

The background of the cover is a photograph of four female students sitting on a wooden staircase. The student on the far left is sitting on the steps, wearing a light-colored plaid shirt over a dark top. The student next to her is sitting on the steps, wearing a patterned short-sleeved shirt and jeans. The student on the far right is sitting on the steps, wearing a blue sweatshirt with 'HAWTHORNE HIGHSCHOOL' and 'BALL' printed on it. The student in the foreground is sitting on the steps, wearing a dark blue long-sleeved shirt and jeans, and has her arm around the student next to her. The staircase has wooden railings and a metal handrail on the right side.

# ARN LD Life

November 2016

Volume: 12

Issue: 2

The Official Magazine of Arnold Public  
Schools

## The Seniors Of One Act!

Meet the starring ladies and the rest of the cast of *Murder At The Banquet* and so much more inside!



# Class Officers 2016-2017

By Jasmine Nelson, Senior

Every year, the students in each class elect a president, a vice president, and a secretary/treasurer (these are usually combined, but the secretary and treasurer can be separated for larger classes). Each role has an important part in the school lives of the students in their respective classes. Presidents are part of the student council, which plans things such as homecoming. Vice presidents are to step in in the absence of the class president. The secretary/treasurer is in charge of all class



Senior Class: Secretary/Treasurer- Jasmine Nelson, Vice President- Jennifer Barraza, President- Ashton



Sophomore Class: Secretary/Treasurer- Cole Gracey, Vice President- Alexx Starr, President-



Junior Class: Secretary- Blake Schwarz, Treasurer- Shaylee Jones, Vice President-



Eighth Grade: Secretary/Treasurer- Bailey Schwarz, Vice President- Landyn Cole, President- Jadeyn Bubak



Freshman Class: Secretary/Treasurer- Kenna Rogers, Vice President- Jace Connell, President- Grant Jones



Sixth Grade: Secretary/Treasurer- Anna Starr, Vice President- Halie Recoy, President- Silas Cool



Seventh Grade: Secretary/Treasurer- Faith Bierman, Vice President- Shayla Tickle, President- Stella Lewis

# New Faces

By Toni Oberg, Sophomore

A love for children and education drew two new paras to our school. As we started out the 2016-2017 school year, we've added two new positions. We have added a kindergarten para (Jessica Coons), and we've replaced the librarian's para (Mrs. Scott with Leta Connell). These two positions are very different, kindergarten room the new para. While spending her time with Mrs. Moninger, Mrs. Connell will doing odds and ends around the library while helping older high school kids with assignments.

Jessica Coons graduated from Callaway in 2012, and went on to college for an early Childhood Development Associates Degree. She graduated from college in 2015, so the first priority was finding a job. This position on Arnold's team of teachers and parents was perfect because she's close to family and friends. She loves working with the younger

age children. When asked why Jessica chose the younger children, she said "I loves to see their eyes light up when they first figure something out."

Leta Connell is the mother of three school-aged boys (Cade-Junior, Jace-Freshman, Trey-Fifth), which makes for a busy life, especially during the school year. She decided that she wanted to have a schedule

that matches theirs. The job as a para was the perfect fit. She has subbed in the past and enjoyed working with students. This made it so the job as a parent was going to be not only a good schedule, but the job she would enjoyed it as well. When asked what she





# Schoology

Beginning the first week of school, all K-12 students were introduced to a new program that APS had adopted. It is called Schoology (school -o-gee).

Schoology, according to their web site, is “a learning management system (LMS) for K-12 schools...that allows users to create, manage, and share content and resources.”

Teachers were briefly trained during the open school in-service, and then more training was done August 26th at that in-service. The teachers are beginning to find new and unique uses for this program at all grade levels.

“This is going to our laptop initiative to the next level. This program integrates the use of the technology - and the curricular resources - in the same location for the daily classroom,” said Nicole Badgley.

Each of the teachers was asked by Mr. Morgan to embrace change and to use Schoology to its full ability in at least one of their classes. Then

as time goes by, he will ask them to start using it more than one class if they haven’t expanded its use.

There is even a mobile app that parents can use from their phones to access Schoology and their student’s classroom activities.

Mrs. Moninger is using it for One Act announcements and to send files to the actors. She is also using it to announce new books from the library to different age groups of students. She is even encouraging the 5th grade students to have book discussions online.

Ms. Batenhorst and Mrs. Blowers have set up a class group for their parents



to post announcements, communicate through the message board, and to add media albums of photos for parents to download.

Ms. Brown is using it with her 6th grade science class to give quizzes and tests from the science units.

Mr. Morgan has created a course for the teachers to use for in-services and other requirements. He is also posting updates for all the students and parents.

If you are interested in participating in Schoology, Katie Blowers describe the parent set-up as a 10-second job that connects all of a family’s students into one login - “It’s like Facebook for classroom.” A parent can see each student’s account including: updates from teachers, links and files that are uploaded for a student to use, lesson plans, and many other features. Students have been taking quizzes and tests online, and they have been uploading homework for teachers to grade.

## From the Principal’s Desk



### Access Accounts for Parents

The 2016-2017 school year is off to a great start with an enrollment of 159 students K-12. The highest numbers we have had in several years. As we have started the school year, we are using a new online learning management system called Schoology. You should have received instructions on how to create an account that was sent home with each family. Schoology will serve as another source of communication to our students and parents. Along with Schoology, you also should have received information on how to access PowerSchool (the grades system) and Wordware (our hot lunch program).

It is our hope that by having access to these programs along with the school website and Blackboard Connect (our system that sends out phone calls, texts, and emails), that we are able to maintain a constant line of communication. If you are unable to access any of your accounts, please give us a call so we can help.

### Camp S’Morgan Confidence

As we head into October, I have begun placing a number of summer items in storage. I no longer need the sunscreen, swim trunks, sandals, and kayaks. As you may have heard, all the students at APS are trying to meet the school Accelerated Reader goal of 2,500 points for the 1st quarter. If they do, I am supposed to spend one night on the school roof in October. With only a couple weeks remaining, the students are still in need of quite a few points. So I am thinking I will go ahead and pack things up for the year. I feel safe right now with only 3 weeks left to accumulate points, I am fairly

certain that I no longer need my tent or sleeping bag. The roof could look empty in October.

