



ARNOLD Life

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The Official Magazine of
Arnold Public Schools

Ballin' Bobcats Take Charge!

Read inside for more coverage on the season. Pictured above: Cade Connell with his record 1000 points in his career!

New Year, New You? : Remodel Your Life

By Jasmine Nelson, Senior

New Years has become a holiday of dread for some. While you get to start the year fresh, you make those darn resolutions that seem great at the time, but tend to become difficult by January 2nd. Every year, people tend to make the same classic resolutions that never get acted upon.

If you're one of these people, here's a guide to help you stick to those pesky resolutions and prove all your friends (and yourself) wrong!

1. Lose Weight



Losing weight is the top resolution in 2015, and has been for ages. Many tend to fall out of habit before it's even truly embedded. My advice is to make a schedule that fits with your time. If you have a day where it's too busy to work out, feel free to skip that one!

Another great tip is to adjust accordingly with your diet. Sometimes, you might just have to skip that extra cookie. Get a buddy to help you along the journey and it'll be habit in no time!

2. Spend Less



Another one of the top resolutions is to "spend less, save more." This has to be proven difficult with all the fancy items coming out. To make matters worse, all the sales happen this time of year!

To combat your inner shopaholic, ask yourself, "do I need this to survive?" If your answer is no, then you know you shouldn't buy it. Make a savings plan or take up a "Saving challenge" that the internet is obsessed with. Of course, it's alright to splurge on something every once in a while.

3. Get Organized



If you're a person who can't seem to get your poop in a group, I have one piece of advice for: GET. A. PLANNER. Whether it be an app or good ol' pen and paper, it keeps your life in order, especially when you're in college.

Another helpful reminder is to get the reminder app on your phone and use it religiously. It's saved me so many mishaps in the end!

4. Travel More



Traveling has always been a goal for so many people. It could be continental or just to the other side of the state, it's a good feeling for a lot of people. However, it's expensive and time-consuming for all.

One piece of advice is to go on sites such as Trivago and Kayack to compare pricing on trips, especially international. Plan these trips weeks in advance and use tips from #2 to make sure you can pay for the thing itself. Use every opportunity to embrace the moment.

5. Live Fuller



This really goes in place with #4. Everyone wants to make the most of every opportunity, but aren't sure how to do it. One part of it is to take pictures when needed, but put the phones and devices away. You can always have the memories, but it's important to capture important moments.

A true investment would be a polaroid camera. They add an aesthetic that you can't get from anything else. Just don't hold grudges, and let your adventures find themselves.

Top 5 Movies: What To Do If You're Snowed In

By Jasmine Nelson, Senior

We all know that snow days are the coveted days in a child's life. Everything is delayed for a day, and kids can do what they want. When there's nothing to do, it does get to be tiresome. To keep yourself entertained in the (hopefully) coming snow days, watch the following!

1. Finding Dory (2016)



For all you 90s kids, this should be a must. Following Dory, the blue tang, the movie takes you through adventures in the sea, while Dory discovers flaws are alright. With its beautiful message and hilarious characters, it's one for the whole family.

2. Jumanji (1995)



This is a classic for so many. The late Robin Williams delivers action and comedy into a board game gone terrible wrong. Watch to find out if he can win once and for all.

3. The Breakfast Club (1985)



How can you not LOVE this movie? Being a cult classic, it's the perfect one to sit and admire. It shows that friendship can come up in the most unlikely of places.

4. The Perks of Being A Wallflower (2012)



If you're in the mood to cry, this is the movie for you. It highlights the story of a boy trying to find his place in high school via his journal.

5. Hairspray (2007)



This is for if you're in the mood to sing your heart out and admire the beauty of Zac Efron. Being a classic film and musical, this remake had a lot to stand up to. The story is everlasting and a powerful lesson to all, while providing some jams.

Ballin' Bobcats Take On The Season



By Jasmine Nelson, Senior

(Written early January 2017) It's February, and that means the Bobcat basketball season is in full swing. Both the guys and girls have had ups and downs going from town to town in



Above: Senior Arika Starr goes for the shot in Callaway.

year," says Landon Furne, junior. The girls on the other hand, have faced some hardships. Losing two more in the last month, they've been trying to regain their status so they can make it to Lincoln in March for the state tournament.

