & Veggie Bar</i></p>	<p>Biscuits & Gravy Spaghetti Shredded Cheese Breadsticks <i>Fruit & Veggie Bar</i></p> 	<p>Blueberry Muffin Subs Chips Cookie <i>Fruit & Veggie Bar</i></p>
23	24	25	26	27
<p>Chocolate Chip Muffin Sloppy Joes Doritos <i>Fruit & Veggie Bar</i></p> 	<p>Donuts Chicken Taco Toppings Shredded Cheese Bread/Butter <i>Fruit & Veggie Bar</i></p>	<p>Pancakes Hamburger/Bun Baked Beans <i>Fruit & Veggie Bar</i></p> 	<p>Breakfast Bites Lasagna Casserole Green Beans Shredded Cheese Breadsticks <i>Fruit & Veggie Bar</i></p> 	<p>Apple Breakfast Bites Italian Dunkers (Cheese Breadstick) Pudding <i>Fruit & Veggie Bar</i></p>
30				
<p>Breakfast Pizza Bacon, Egg, Cheese Breaded Chicken Patty/Bun Broccoli & Cheese Jell-O <i>Fruit & Veggie Bar</i></p>				<p>SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF CERTAIN PRODUCTS</p>

Friend Public School is an equal opportunity provider

OCTOBER Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Egg Patty Walking Taco Toppings Shredded Cheese Bread/Butter Fruit & Veggie Bar 	Breakfast Bites Stuffed Crust Cheese Pizza Cookie Fruit & Veggie Bar 12:30 out	Donut Mini Corn Dogs Mac and Cheese Fruit & Veggie Bar	NO SCHOOL
7	8	9	10	11
Breakfast Bar Italian Dunkers (Cheese Breadstick) Pudding Fruit & Veggie Bar	Breakfast Pizza Chicken Nuggets Mashed Potatoes Gravy Bread/Butter Fruit & Veggie Bar	Cinnamon Roll Mandarin Orange Chicken Rice Bread/Butter Fruit & Veggie Bar	Egg Cheese Omelet Hamburger/Bun Green Beans Chips Fruit & Veggie Bar 	Pancake Bites Fiestada Spanish Rice Churro Fruit & Veggie Bar
14	15	16	17	18
Waffles Sloppy Joes Doritos Fruit & Veggie Bar 	Donut Grilled Chicken Broccoli & Cheese Jell-O Fruit & Veggie Bar	Scrambled Eggs Hot Dog/Bun Chili Shredded Cheese Fruit & Veggie Bar 	Breakfast Bites Spaghetti Shredded Cheese Breadsticks Fruit & Veggie Bar 	Chocolate, Chocolate Chip Muffin Stuffed Crust Pepperoni Pizza Fruit & Veggie Bar
21	22	23	24	25
Chocolate Chip Muffin Meaty Nachos Toppings Shredded Cheese Bread/Butter Fruit & Veggie Bar 	French Toast Hamburger/Bun Baked Beans Fruit & Veggie Bar 	Biscuits & Gravy Chicken Strips Mashed Potatoes Gravy Bread/Butter Fruit & Veggie Bar	Cinnamon Roll Biscuits & Gravy Tator Tots Juice Fruit & Veggie Bar 	Breakfast Pizza Bacon, Egg, Cheese Subs Chips Cookie Fruit & Veggie Bar
28	29	30	31	
Donuts Cheese Calzones Brownies Fruit & Veggie Bar	Breakfast Bar Soft Shell Taco Toppings Shredded Cheese Bread/Butter Fruit & Veggie Bar 	Blueberry Muffin Chili Shredded Cheese Cinnamon Rolls Fruit & Veggie Bar 	Breakfast Bites BBQ Pulled Pork/Bun Baked Beans Fruit & Veggie Bar	SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF CERTAIN PRODUCTS