Good luck to our students as they make a final push these last couple weeks of the quarter.

### Dress Appropriately

The fall season is almost upon us. As the weather changes and things start to cool off, I want to remind you that the last day to wear shorts is Friday, September 30th. Students in grades K-5 will continue to go outside for recess as the weather turns cold. Please make sure your child has gloves, stocking caps, and coats to be prepared for colder conditions.



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

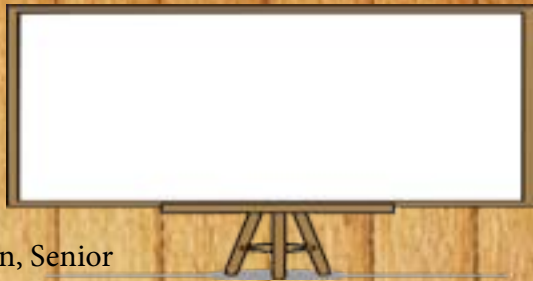
student created newsletter, mistakes become teachable moments.

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



# It's Boards Galore for AHS!



By Jasmine Nelson, Senior

With the twenty-first century boom of technology certainly underway, one of the main forms of communication is through messages. We send them through our phones and the thousands of apps within them.

When we use these types of messages, we also have the common ones. This includes the scoreboard that we use for all types of sporting events. When looking at our worn-out board on the football field, the school knew they needed to improve it.

"The scoreboard at the football field was getting old and getting replacement parts or having it work consistently became a problem," said Mr. Morgan, principal.

Since the school had the funds, the school paid for the scoreboard. To help offset the cost, the school got sponsorships from various places; all are listed below the scoreboard.

During the discussion for the new scoreboard, the discussion of a digital message board popped up. Torn between wanting to have a nicer score board and the message board, the school decided to focus on the needs (the scoreboard).

With this new technology, the staff at Arnold Public Schools knew they had to keep up with the times. Thanks to the Sandhills Open Road Challenge and the

Arnold Community Foundation, the school has been provided with a message board. This gigantic electronic screen will show important announcements such as game times, school closings, etc. right outside the main office doors.

The board's main purpose will be as a source of communication between the school and the public. The message will be displaying messages such as football times, etc. for all sports. This will give people the opportunity to "drive by and see what's going on at Arnold," according to Mr. Morgan.

"The school will house the message board; it'll always be with us, but it'll be used for the S.O.R.C. race. If the community foundation wants to use it for a certain event, we will be doing our part to make sure it is running smoothly for them," said Mr. Morgan.

The school is also looking at renting the message board to outdoor activities, such as possibly hosting NSA state cross country.

Whatever the school decides to do with the boards, it'll be for a good cause!

## FINANCIAL AID NIGHT

Arnold Public Schools will be having a Financial Aid Night on Wednesday, October 5 at 7:00 p.m. This financial aid program will be offered over Distance Learning in Mrs. Nansel's classroom. There will be information provided about the FAFSA. You are welcome to bring your student if you would like.

If you have any questions please contact Ashley Nansel at [anan-sel@esu10.org](mailto:anan-sel@esu10.org) or 308-660-5936 or Mr. Morgan at [joel.morgan@esu10.org](mailto:joel.morgan@esu10.org) or 308-848-2226.

Thank you,  
Ashley Nansel



## 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](http://ical.schedul-estar.com/iCal_NOW.cfm?i=12435EDA-BE50-E29D-644F86352E7C93E3)

As the calendar is updated, your calendar should too!

### 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:

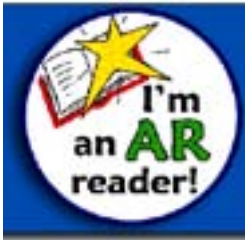
Test	Registration
October 22, 2016	September 16
December 10, 2016	
February 11, 2017	January 13
April 8, 2017	March 3, 2017
June 10, 2017	May 5, 2017

## 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



# 2016 SOUTH LOUP FALL SPORTS PICTURES



**Back Row:** Manager Landon Cole, Coach Randi Atkins, Jade Evans, Lexie Starr, Lydia Connell, Lorraine Wonch, Taylor Conroy, Delanie Pinkerton, Arika Starr, Cheyney Loper, Shaylee Jones, Jessie Sallach, Brittany Ellison, Atlynn Witthuhn, Sydnee Sallach, Olivia Paulsen, Matti Stout, Hayley Rynearnson, Coach Kim Sallach, Laney Willis. **Middle Row:** Kenna Rogers, Tatum Cool, Mikayla McFate, Vayle Berger, Avery Atkins, Madison Reed, Adrianna Hild, Kalie Glendy. **On Stomach:** Managers Saffron Phillips and Emalee Glendy, Savannah Weverka, and managers Jaydin Bubak and Mia Weverka.



**Back Row:** Leighton Bubak, Grant Jones, Isaac Stallbamer, Chase Ell, Seth Pearson, Cooper Taylor, Dane Rynearnson, Gavin Roberston, Weston Kunkee, Jarett Bucholz, Dalton Donegan, Spencer Johnson, Cade Connell, Jack Rush, Landon Furne, Blake Schwarz, Marshall Still, Tayten Eggleston, Hunter Aul. **Middle Row:** Logan Coleman, Dayne Kulp, Trevor Ross, Cole Gracey. **Kneeling:** Cody Erstrom, Connor Rossfeld, Hunter Weinman, Kalen Dockweiler, Spencer Bloomer, Dylan Nelson, Jace Connell, Eddie Berger.