With strong players and a team bond that can't be broken, the Bobcats are working their hardest to leave it "all on the floor." For the seniors, this is a time of redemption. For both sides, the home games in both Arnold and Callaway have been good.

We are wishing the rest of the Bobcats the best of luck

search of the coveted win. They've faced everyone from Sandhills-Thedford to Bertrand to try to obtain.

The boys have had a wonderful middle point in their season, winning every game since the last time we updated you.

"We're just really lucky to have a winning season and we're hoping to make it to state this



Above: Juniors Landon Furne, Blake Schwarz, Cade Connell, and Jack Rush share a laugh from bench side.

throughout the months until the big district tournament in late February/early March.

Go Bobcats!

PowerSchool Passwords

As in past years, the school will be using

Power-School to share student grades with



their parents. If you already have the ability to login and check your child's grades, then nothing has changed. Simply login to <https://arnold.powerschool.com/public/>. If you don't have a log in, forgot your password, or would like some help, please contact Tami Smith in office, or by email at tami.smith@esu10.org, or call her at the school 308-848-2226.

Speech Meets

February

Gothenburg; 4

Burwell; 11

Loup City; 18

MNAC (Brady); 27



March

North Platte (Best of the West); 4

District D2-5 (North Platte); 14

Speech Team

Lorraine Wonch-9th (Duet)

Jarret Buchholz-10th (Duet)

Toni Oberg-10th (Duet, Poem, Informative)

Jasmine Nelson-12th (Exemp and Group)

Ashton Weinman-12th (Group and Improv)

Dawson Hanna-Miles (Duet)

100 Days...100 Smiles!

By Jasmine Nelson, Senior

As we all know, the 100th day of school is a special day in the lives of elementary students. It means they survived 100 days of math, science, reading, etc., and lived to tell the tale. It's a celebration of sorts, and every classroom had their own little party to show their gratitude. We're going to give you an inside look on what each of three classrooms did for this annual occasion!

In the kindergarten room, Miss Batenhorst surely did have a wonderful time showing the students their first 100th day. She had them bring in 100 of a certain item, which included things such as pennies or Cheez-Its. Next, they were asked the question, "What would you do with \$100?" Let me tell you, they had some wild imaginations down in that room! They drew their very own gumball machine with 100 gumballs inside for every day of school. To top it off, the kindergarteners used an Iphone App to make them look 100 years old!

Mrs. Blowers and the first graders had similar activities for their

spe-



cial

day. First, they counted to 100 a mass of foods such as pretzels and marshmallows. When they were finished, they mixed them up and had a sweet treat! Next, they cut up a picture of themselves into 100 pieces and had to put it back together!

Second grade with Mrs. Geiser had quite the day as well. These smart cookies had to name 100 facts that they knew, make as many words as possible out of the phrase, "Happy one hundred days in school," and loads more! One of the favorites of the class was seeing how many words each child could read in 100 seconds!

While the rest of the school had a hum-drum day in class, these three grades had one of the best days to celebrate surviving 100 days in school! We want to wish every grade good luck on the rest of the year!

Daily Announcements

The daily announcements can be found on the school web page announcement's tab every morning. Mr. Morgan updates those announcements with corrections, additions to the calendar, and reminders of upcoming events. Please check the school web page often for new information.



Upcoming ACT Test Dates:

Test Registration
April 8, 2017
March 3, 2017

June 10, 2017
May 5, 2017

Congrats To Music Scholars!



These students certainly didn't throw away their shot! The following have been selected for various honor choirs and bands across the state.