Friend Public School is an equal opportunity provider

September 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
FFA State Fair	NO SCHOOL Labor Day FFA State Fair	NO SCHOOL Teacher Cohort Day VB vs. Aquinas Catholic (Friend) 6:00/7:00 SB @ Southern Valley 5:00/6:30 GG Dual @ Heartland 4:00 XC @ Superior 4:00	<i>FCA Lunch Meeting</i>	SB vs. Southern (Geneva) 5/6:30 XC @ Seward Plum Creek Park 10:00/12:30 JV VB vs. Milford (Exeter) 5:00	2:00 OUT FB @ Johnson-Brock 7:00	SB @ Fairbury Tournament 9:00
8	9	10	11	12	13	14
	JH/JV FB vs. Tri-County (Milligan) 4:30/6:00 EMF FFA Ag Venture Day BOE-Media Center 8:15	VB vs. L-N (Friend) 6:00/7:00 SB Triangle (Geneva) 4:30/6:00 JH VB vs. L-N (Friend) 3:30/4:30	<i>JH/JR Judging practice 7:30-8a</i>	SB Triangle @ Freeman 4:30/7:30 GG @ Heartland 10:00 XC @ Milford 4:15 EMF FFA Officer Meeting (Friend) 7:00	2:00 OUT FB vs. SRC (Milligan) 7:00 <i>EMF Boosters Tailgate</i>	VB EMF Invite (Friend) 9:00 SB @ West Point Beemer 9:00
15	16	17	18	19	20	21
	<i>Homecoming Week</i> VB MUDECAS Tour. SB Triangle (Geneva) 4:00/7:00 JV FB @ McCool 6:30	<i>Homecoming Week</i> VB MUDECAS Tour. SB @ Central City 5:00/6:30 GG EMF Invite (FCC) 9:00	<i>Homecoming Week</i> JH VB @ Freeman 1:00/2:00 <i>FCA Lunch Meeting</i> <i>JH/JR Judging practice 7:30-8a</i>	<i>Homecoming Week</i> VB MUDECAS Tournament SB Triangle @ Cross County 4:00/7:00 JH VB @ Thayer Central 4:00/5:00 GG @ Tecumseh 9:00 XC @ Ravenna 4:00	2:00 OUT FB vs. Southern (Friend) 7:00 <i>Homecoming (Friend)</i> <i>EMF FFA Booster Tailgate</i> <i>SR Judging practice 7:30-8a</i>	JH VB EMF Invite (Friend) 9:00
22	23	24	25	26	27	28
	SB vs. Lincoln NW (Geneva) 5/6:30 JH VB vs. Sterling (Exeter) 1:30/2:30 JH/JV FB vs. Thayer Central (Friend) 4:30/6:30 GG @ Humboldt 9:00	VB @ Sutton 6:00/7:00 GG @ Fullerton 10:00	Family Engagement Night (5-12) <i>Sophomore American History Field Trip</i>	VB vs. Diller-Odell (Friend) 6:00/7:00 <i>Pass the Bucket-MAW</i> SB @ Cass County 5:00/6:30 JH VB vs. McCool (Exeter) 2:00/3:00 XC @ Doniphan-Trumbull Crane Trust 4:15	2:00 OUT FB @ Sutton 7:00 <i>SR Judging practice 7:30-8a</i>	VB @ Bertrand Invite 10:00 SB @ SNC Tournament 10:00
29	30					
	VB @ Tri-County 6:00/7:00 JH/JV FB @ Sandy Creek 4:30/6:00 XC HS @ UNK 2:30 <i>JH/JR Judging practice 7:30-8a</i>					<i>For updated information, please go to</i> https://friendbulldogsocs.net/vcalendar/