Photo Credit: Volleyball - Rhonda McFate  
Football - Patti Schwarz

## News From the Nurse

As the school year proceeds, I'm going through files to be sure all immunizations are up to date. I'll be notifying you by phone or mail if I see something that needs attention. If you choose to not vaccinate your student for any or all diseases, please be sure we have a Refusal of Immunizations form, signed by you and notarized in the file. This is a state requirement. If you'll notify the school, I'll send you one.

We're seeing an increase in allergies and asthma and if your student has an allergic reaction to something that could trigger a reaction, or if they have asthma, we'd like to be aware so we can respond appropriately. I have a helpful form you can easily fill out identifying the allergen and reaction. Also, if your student has an epi-pen we need a medication form filled out. Please call or stop by the school and pick up any of the forms you may need.

I'll be notifying you when I'll be doing height and weights, Lyons Club visit for vision and hearing exams and the dental hygienist visit. Please be sure and notify the school if you've moved and have a new address or if your phone number has changed so we can get hold of you regarding your student if needed.

Thank you very much.  
Rita Workman, RN  
School Nurse

## PowerSchool Passwords

As in past years, the school will be using PowerSchool 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](mailto:tami.smith@esu10.org), or call her at the school 308-848-2226.

## 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.





# From the Superintendent's Desk

Happy Fall everyone, as I write this message to you on the first official autumn day of the year! The school year is off to a great start.

First of all, a huge thanks to SORC and the Community Foundation for the grants and donations which purchased the digital message display you have seen at games and various locations throughout the community. We are very grateful to have such supportive organizations!

If you have not driven by

## Power-School App Available



In the App Store if you search for the Power-school 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](mailto:tami.smith@esu10.org)

our building lately, please do soon! The landscaping project was completed just as the school year began. We appreciate that we have such skilled laborers in our school, community, and region to be able to effectively communicate and complete such a challenging project as this turned out to be. The Sentinel recently ran an article about the many purposes behind the project, and we were very happy to conclude that we finished about \$10,000 under budget! It was great to work collaboratively with the Village to

make sure everything was completed in the most functional way possible.

One last note: If you have ever considered becoming a mentor to a student as part of the TeamMates

organization, now is the time to sign up! I guarantee there is a student who needs you! Go to the TeamMates website and complete the "Join the Team" process, including application and background check. Jessica Fletcher, our coordinator, will contact you shortly after you sign up! We especially need men on board! Matches meet once a week for one hour at a time on site at school. Even if you can't commit to every week, we will gladly take whatever time you can off



Enjoy the amazing harvest season!



# Reading Challenge: 2,500 Points Puts Mr. Morgan on Roof

As week 6 of the school year ends, the race to put Mr. Morgan on the roof is heating up! APS students are trying to read 2,500 points before the end of the quarter.

They have reached 1,976.3 points at this point, so the reward is in sight! According to Mrs. Moninger, the students read more than 400 points in the last week. At that pace, the goal may be unreachable... but then again, the students usually "up their game" at the end of the quarter to meet their quarterly goals.

A highlight of this competition is that one student has read 285 points on their own. "Now that is motivation!"

Week 1 the students were allowed to use their summer reading books to rack some early points. They came up with 321 points. To clarify the rules early, Mrs. Moninger wanted to be sure that everyone knows that the kindergarten class can compete to by reading with their parents and she will add the reading log points. Remember, there are a different number of students in the various classes and many of the elementary classes are just starting AR.

Week 2 the totals reached 699.1 points. This was the week that Mrs. Moninger said, "I personally may promise a class s'more brownies if

100% of them reach their AR goal."

Week 3 the pace seemed right on schedule to accomplish their goal with 1048.1 points.

Week 4 the school earned 1181.6 points, which was slumping a bit from the previous week. This might have put Mr. Morgan at ease.



Week 5 Ethan Furne said, "I hadn't been reading because I've been too busy, but now I have a reason to read." The grand total for this week is 1564.9 points.

Week 6 (the week of September 19-23rd) the grand total reached 1976.3 points.

"With 3 weeks left, we need just over 500 points for Mr. Morgan to camp out on the roof. Will students make it?"

Keep updated on the school web page to see how the remaining weeks progress! Will they make it? Is Mr. Morgan safe from a surely cold evening on the roof?

Come and join in for S'more fun!



# Library Embraces Change

Lexi Starr: sophomore



This year, Mr. Morgan's theme for the school district is to **"Be the change that you wish to see in the world."**

This quote was first said by Mahatma Gandhi, and fits the vision he has for this year.

This month we wish to highlight the library and Mrs. Moninger. Many of the students in a recent survey said one of the best things about our school is the library.

"What an honor," Mrs. Moninger said. "It is nice to know that the students are aware of my efforts."

Mrs. Moninger has for years focused on what the students want. She has a running list of requests from the students of books they want her to buy. She says, "I don't like to guess what students would want me to buy, so I have them help me out." Then, when the book comes in, both she and the student the book is intended for are excited to see how it turns out. She hunts for the student in the hall and surprises them as soon as possible after it comes in.

An example is when Logan Coleman requested a book, it didn't come out from the author until the end of August. Mon-

ninger did a preorder so that the book would ship as soon as it was released. Logan was thrilled to get it and started reading it that night.

Tatum Cool had a similar reaction when her book arrived. Mrs. Moninger left her a note and as soon as she got it, she had to go check it out right away.

Moninger also has an uncanny memory of book titles, genres, and even summaries of the books in her library. "Whenever we go to the library, Mrs. Moninger helps us find a book," said Saffron Phillips. She can also steer the students toward new books that

*"Be the change that you wish to see in the world."  
M. Gandhi*

have a similarity to the one they just finished.

One way that Moninger is embracing change is by using Schoology as way to announce book arrivals to groups of students. She started with a group for the 5th grade, and then added a middle school group. Soon there will be a high school group as well.

With the use of groups then can use the "Updates" of Schoology to make announcements about the library and the books. The fifth grade class jumped right in when Mrs. Moninger announced

a book series. "What I like about it [Schoology] is that the other girls (that I had in mind when we bought them) may like the books will also be able to see the link [to a video trailer for a novel]."