Jennifer Barraza - UNK Honor Choir (January 23rd)

Singing Youth of Nebraska:
Kenna Rogers
Lorraine Wonch
Sofia Atkins
Reagan Cool
Rhiann Ramirez-Hunt
Stella Lewis
Kirby Cornfield
Cecilia Wonch

North Platte Middle School Honor Band
Kylee Lehmkuhler
RayLee Downing
Jadeyn Bubak
Landyn Cole
Sofia Atkins
Colby Streit

Jan Wymore Memorial Middle School Honor Band (Kearney)

Kylee Lehmkuhler
Carly Gracey
Jadeyn Bubak
Landyn Cole



Pop Tabs Collection

Mrs. Geiser and the second grade class will again be collecting aluminum pop tabs for classroom math assignments and projects. You can support our school by saving pop tabs and sending them with your student to the school. Thank you for your support.



Activity Passes



Activity Passes, which get you into all home games at Arnold and Callaway, all year, will cost \$20.00 for students, \$40.00 for parents, and \$80.00 for a family. These passes will be good for all events except NSAA sponsored activities, and conference events. Everyone can get them at the office.

Mrs. Ashley Nansel

By Toni Oberg, Sophomore

Mrs. Ashley Nansel is more than a guidance counselor. Her job consists of trying to get seniors' acts together. She also teaches a counseling class to each of the elementary classes and a block class to the six, seven and eight grade classes.

Mrs. Nansel is also in charge of parts of the PowerSchool program, especially when it comes to the courses, the grading, and the year set up.

She is in also in charge of the standardized testing in the district. This is setting up the courses, adding the students, making the teachers able to connect to give the tests and also to see the results.

The main tests are AS-VAB, AIMs Web, MAPs testing and the NeSA testing.

One of her hardest jobs is helping the senior class with scholarships and recommendation letters. She also organizes college representatives' visits and the military division visits.

You would think that a teacher with such a full plate would have a relaxed home life, but no... On top of being a new mother, she is also working online to get her master's degree in school counseling K-12.

"The hardest part of my job is probably making sure all the students have all the resources

they need to succeed," said Mrs. Nansel.

Last year she also was in charge of the title one program, which has since been moved to Mrs. Recoyle to lower her work load.

She is just one of our amazing staff that works hard to ensure we have a great education.



Wrestling

By Toni Oberg, Sophomore

Our wrestling boys are doing great. They have competed in several meets and the team has won several of them.

Tayten Eggleston is also having an amazing season. He has come out first place at most of the meets and is ranked in the state at 5th place.

After one of the meets Tayten said, "I did really well. I lost to one person, but I did not feel too bad about it, seeing as how he was ranked second in

the state and older than me."

Logan Coleman is also doing well. He has not won any meets, but placed third in a few.

Though he is not ranked in the state he is still a sophomore and has time to get there eventually.

As you can see, our wrestling boys are doing a great job and do their very best. Let's keep up our support and they will keep doing their best.

January
7th Amherst
13th SEM
14th Shelton
20th SouthLoup
27th Med valley



Senior Spotlight

Dayne Taylor Kulp



Birthday: March 16, 1999

Favorite Food: Chicken Alfredo

Favorite Song: “What They Want [Clean]”-Russ

Hobbies: Fishing, Hunting, Riding dirt bikes, and Ranching

Dream Job: Rancher

Where Do You Plan To Go: Mid Plains Community College - North Platte

One Person You Look Up To: My brother Bryce

Favorite High School Memory: My favorite will be when I walk out of the school for the last time

If you were stranded on an island, what three things would you bring?: Fishing Pole, Bow and Arrow, and a Flint/Someone to Talk To

From the Principal's Desk



It has certainly been a fast start to the 2nd semester. February may be a short month, but it is certainly a busy time of year with events of a regular school day as well as extra-curricular activities. The Basketball and Wrestling teams are looking forward to upcoming districts and the Speech season is in full swing. The music department is preparing for upcoming contests in the Spring. We will also begin to prepare for state testing this Spring. On April 19th, all Juniors will be taking the ACT here at school instead of the NeSA testing that they have taken in the past. There is no cost to the students for this ACT test since this is a state wide mandate.

It has certainly been an active winter

for cold and flu season this year as well. If your child is going to absent for any reason, please make sure you notify the office as soon as possible. If your child needs to leave during the school day for any reason, the school needs to be notified and students need to check with the office before they leave school grounds.