October 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		VB @ Osceola 6:00/7:00 SB vs. Milford (Geneva) 5/6:30 JH VB vs. Sandy Creek (Exeter) 4:00/5:00 GG @ Ravenna 10:00	12:30 OUT PT Conferences 1-7p Steps to College (11-12) 10:00 Senior Parent Financial Aid Sessions <i>SR Judging practice 7:30-8a</i>	2:00 OUT XC @ Branched Oak State Park 10:00 GG @ Lincoln Christian 9:00	NO SCHOOL FB @ Tri-County 7:00	VB @ JCC Tournament TBA JH VB-B Team @ Dorchester Invite 9:00
6	7	8	9	10	11	12
	JV VB @ NE Lutheran (Waco) 5:00 SB Sub-District TBA JH VB vs. Osceola (Exeter) 4:00/5:00 JH/JV FB @ SRC 4:30/6:30 GG Districts <i>JH/JR Judging practice 7:30-8a</i>	GG Districts EMF FFA Feed the Farmer 11:30-1:30 EMF FFA Chapter Meeting (Exeter) 7:00	Flu Shot Clinic 9:30 <i>FCA Lunch Meeting</i> <i>SR Judging practice 7:30-8a</i>	VB Triangle @ Deshler 5:30/6:30 JH VB @ Cross County 4:00/5:00 XC @ McCool (Camp Kateri) 4:00	2:00 OUT End of Quarter 1 VB vs. Sandy Creek (Friend) 4:00/5:00 VB/XC/GG Senior Night SB Districts FB vs. Sandy Creek (Friend) 7:00 <i>EMF Booster Chick-Fill-A</i> EM FCCLA 5th Quarter (Friend) 9:00	JV VB @ Dorchester Tournament 9:00 SB Districts XC JH State Meet @ Papillion
13	14	15	16	17	18	19
	Columbus Day VB Pioneer Conf. Tourn. @ HTRS & LCC JH VB @ SRC % JH/JV FB @ Lawrence 4:30/6:00 State Girls Golf BOE-Media Center 7:30 <i>JH/JR Judging practice 7:30-8a</i>	VB Pioneer Conf. Tourn. @ HTRS & LCC State Girls Golf	State SB Hastings <i>SR Judging practice 7:30-8a</i>	State SB Hastings XC Districts EMF FFA Officer Meeting (Exeter) 7:00	2:00 OUT State SB Hastings FB vs. Thayer Central (Milligan) 7:30 FB Senior Night <i>6th Grade Field Trip</i>	VB Pioneer Conf. Tourn. @ HTRS & LCC
20	21	22	23	24	25	26
	State SB Final Omaha <i>JH/JR Judging practice 7:30-8a</i>	School Picture Retakes VB @ Silver Lake Quad 4:00/5:15	<i>FCA Lunch Meeting</i> <i>SR Judging practice 7:30-8a</i>	FB Playoffs 1st Round	2:00 OUT State XC @ Kearney	JV VB EMF Invite (Friend) 9:00
27	28	29	30	31		
	VB Sub-District <i>JH/JR Judging practice 7:30-8a</i> <i>SR Judging practice 7:30-8a</i>	VB Sub-District	PSAT-Juniors EMF FFA District Livestock Judging 8:30	Halloween		For updated information, please go to https://friendbulldogs.soc.s.net/vcalendar/

EMF BOOSTER CLUB

Fundraiser

SIZES

YOUTH CREW: XS-XL \$22

ADULT CREW: S-3XL \$32

YOUTH TSHIRT: YXS-YXL \$18

ADULT TSHIRT: S-3XL - \$25



1



2



3



4

SIZE SHIRT # CREW or TSHIRT PRICE

NAME: _____

EMAIL: _____

CASH

CHECK

TOTAL: _____

Make checks payable to T. Squared Co.
Return to Tara Due by September 16th.
Orders will be ready on October 1st.

Rules of the Road: Navigating the PreTeen/Teen Years

**5th-12th grade Friend Public School students
& their parents/guardians are invited to
our next Family Engagement Event!**

Wednesday, September 25, in the FPS cafeteria

Free meal begins at 5:45 p.m.

Guests are invited to attend sessions on 4 topics

Physical Health & Wellness

Mental Health & Wellness

Social Media: The Good, Bad & Ugly

Healthy Relationships & Communication

****Drawings for door prizes at the end of the event****

Scan the QR code for more information!



FPS SENIOR PARENT INFO SESSION WITH THE COUNSELOR

Topics: college & careers, ACT, scholarships, financial aid, etc.

How can parents & guardians best help their senior make the most of the school year and prepare for his/her future?

Find out by attending a 30-minute session during Parent/Teacher Conferences on October 2!

Two sessions available: 4 p.m. or 6:30 p.m.
Join us in the media center!

EMF FFA CHAPTER

A decorative floral arrangement featuring various autumn leaves in shades of green, yellow, orange, and red, interspersed with small red berries and brown seed pods. The word "FALL" is prominently displayed in large, white, block letters with a slight shadow, centered within the arrangement. Below it, the words "MUM SALE" are written in a smaller, brown, textured font.

FALL
MUM SALE



SEPTEMBER 10TH-12TH

3:45 PM-5:30 PM

Gold, Purple, Red, White, Orange

\$12.00

BULLDOGS OF THE MONTH



Staff
Brian Arp

Female Student
Meredith Paulsen

Male Student
Chase Paulsen

Friend Public School
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Friend, NE 68359
402.947.2781