Many of the books Moninger bought have been coming from the money that the NHS/AJHS earned by doing a track shack to earn money for the library.

"One of the best things about Arnold Public School's education is the multitude of different kinds of books in our library," said Jadeyn Bubak

Many students look forward the annual fall book fair. They have a chance to purchase books and discuss the storylines of books with others in the hallway. The money that is earned through the book fair is then used right away to purchase books for the library shelves and for classroom libraries.

This traditional library is also being a driving force with the theme "Be the Change You Wish to See."



## 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.

## 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.



# FINANCIAL AID NIGHT

Arnold Public Schools will be having a Financial Aid Night on Wednesday, October 5 at 7:00 p.m. This financial aid program will be offered over Distance Learning in Mrs. Nansel's classroom. There will be information provided about the FAFSA. You are welcome to bring your student if you would like.

If you have any questions please contact Ashley Nansel at [anansel@esu10.org](mailto:anansel@esu10.org) or 308-660-5936 or Mr. Morgan at [joel.morgan@esu10.org](mailto:joel.morgan@esu10.org) or 308-848-2226.

Thank you,  
Ashley Nansel

## Breakfast and Lunch Prices

**Breakfast:** K-12 \$1.30, Adults \$1.55

**Grab-N-Go**

**Break Prices:**

\$0.35- \$0.55

**Ala Carte Choices by Students:**

\$0.50 - \$2.00

**Lunch:** K-5 \$2.30, 6-12 \$2.55, Adults \$3.55



# Murder At The Banquet

## CAST:

Chef -- Jennifer Barraza  
Shaggy -- Grant Jones  
Velma -- Kenna Rogers  
Spencer Read -- Brenden Rivers  
Penelope Garcia -- Ashton Weinman  
Jenny Watson -- Tatum Cool  
Claudette Pindu -- Jasmine Nelson  
Agatha Preakness -- Toni Oberg  
Wanda Winters -- Lydia Connell  
Foster Holmes -- Leighton Bubak  
Jack Diamond -- Jarret Buchholz  
Chief Harley Stanton -- Dylan Nelson  
Nathan Wimberly -- Tayten Eggleston  
Jean-Luc -- Jace Connell  
Jean-Paul -- Landon Furne  
Jean-Claude -- Cole Gracey

## CREW:

Stage Manager: Angelina Harter  
Props & Make-Up: Avery Atkins, Shaylee Jones, Madison Reed, Arika Starr, and Elissa Tilford  
Costumes: Toni Oberg  
Lights & Sound: Matthew Corbin, Dawson Hanna, & Brenden Rivers  
Set Construction: Landon Furne, Cade Connell, & Blake Schwarz  
Videographer: Kenna Rogers



# ONE ACT SEASON OPENS THE CURTAINS!

By Jasmine Nelson, Senior

This year, the Arnold One Act team has decided to step it up a notch with the hit *Murder At The Banquet* by Robert Lavohn. This hilarious-wisecracking comedy follows the story of a dinner honoring retired detectives. During this, the great-great-grandnephew of Sherlock Holmes is accepting an award on his ancestor's behalf when Jenny Watson, the late ancestor to Sherlock's assistant, barges in.

As soon as Jenny interrupts the dinner, things get weird. All of a sudden- you guessed it- someone gets murdered! (I won't tell you who to spare you the details). With Watson, Holmes, and a string of young and old detectives, it's their job to figure out the classic, "Who done it?"

This play has a lot of smart-alec characters, witty lines, and laughs to keep you on your toes! There's even a plot twist at the end that will make you wonder what you've missed!

Everyone knows that Mrs. Moninger has had a knack for the murder-mystery genre (considering we've done a few in the past), but... has anyone ever wondered why?

"I had chosen this play because I thought that it had the most potential. The roles are very evenly divided out; there's something about every single character that I thought would make it fun and creative for us to do," said Mrs. Moninger, our current co-head coach.

"I like to see how the kids as actors develop their characters and make it their own," said Badgley,

our other coach, started last year with *Imperfect Proposal*. She has been working with students to really help them get a feel for who they're playing.

As always, there are four seniors returning for their fourth year in the activity. Jennifer Barraza will be playing "Chef," Ashton Weinman will be playing, "Penelope Garcia," Jasmine Nelson is playing "Claudette Pindu," and Elissa Tilford will be helping the makeup/costumes department. Each girl has put in their efforts every year and are very excited to return to the stage one last time.

"Since it's my last year, I have mixed feelings. I'm sad this is my last time doing One Act, but I'm very excited for it! I think we'll do very well!" said, Ashton Weinman.

Practices will be running from September 1 throughout the months of September, October, and November. Practices will be posted to Schoology and told to actors so they know when to show up! Good luck to the group, we know you'll make us all proud!

## PERFORMANCE DATES ARE AS FOLLOWED:

SATURDAY, NOVEMBER 5  
- GOTHENBURG FESTIVAL  
(TIME: TBA)

MONDAY, NOVEMBER 14-  
CALLAWAY COMMUNITY  
NIGHT (TIME: 7PM)

FRIDAY, NOVEMBER 18-  
ARNOLD COMMUNITY NIGHT  
(DINNER STARTS AT 5,  
PLAYS BEGIN AT 7)

TUESDAY, NOVEMBER 22-  
MNAC COMPETITION (TIME:  
TBA)

MONDAY, NOVEMBER 28-  
DISTRICT COMPETITION  
(TIME: TBA)

DECEMBER TBA: STATE ONE  
ACT COMPETITION (TIME:  
TBA)





# Broken Bow vs. South Loup Bobcats

Lexi Starr, Sophomore

There's quite a new experience going on for the South Loup ladies! The South Loup Lady Bobcats were more than excited to play the opposing Broken Bow volleyball team in a Jamboree in Broken Bow. Broken Bow invited the Bobcats to play one game with C, JV, and Varsity players.

Team captains, Avery Atkins and Savannah Waverka hoped to lead their team to their first victory of the season, even though it didn't count as part of the regular season. Despite this, the game was played following regular season rules. The team hoped thiwill continue to take place every year from now on to give the Bobcats a boost.