With colder temperatures during the winter, students in grades K-5 will

continue to go outside for recess as the weather permits. Please make sure your child has gloves, stocking caps, and coats to be prepared for colder conditions.

Please note on the calendar that on February 20th there will be no school for grades K-6 due to teachers attending a math conference that day.



Superintendent.. Dawn Lewis
Principal.....Joel Morgan
Editor-in-Chief.....
Nicole Badgley

The opinions and ideas expressed in the articles are solely those of the reporters. The articles don't necessarily reflect the opinions and ideas of Arnold Public Schools. Each article is edited by both students and their teachers prior to publication. Mistakes may appear, as students are learning. With this being a

student created newsletter, mistakes become teachable moments.

No advertising, other than school sponsored activities, may appear. Opinion pieces, future news items, comments, and suggestions may be submitted to nbadgley@esu10.org.

The newsletter is sent to all families and boxholders of District 89. If you, or someone you know, would like to receive the newsletter, please contact the school office at 308-848-2226 to add your name to the mailing list. You may also download the newsletter from the school website: <http://arnoldpublicschools.org>

School Calendar Subscription - NEW!

If you are interested in subscribing to the school calendar on your phone or computer, there is a new address to use. (Last year's calendar run's out very soon.)

Type in the following address, or copy and paste the address from the announcement tab on the school web page. http://ical.schedul-estar.com/iCal_NOW.cfm?i=12435EDA-BE50-E29D-644F86352E7C93E3

As the calendar is updated, your calendar should too!

Box Tops

Arnold Schools will again be collecting box tops for education with a goal of earning \$500 to purchase items for classrooms. In the past, a Smartboard was purchased and some other equipment. The Box Tops campaign is a school fundraising program started by General Mills in 1996. To date, Box Tops has raised over \$200 million to help purchase school supplies, playground equipment, technology items, and so much more. You can support our school by saving box tops and sending them with your student to the school, take them to Finch Memorial Library, or to Reed's Food Center. Thank you for your support.

Capri Sun Bags

Mrs. Crow is collecting Capri Sun bags again this year to help fund classroom projects. Please save those bags and send them to school with your student.

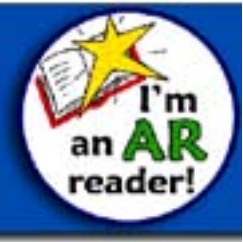


Renaissance Home Connect

Watch Your Child's Progress in AR and see their testing scores for STAR, Sign Up Now

Dear Parents,

Your student uses Accelerated Reader, also known as Renaissance Place, at school. This program has a new feature called Renaissance Home connect, which the student and the parent can access outside of class



with an Internet connection. Renaissance Home Connect is fun and easy to use. It allows the teacher, the parent and the student to share information about your student's progress in Accelerated Reader.

Be watching a letter to come home on the first day of school with instructions of how to login and how to use the program. You can also set up automatic emails when your student takes tests over books or takes the STAR test.

Please contact me if you have any questions,

Nicole Badgley

From the Superintendent's Desk

Change is in the air! Along with snow...

After attending the NASB Legislative Issues Conference, I realize just how major these changes could be. We have new leadership in our Unicameral speaker and on our Education Committee. Neither of these men speak supportively of our teachers, administrators, or schools in general, and the Governor refused to attend and address our group. I see no significant change to the tax structure that would actually result in us needing less money from the tax payers to

operate, and even more local control will likely be taken from the hands of school boards in the name of legislation.

In addition to bills that may modify or alter the tax structure and/or school finance, there is a bill proposing additional testing for our students in Civics as a graduation requirement, and a bill that would force students to be retained in the third grade if they don't score high enough on the required reading test. There is also a bill that would offer tax credits for those who choose to pay tuition to private



schools, reallocating your tax dollars to private parochial schools.

Our own Senator, Matt Williams, is fully supportive of our schools and our tax payers. He is one voice among a minority of senators who represent districts with small schools which do not receive equalization aid from the state. This is an unfortunate circumstance, but he will listen to your concerns and try his hardest to bring positive change. You may contact him at any time.

PowerSchool App Available



In the App Store if you search for the Powerschool app, you will find a quick and easy way to access your student's grades with your mobile phone.

Simply download the free app. It will ask you for your District Code (a 4 digit code) immediately. The code for Arnold Public School is: **SNPX**

Then you can use your regular username and password from last year.

If you are unable to remember your password, then please contact Amy at the school office either by phone, 308-848-2226 or by email tami.smith@esu10.org

Upcoming Scholarship Deadlines

January Deadline

J.B. Ferguson Golf Scholarship
Eligibility:
1. Must be a participant in high school golf and plan to participate in a college golf program if possible
2. May attend either a two or a four-year college

Deadline: January
Value: \$500

National Wild Turkey Federation
Eligibility:
1. Students should be graduating seniors with a 3.0.
2. Pursuing a degree at an accredited instituon of higher education (i.e. Junior College, Community College, Technical College, College or University)
3. Support the preservation of the hunting tradition and actively participate in hunting sports. A copy of current hunting license is required.
4. Hold a current NWTF membership (Xtreme JAKES, student or regular membership). A membership number or receipt may be submitted if student does not possess an actual membership card.
5. Be involved in school activities
6. Demonstrate ability as a leader among his or her peers
7. Demonstrate community leadership and/ or involvement (i.e. Scouting, 4-H, civic group or club, volunteer work)
8. Submit an essay exhibiting dedication to conservation (see application)
9. Three letters of recommendation must be attached to the application
10. High schools/students must submit complete applications to the local chapter by January 1. The local chapter president's name and address should appear on the application in the box provided.
11. Employees and board members of the NWTF and their family members are not eligible

to participate in the program.

Deadline: January
Value: *Each Local scholarship winner will receive a minimum of \$250
*Each State/Provincial scholarship winner will receive a minimum of \$1000
*The National scholarship winner will receive \$10,000

Nebraska Educational Office Professionals Association Student Scholarship

Eligibility: 1. Graduation from a Nebraska high school or its equivalent, (GED)
2. Completion of two or more business education courses (four semesters) from among the following: computer/information technology (includes digital media and web design), keyboarding, accounting, office procedures, business communication, and/or management courses.

Deadline: January
<http://neopa.unl.edu/sites/default/files/Student%20Scholarship%20Form%20Fillable%202014-15.pdf>

Norma Ross Walter Scholarship

Eligibility: 1. Female high school senior
2. Prospective first year college student
3. English majors in accredited colleges or universities
4. Selection is based on intellectual promise, creativity, and character of the applicant

Deadline: January
Value: 1st place-\$2,000
2nd place-\$1,000
3rd place-\$500
<https://www.willacather.org/learn/scholarships>

Upcoming Scholarship Deadlines

Past Exalted Ruler Scholarship

Eligibility: 1. High school senior
2. Basic emphasis will be on Need.
3. No restrictions on type of school you will attend

Deadline: January
Value: Two (one boy and one girl) \$1,100 first place
Two (one boy and one girl) \$800 second place
Two (one boy and one girl) \$600 third place

Vocational Scholarship Grant

Eligibility: 1. High school Senior
2. Plan to attend a Trade School, Technical School or Community College for a associate degree, diploma or certificate
(You cannot submit applications to both the Vocational Scholarship and the Elks Most Valuable Student Scholarship)

Deadline: January
*Scholarships will also be available on Schoology.



Coke Cap Collection

You can help our the school by collecting your Coke product bottle caps and numbers on the inside of Coke product boxes. We accept caps and cardboard cutouts from the products you get from convenience stores, the grocery stores, vending machines, at ball games, and other places may all have the promotional codes on them. Coca-cola committed itself to supporting education by enabling schools to collect donated points and then redeem them for a variety of school rewards including playground equipment, supplies, classroom materials, cameras, sound equipment, and more. You can send your Coke caps (and other Coke products) to the school office and they will redeem them. For more information, you can go to the <http://www.mycokerewards.com/schools>. Thank you for your support.