Everyone was excited to be able to compete against a class C2 team. Differing from our (newly upgraded) class D1 team, Broken Bow has twice to three times as many girls to choose from as a class C1. Head Coach Randi Atkins was confident that the Bobcats could win if they worked together as a team, along with getting the experience of playing a larger class school. The team also wanted to learn things about themselves so they could improve and be successful in their season later on.

The C team lead scoring for most of the set until the very end when they lost by two.



**The JV girls are taking a timeout during their set while coach Sallach shows them what they need to do.**



**The Varsity are talking and preparing for the game while few pose for the picture.**

## 4th Quarter and 2nd Semester Honor Roll - 2016

We apologize for the mistake in the 6th grade honor roll. Here is the corrected list:

Grade	Fourth Quarter	Semester 2
<b>6th</b>		
Faith Bierman	4-A's, 2-B's	5-A's, 2-B's
Reagan Cool	6-A's	7-A's
RayLee Downing	5-A's, 1-B	7-A's
Carly Gracey	3-A's, 3-B's	2-A's, 5-B's
Zane Kreikem eier	2-A'S, 4-B's	7-A's
Stella Lewis	6-A's, 1-B	6-A's
Colbi Smith	4-A's, 2-B's	5-A's, 2-B's

## What Makes You Laugh?

By: Lexi Starr: Sophomore  
There are many things are will make people laugh here at Arnold Public Schools. A few of the things are when someone "slips on a banana peel", jokes, or even when they see something funny on the internet.

Everyday people are laughing in the halls, in the classrooms, outside the school, even in the bathrooms. Almost every single student can get any of the teachers to laugh, especially Mrs. Badgley, who is always laughing and cracking jokes. All in all, somebody is always laughing or making

other people laugh about something.

There were a lot of very funny things to happen already this school year, even though it just started.

The funniest of them all according to Grant Jones (freshman), "When the Junior High girls could not carry the sod and all the boys were teasing them."

Another place where there is a lot of laughter is in the gym and on the field. Every athlete has their own way of making the time on the court/field inter-

esting. Whether it be a hilarious new cheer or simply someone tripping in a hilarious way, there's never a dull moment with the South Loup sports teams. Without people laughing and making jokes, practice would not be any fun.





# Senior Spot-light

By Lexi Starr, Sophomore

## Jasmine Jade Nelson



Birthday: January 23, 1999

Favorite Food: Anything Mexican, I could live off burritos any day!

Favorite song: "Circles" by Pierce The Veil

Hobbies: Listening to music, hanging out with friends, and watching Netflix

Favorite Class: English or History

Dream Job: Actress on Broadway.

Where do you plan to go: University of Nebraska-Lincoln

One Person you look up to: Lin-Manuel Miranda (author of famous Broadway musicals Hamilton and In The Heights)

Favorite High School memory: Whenever my class would get together and hang out, becoming more like a family.

If you were stranded on an island, what three things would you bring with you: A lifejacket, a collection of books, and a high-powered radio.

# The Top 4 Jokes for the Month

Toni Oberg Sophomore

I will be going through some jokes each month and giving you the cheesiest and silliest of them all. Without further-adue here are your top

WHAT DO YOU CALL AN ALLIGATOR IN A VEST?



AN INVESTIGATOR.

Why should you never use a dull pencil?

Because it's pointless.

NEVER TRUST AN ATOM

THEY MAKE UP EVERYTHING

IF ANYONE KNOWS A REALLY GOOD FISH PUN

LET MINNOW

Why did the can crusher quit his job?

It was soda pressing.

I will also continue the Mystery Photo Challenge!





# FOURTH GRADERS SHARE PRIMARY AND SECONDARY SOURCES

By Berni Crow, Fourth Grade Teacher

How do the writers of history tell their story? What proof do they have that their words are truthful? How are the pieces of the "historic puzzle" put together? These are questions that Arnold Fourth Graders posed and then researched. Each student was required to find at least one Primary Source and one Secondary Source. What began as drudgery (one more difficult assignment) turned out to be a great learning experience, as they learned more about themselves and members of their family. See what you think about the amazing resources they produced...



Ella Cool brought copies of her Grandpa Ron's birth certificate and driver's license and a coin from the American Legion Commander.



Ethan Furne brought a number of Craig's (his dad) army clothing items and described the patches. He also read a story that he had written about his mom when she lived in Spain.



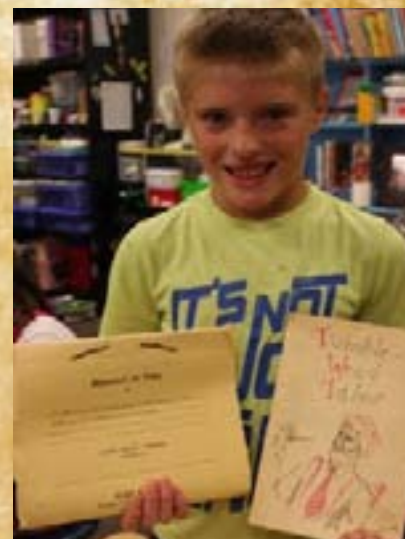
Taylor Hanna-Miles brought a beautiful brooch that had belonged to her grandmother and a funeral program.



Stokely Lewis shared an article about his dad's vehicle accident and modeled his dad's college football helmet.



Alex Mills shared the funeral notice of his Great Grandma Mills and showed his classmates a signed baseball from a Nebraska game.



William Moninger holds an old abstract from a house purchased by his family and the same people gave him a book titled *Tumble Weed Tales*.

# FOURTH GRADERS SHARE PRIMARY AND SECONDARY SOURCES (Cont.)



AJ, Alexander Starr shares a photo of his great grandpa flying a fighter plane in WWII. He also brought a photo of himself.



Anna Tullis brought a battered suitcase (which I LOVE) containing her Grandma Barb's roller skates, and shared an interview she had done of her grandma.