Quiz Bowl Calendar Dates

- March 1: ESU 10 Jr. High Quizbowl (6-8)...van leaves at 7:00 starts at 9:00
- March 17: ESU10 Sr. High Quizbowl (9-12)...van leaves at 7:00 starts at 9:00



EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

February 2017

All about scholarships!

Most scholarships are based on academics, but others are based on community service, school involvement, or talent in art, dance, music, or athletics. Some are based on financial need as determined by the [FAFSA](#) (Free Application for Federal Student Aid).

It's time to start applying for scholarships. Here's where you can find them:

- [ScholarshipQuest](#) at **EducationQuest.org** features over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria.
- **Your school counselor's office.** Visit regularly to check on local and national awards.
- **The college you plan to attend.** Contact the school for a list of scholarships they provide and application procedures.
- **National search sites** such as [College Board](#), [Peterson's](#) and [Chegg](#).
- **Other resources** could include your coach, clubs and organizations, and your parents' employers and civic organizations.

[Click here](#) for more details about scholarships and tips to help you complete a successful application.

Here's a scholarship you can apply for now!

Apply **by March 31** for EducationQuest's *Scavenger Hunt Scholarship*. You might win \$500 toward your college education. Here's how it works:

1. If you haven't already, complete a profile in [ScholarshipQuest](#) at **EducationQuest.org**.
2. If you're a Nebraska resident in grades 9-12, you'll see the *EducationQuest Scavenger Hunt Scholarship* as one of the scholarships that will appear on your results page.
3. "Scavenge" around the EducationQuest website to find answers to questions in a survey.
4. EducationQuest will draw a winner from those who answer all questions correctly. The winner will receive \$500 to invest in a NEST 529 College Savings Plan.

Juniors: it's time to find the right fit for college!

Here's how to get started:

1. **Attend a college fair** to meet with representatives from colleges that interest you. Upcoming fairs include:

[Lincoln Area College Fair](#) – Sunday, March 19, 1-3 p.m., Southeast Community College
[Grand Island Area College Fair](#) – Sunday, March 26, 1-3 p.m., Pinnacle Bank Expo Center
[Scottsbluff Area College Fair](#) – Sunday, April 2, 1-3 p.m., Western Nebraska Community College
[Omaha Area College Fair](#) – Sunday, April 9, 1-3 p.m., University of Nebraska Omaha Sapp Fieldhouse

[Tri-State Area College Fair](#) (South Sioux City) – Sunday, April 23, 1-3 p.m., Marina Center

Before you attend, register for a barcode at [NebraskaCollegeFairs.org](#). Print the barcode (or download it to your smartphone) and take it to the fair. College reps will scan it to retrieve your demographic information – and you won't have to complete their information cards.

2. **Schedule a campus visit.** Your upcoming spring break is a good time to visit schools that interest you. [Follow these tips](#) for a successful visit.

February "To Do" List

Seniors:

- ___ If you haven't already, complete the [FAFSA](#).
- ___ Expect financial aid award notifications from the colleges you listed on your FAFSA.
- ___ Apply for scholarships.

Juniors:

- ___ Prepare for the ACT. Here are [test-prep resources](#) to consider.
- ___ [Register](#) by February 10 for the March 11 SAT.
- ___ [Register](#) by March 3 for the April 8 ACT.

For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	800-303-3745 ext. 6654
888-357-6300	800-303-3745	800-666-3721	

[EducationQuest.org](#)

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#)!

Your Journey to College Begins with Us

LOVE IS NOT ABUSE



FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

Did You Know?

- 1 in 3 young people experience some form of dating violence in their relationships - which by any other standard would be called an **epidemic!**
- Dating abuse affects people of all ages, backgrounds and identities
- 1 in 10 high school students have been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend
- Only 33% of teens who were in an abusive relationship ever told anyone about the abuse
- Violent relationships in adolescence can place the victims at high risk for depression, suicidal ideation, substance abuse, eating disorders, risky sexual behavior and further domestic violence
- Young women between the ages of 18-24 experience the highest rate of intimate partner violence, almost double the national average!
- 81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue

10 Warning Signs That You Are in an Unhealthy Relationship:

1. Constant put-downs
2. Extreme jealousy or insecurity
3. Explosive temper
4. Isolating you from family and friends
5. Big mood swings
6. Making false accusations
7. Telling you what to do
8. Preventing you from doing what you want to do
9. Financial control
10. Possessiveness



Types of ABUSE

Abuse comes in many forms.



Emotional/Verbal abuse
Non-physical behaviors such as threats, insults, screaming, constant monitoring, or isolation.



Physical abuse
Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



Financial abuse
Exerting power and control over a partner through their finances, such as taking or withholding money from a partner, or prohibiting a partner from earning



Sexual abuse
Any sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault (rape), & tampering with contraceptives



Stalking
Being repeatedly watched, followed, monitored or harassed. Occurs online or in person, & can include giving unwanted gifts.



Digital abuse
Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking, etc.

www.breakthecycle.org
facebook.com/breakthecycle
Twitter: @breakthecycledv
Instagram: @breakthecycle

Break the Cycle

Because Everyone Deserves a Healthy Relationship



WHAT YOU CAN DO:

If You are a Parent/Guardian:

- Keep the lines of communication open with your kids
- Be a role model- treat your kids and others with respect
- Start talking to your kids about healthy relationships early- before they start dating
- If you are worried about your teen, please contact Healing Hearts & Families (information below) or call the National Dating Abuse Helpline at 1-866-331-9474

If You are an Adolescent or Teenager:

- Step up and speak out if you see someone yelling at their boyfriend or girlfriend
- Speak out against inappropriate jokes
- Talk to a responsible adult if you or anyone you know needs help
- Educate yourself on the qualities of a healthy relationship
- Show support and be a good listener to any person in need
- Start conversations! Encourage your family, friends and community to learn more about the issue

Get Involved!

WEAR ORANGE DAY

February 14th is “Wear Orange Day”! This is a national day of awareness where we encourage everyone to wear orange in honor of Teen Dating Violence Awareness Month. You can wear orange shirts, hats, nail polish, ribbons, jewelry, shoes or anything else you can think of! Tell people why you are wearing orange and post pictures and updates on **Instagram** and **Twitter** using the hashtags **#Orange4Love** and **#RespectWeek2017**!



You Can Help Keep Your Loved Ones Safe and Healthy!

Healing Hearts & Families

930 South D Street, P.O. Box 96

Broken Bow, NE 68822

Phone: (308) 872-2420

Crisis Line: (308) 872-5988 or (800) 942- 4040

www.healingheartsandfamilies.com

healingheartsandfamilies@gmail.com

For More Resources on Teen Dating Violence, Please Visit:

Step Up and Speak Out: Provides information to Teens, Adults, Teachers and Coaches about Healthy Relationships and Planning
<http://www.stepupspeakout.org/>

Love is Respect/National Teen Dating Helpline: Information on Teen Dating and Breaking the Cycle of Domestic Violence
www.loveisrespect.org



29	30	31				
	1:30 PM B JH BB Stapleton Public High School 1:30 PM G JH BB Stapleton Public High School					