Jamie Tickle brought a sketch book that belonged to his dad Gregg, and a newspaper article about grandpa's work for the Creative Signs company.



Daniel Zuniga shows a copy of his birth certificate and he also brought a photo of his great-great grandma.



Ivy Tullis showcases an article written about her Uncle Nate's prize winning rattlesnake (42") and a copy of her birth information showing imprints of her feet and thumbprints.



Riata Remund shows an album created by her mother Holly, that showcases her experience as Nebraska State Rodeo Queen at the age of 18. She also brought her mom's crown.



# Our Champions at the State Fair!

By Toni Oberg, Sophomore

The State Fair was awesome. What's even cooler is that there were quite a few of our students competing search as; Riata to Raymond, Toni Oberg, Addison Starr, Alexx Starr. There were also some who've planned on going to state fair but didn't and up going such as Kylie Lehmkuhler planned to show her dog, but her dog came in heat during the weekend of fair, so she wasn't allowed to compete.



Toni Oberg a sophomore (and the Western Riders Club Co-president), showed her chicken at the state fair. Although the chicken itself got a red ribbon in showmanship, Toni got her second blue.

Toni said, "I had a great time at the fair in can't wait to show next year".

Riata Remund, a 4th grader brought, three items to the fair. Riata also brought her blue-prize winning potatoes, onions, and a neat poster to the competition. Addison Starr, who's in 8th grade, got second in her class. She showed a balancer heifer, which she got a purple ribbon with. Alexx Starr is in 10th grade and also showed cattle. She had the champion about balancer heifer in her class period.



Our own Arnold 4-Hers did it quite well at the state fair. Now they will get ready to start the new 4-H year.

"Pledge my head to clear thinking, my heart to greater loyalty, my hands larger service, and my health to better living; for my club, my community, my country, and my world."



## EducationQuest Foundation College Planning Bulletin

*A monthly college planning guide for Nebraska high school students*

October 2016

### Attend a College Fair!

Talk to representatives from colleges across the state, region and nation during upcoming college fairs.

[Norfolk Area College Fair](#), Sunday, September 18, 1:00-3:00 p.m. – Northeast Community College  
[Grand Island Area College Fair](#), Sunday, September 25, 1:00-3:00 p.m. – Heartland Events Center  
[Tri-State Area College Fair](#), Sunday, October 2, 12:30-3:00 p.m. – Marina Center, South Sioux City  
[Lincoln Area College Fair](#), Sunday, October 9, 1:00-3:00 p.m. – Southeast Community College  
[Omaha Area College Fair](#), **NOTE NEW DATE!** Sunday, October 23, 1:00-4:00 p.m. – University of Nebraska at Omaha

For more details and a list of colleges at each fair, see the [College Fair article](#) at **EducationQuest.org**.

If you can't make it to a College Fair, attend an **Educational Planning Program (EPP)**, which are smaller college fairs held statewide. See "[Upcoming Events](#)" at EducationQuest.org for dates and locations.

### Register for a barcode

Before attending a college fair or EPP, visit [NebraskaCollegeFairs.org](#) to register for a barcode. Print the barcode and take it to the fair so that college reps can scan it. This will save time spent completing college information cards.

### It's FAFSA time!

Beginning October 1, you and your parents can complete the [FAFSA](#) (Free Application for Federal Student Aid). Follow these tips to prepare:

**Create a Federal Student Aid (FSA) ID** for you and one for a parent at [fsaid.ed.gov](#). You and a parent will each need an FSA ID to access and sign the FAFSA.

**Attend an EducationQuest Financial Aid Program (FAP)** to learn about the FAFSA and the financial aid process. If you attend, *you'll be eligible to register for a [\\$500 scholarship](#)!* FAPs will be held at high schools across the state. [Click here](#) for dates and locations.

**Review the [FAFSA Checklist](#)** at EducationQuest.org to determine items you'll need to complete the FAFSA.

[See FAFSA Tools](#) at EducationQuest.org for helpful resources.

For free personal help, call EducationQuest to make an appointment: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.



It’s time to Apply2College

This fall, over 200 Nebraska high schools are holding Apply2College events during the school day to help seniors complete college applications. Whether or not your school is participating, [here are some tips and resources to help you prepare for the application process](#).

Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

**Don’t pay for scholarship services!** Free resources include [ScholarshipQuest](#) at EducationQuest.org, your school counselor’s office, and EducationQuest offices in Omaha, Lincoln and Kearney.

**Focus on college-based and local scholarships.** You’re more likely to earn them over large national awards.

**Continually update your activities, honors and volunteer or paid jobs** using the [Activities Resume](#) at EducationQuest.org.

**Earn the best possible ACT/SAT scores** by taking the exams in the spring of your junior year and again in the fall of your senior year.

**Use quality references** such as a teacher, coach or counselor. Give them advance notice, a specific deadline, and a copy of your Activities Resume.

**Ask at least two people** to proofread your application.

October “To Do” List

Juniors and Seniors:

- \_\_\_ Attend a [College Fair](#) or [Educational Planning Program](#) in your area.
- \_\_\_ Attend a [Financial Aid Program](#).
- \_\_\_ [Sign up for Countdown2College](#) to receive monthly college planning tips.

Seniors:

- \_\_\_ [Create an FSA ID](#) for you and one for a parent. You’ll need them for the FAFSA.
- \_\_\_ Be aware that you can complete the [FAFSA](#) beginning October 1.
- \_\_\_ Narrow your college choices and be aware of application deadlines and criteria.
- \_\_\_ [Register](#) by September 16 for the October 22 ACT.
- \_\_\_ [Register](#) by October 7 for the November 5 SAT.