12/21/2016 Schedule Star 800-822-9433

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Teacher In-Service 8:00 - 12:00	3 School Resumes for Students 4:00 PM G JV BB @ Medicine Valley High School 5:00 PM B JV BB @ Medicine Valley High School 6:00 PM G V BB @ Medicine Valley High School 7:30 PM B V BB @ Medicine Valley High School	4	5 2:00 PM B JH BB Sandhills Theftord Knights 2:00 PM G JH BB Sandhills Theftord Knights 4:00 PM G JV BB Sandhills Theftord Knights 5:00 PM B JV BB Sandhills Theftord Knights 6:00 PM G V BB Sandhills Theftord Knights 7:30 PM B V BB Sandhills Theftord Knights	6	7 10:00 AM B V WR @ Amherst Invite 3:00 PM G JV BB Bertrand High School 4:00 PM B JV BB Bertrand High School 5:30 PM G V BB Bertrand High School 7:00 PM B V BB Bertrand High School
8	9	10 1:30 PM B JH BB @ Anselmo-Merna High School 1:30 PM G JH BB @ Anselmo-Merna High School 7:00 PM School Board Meeting	11 7:45 AM Faculty Meeting in Library	12	13 1:00 PM B V WR @ SEM Invite 4:00 PM G JV BB Maxwell High School 5:00 PM B JV BB Maxwell High School 6:30 PM G V BB Maxwell High School 8:00 PM B V BB Maxwell High School	14 10:00 AM B V WR @ Shelton Invite 2:00 PM G JV BB Brady High School 3:00 PM B JV BB Brady High School 4:30 PM G V BB Brady High School 6:00 PM B V BB Brady High School
15	16 1:00 PM B JH BB @ CO-OP Anseley-Litchfield 1:00 PM G JH BB @ CO-OP Anseley-Litchfield	17	18	19 4:00 PM G JV BB CO-OP Anseley-Litchfield 5:00 PM B JV BB CO-OP Anseley-Litchfield 6:00 PM G V BB CO-OP Anseley-Litchfield 7:30 PM B V BB CO-OP Anseley-Litchfield	20 Winter Break - No School 12:30 AM B V WR South Loup Invite @ CAL	21
22	23 MNAC - 1st Round MNAC - 1st Round	24 MNAC Quarter-Finals MNAC Quarter-Finals	25	26 MNAC Semi-Finals @ NP MNAC Semi-Finals @ NP	27 10:00 AM B V WR @ MV Invite	28 MNAC Consolation & Finals @ NP MNAC Consolation & Finals @ NP

BULK RATE
U.S. POSTAGE
PAID
ARNOLD, NEBRASKA
PERMIT NO. 9



Arnold Public Schools
405 N. Haskell
P.O. Box 399
Arnold, NE 69120
308-848-2226
Address Correction Requested

BOXHOLDER

Arnold -Breakfast and Lunch Menus

February 2017

Menu Is Subject To Change ** "USDA is an equal opportunity provider and employer."



Breakfast includes: Orange Juice, Milk, Water, Yogurt, Fruit and Cheese Stick everyday.

Breakfast: K-12 \$1.30
Adults: \$1.55
Grab and Go: \$0.35-0.55
Lunch: K-6 \$2.30, 7-12 \$2.55, Adults \$3.55
Ala Carte Choices by Students: \$0.50-\$2.00



Lunch includes: Vegetable, Fruit, Salad Bar, Water and Milk everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 B:Oatmeal, Toast L: Chicken Strips, Macaroni and Cheese	2 B: Egg N Cheese Omelet, Toast L: Breaded Pork Patty, Mashed Potatoes, T-Roll	3 B: Breakfast Cookie, Fruit L:Sandwich, Tri-Tator
6 B: Cereal, Toast L: Burrito, Refried Beans	7 B: Pancake on a Stick L: Creamed Chicken and Biscuit, Jello	8 B: Biscuits and Gravy L: Goulash, T-Roll	9 B: Egg N Cheese Taco L: Beef Fingers, Tritater L: No HS lunch served Noon dismissal	10 No School
13 B: Cereal, Toast L: Corndog, Baked Beans	14 B: Pancake and Sausage L: Chicken and Rice, T-Roll	15 B: Breakfast Burrito, Fruit L: Taco, Refried Beans	16 B: Breakfast Boat, Fruit L: Pizza Quesadilla	17 B: Muffin, Cheese Sticks L: Sloppy Joe on a Bun, Tri Tater
20 B: Cereal, Toast L: Hamburger on a Bun, Sweet Potato Puffs	21 B: French Toast Sticks, Fruit L: Chicken and Noodles, Mashed Potatoes, T-Roll	22 B: Egg and Cheese Sandwich, Fruit L: Super Nachos, Churro	23 B: Combo Bar, Toast L: Meatloaf, Scalloped Potatoes, T-Roll	24 B: Bagel, Yogurt L: Pepperoni Mega Bites, Marinara Sauce
27 B: Cereal, Toast L: Redi Rib on a Bun, Baked Beans	28 B: Waffles, Sausage L: Chicken Pot Pie, T-Roll			