For free help with college planning, contact EducationQuest Foundation:

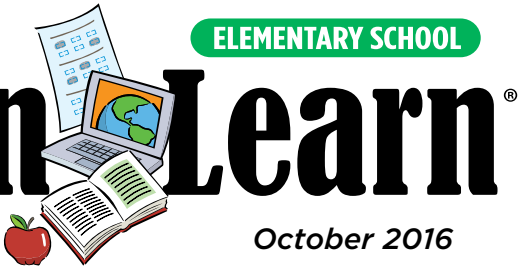
<b>Omaha</b>	<b>Lincoln</b>	<b>Kearney</b>	<b>Scottsbluff</b>
402-391-4033	402-475-5222	308-234-6310	800-303-3745, ext. 6654
888-357-6300	800-303-3745	800-666-3721	

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

Your Journey to College Begins with Us

Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



Title I Cooperative  
Educational Service Unit 10

Plan ahead for a productive parent-teacher conference

Attending a parent-teacher conference is one of the best ways parents can partner with teachers to help children learn. These one-on-one meetings let you learn about your child’s strengths, find out how to help him improve where needed, and hear what is coming up in the year ahead.

To get the most from your conference, take these five steps:

- 1. Talk to your child.** Ask what his easiest and most difficult subjects are—and why. What would he like you to ask the teacher?
- 2. Make a list** of things the teacher needs to know about your child. You know your child better than anyone else. Sharing this information will make it easier for the teacher to meet his needs.
- 3. Write down your questions.** You might want to ask things such as: Is my child in different groups for different subjects? Does my child participate in class discussions and activities? Is my child working up to his ability? How well does my child get along with others?
- 4. Arrive on time.** Teachers usually have several conferences scheduled in a single day. Make the most of the time the teacher has available.
- 5. Create an action plan.** Ask the teacher what you can do at home to reinforce what your child is learning at school. Try to get at least one or two specific suggestions.



Set up a system to stay up-to-date

Your child’s backpack is more than a carryall. It’s a school-home communication device. You’ll know more about what’s going on at school if you:

- Have your child keep a folder** in her backpack that’s just for homework and take-home papers. Each day after school, look through the take-home folder together. What assignments does your child have today? What papers do you need to read, sign and return?
- Keep a calendar.** Record test days, activities and assignments. Each day, review the calendar together. Keep it updated.
- Check online.** The school website may have assignments or forms that need to be filled out. Print them out and send them back in the backpack.
- File papers right away.** Some papers, such as study guides and fliers about upcoming events,

must be saved. Keep a folder for them. Post items you refer to daily on the refrigerator.

Make time for the basics

School children need enough time for homework, for sleep, for family and for relaxing. Review your child’s extracurricular activity schedule. Consider adjusting it if:

- He can’t do homework** until late at night. Activities should never interfere with schoolwork.
- He shows signs of stress**, or isn’t enjoying an activity.

With persistence, hard tasks get easier

If your child complains about schoolwork that is “too hard,” remind her that everything is hard until it gets easy.

School is filled with lots of challenges. To motivate your child to keep trying until she conquers them:

- Break tasks** down into smaller pieces.
- Help her see the link** between her effort and success.
- Tell her you know** she can do it.
- Remind her of things** that used to be difficult that she now does easily—like tying her shoes.

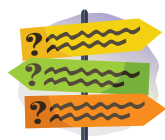


Source: C. Heath and D. Heath, *Switch: How to Change Things When Change is Hard*, Broadway Business.

Think about decisions

To make reasoned decisions, kids need to think about consequences. That takes patience, practice and self-discipline. With your child:

- Review past decisions.** When has your child made good choices?
- Discuss new decisions.** Talk about situations your child may face. What are his choices and their likely outcomes?
- Praise responsible decisions.** Provide a supportive environment that rewards well-made choices.







## How can I get all my kids ready on time in the morning?

**Q:** Getting three children out the door for school is hard! Either one child won't get up, or another forgets a book and has to go back for it. Or somebody's homework has vanished. My kids often miss the bus and I end up driving them to school. How can I fix this?

**A:** Mornings are a challenge in many households. But as long as your children know you'll drive them to school if they are late, they don't have much incentive to change.



To begin to turn things around:

- **Call a family meeting.** Announce that Mom's Taxi has a new policy. From now on, rides to school come with a cost. You can choose the price—part of their allowance, or perhaps an extra chore. It doesn't have to be a high price, but it should be something your kids want to avoid.
- **Get organized at night.** Help your kids lay out clothes, fill book bags and pack lunches. Set alarm clocks to go off a few minutes earlier.
- **Give everyone a five-minute warning** before it's time to leave. Then calmly walk out the door and head for the bus stop.
- **Enforce consequences consistently** once you set them. Odds are, you'll only have to collect your "taxi fare" once or twice before your children get better organized.



## Are you giving effective instructions?

Classrooms—and families—function smoothly when children know how to follow directions. Are you teaching your child this vital skill? Answer *yes* or *no* to the questions below:

1. **Do you make sure** you have your child's full attention before giving directions? Call her by name and look her in the eye.
2. **Do you give** specific instructions? If a job involves several steps, list them. "First, pick up your clothes. Next, put them in the hamper."
3. **Do you ask** your child to repeat what you said before she begins a task?
4. **Have you posted** a checklist of things your child should do every day?

5. **Do you praise** her when she follows directions?

### How well are you doing?

*More yes answers mean you are helping your child learn to follow instructions. For each no, try that idea.*

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*  
—Maya Angelou

## Do an after-the-test review

Tests give your child a chance to show what he knows. But they can also give him a chance to learn more. Reviewing past tests can help him improve his scores in the future. After a test, have your child:

- **Go over the results.** He should correct any wrong answers.
- **Determine the types** of errors he made. Did he rush and make careless mistakes? Was he unprepared?
- **Make adjustments.** Brainstorm with your child about ways to reduce errors, such as checking his work and studying for several days before a test.

Source: W.R. Luckie and W. Smethurst, *Study Power*, Brookline Books.

## Coach a team player

All through school, your child will be expected to work with others. She'll be more successful if she knows how to be a team player. To help her practice:



- **Have family members take turns** making some choices, such as which video to watch or which game to play.
- **Teach fair ways** to decide who goes first, such as "Rock, Paper, Scissors" and flipping a coin.

## Use discipline that works

To improve your child's behavior with discipline, experts suggest that you:

- **Use natural or logical consequences.** For example, a *natural* consequence of forgetting homework is getting a zero. A *logical* consequence of losing an item is having to replace it.
- **Plan ahead.** Talk with your child about discipline. Agree on basic rules and consequences. Enforce rules consistently.

Source: "Natural and Logical Consequences for Behavior," WebMD, nswc.com/consequences.

### Helping Children Learn®

Published in English and Spanish, September through May.

Publisher: John H. Wherry, Ed.D.

Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.

Production Manager: Pat Carter.

Translations Editor: Victoria Gaviola.

Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.

Copyright © 2016, The Parent Institute®, a division of NIS.

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com • ISSN 1527-1013



Title I Cooperative  
Educational Service Unit 10

## Express expectations clearly to keep your child on the right track

Research shows that when parents have high and realistic expectations for their children, the children do better in school. Expressing your expectations clearly and specifically is a key part of the process.



With middle schoolers, vague expectations, like "Try hard in school," leave too much "wiggle room." To avoid giving your child a chance to interpret expectations to suit herself:

- **Speak in terms of what you expect.** Telling her what she must do can backfire, because you can't control her behavior. You can only control yours. "I expect you to complete your homework before you leave the house," is more effective than, "You'd better do your homework now."
- **Talk about your child's own expectations.** If she says she expects an A on her next test, have her tell you exactly how she plans to achieve it. Suggest that she put her plan in writing.
- **Talk about teachers' expectations.** For example, you might ask, "When Mrs. Jones tells you on Friday that you have a test on Monday, what does she expect?" If you get a blank look in return, supply the answer for your child. "She expects you to start reviewing the material right away so that you will be prepared on Monday."

Sources: J.M. Froiland and M.L. Davison, "Parental expectations and school relationships as contributors to adolescents' positive outcomes," *Social Psychology of Education*, nswc.com/expect; and J.J. Pawel, *The Parent's Toolshop: The Universal Blueprint for Building a Healthy Family*, Ambris Publishing.



## Encourage more complex thinking

Middle schoolers' brains are developing rapidly. Your child is now able to think in a more critical manner and understand more abstract ideas. To support his emerging thinking skills:

- **Discuss current events** with your child. Middle schoolers are interested in what is going on in the world. They often have strong opinions about what's wrong and ideas about how to fix things.
- **Ask for your child's views** on what is going on at home and at school. You don't have to agree with him. But give him the chance to tell you what he thinks, and why.
- **Encourage volunteer work.** Your child may give more thought to new ideas he's exposed to than if he simply reads about them.
- **Ask questions** about values. For example, "Is it ever OK to lie? Why or why not?" This helps as your child becomes less certain that there is always a "right" answer.

Source: M. Caskey and V.A. Anfara, Jr., "Developmental Characteristics of Young Adolescents: Research Summary," Association for Middle Level Education, nswc.com/abstract.

## Plan for calm conferences

Middle schoolers have many teachers, so parent-teacher conference day can be hectic. To make the most of your meetings:

- **Get down questions** ahead of time so you'll remember them. Trim your list to the ones that are most important.
- **Come with an open mind.** Don't let your child's stories about a teacher affect how you approach a meeting.
- **Listen before you talk.** If you hear something you don't understand, ask for clarification.

## Show your child what respect looks like in action

You'll go a long way toward helping your child be respectful if you set an example. Here are some ways:



- **Be polite.** Don't barge into her room.
- **Be honest.** Admit your mistakes.
- **Be dependable.** If you tell your child you'll do something, do it.
- **Be fair.** Don't pass judgment before learning all the facts.

## Read for the fun of it

If reading isn't on your child's list of favorite things to do, help him see how enjoyable it can be. Here's how:



- **Set a daily family reading time.** Turn off the music, TV and computer. Don't force him to read, but relax with a book and see if he follows your lead.
- **Let him read things he likes.** Comic books might not be your choice, but if they inspire your child to read, they're OK.
- **Subscribe to a magazine.** There's bound to be one that matches your child's interests. And each new issue brings another opportunity to read.



## Q&A How should I respond to a poor report card?

**Q:** I dread report-card time. It always causes tension between me and my son. How can I talk to him about his sometimes-not-so-great grades without it turning into a fight?

**A:** Here's an approach to try. Instead of seeing report-card time as "evidence" of how your child is doing in school, look at it as a chance for both of you to think about his overall progress.

To use your child's report card to get the conversation started:

- **Control your emotions.** Does seeing a low grade on the report card make you angry? Your anger may make your child angry or defensive himself. Instead, approach the situation calmly—that will let you both concentrate on what you really want to say.
- **Evaluate your expectations.** Do you automatically assume a B- or a C+ is an awful grade? Instead, consider the context. Is this class especially tough? Is the subject matter entirely new to your child? Has he been going through a rough patch emotionally? These things matter when deciding whether a "bad" grade is due to lack of effort.
- **Ask him for his opinion.** How does your child feel about his grades? Does he think they reflect his efforts? What does he think he could do to improve them? Help him set goals and plan how to reach them.



## Parent Quiz Are you forging a school connection?

Participating in school extracurricular activities can increase a student's feeling of connection to the school—and that can boost academic achievement. Are you encouraging your child to be involved? Answer *yes* or *no* below:

1. **Have you reviewed** the school activities together?
2. **Do you encourage** your child to participate in a club or activity that matches her interests?
3. **Do you support** your child if she wants to try a new activity that fits into her schedule?
4. **Do you encourage** your child to attend shows, games and social events at school?
5. **Do you urge** your child to take advantage of time with teachers after school?

### How well are you doing?

*More yes answers mean you are helping your child feel a part of the school. For each no, try that idea from the quiz.*

“Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action.”  
—Helen Gahagan Douglas

## Find some one-on-one time

The time you spend with your middle schooler creates a bond that supports his efforts in school. In addition to your usual day-to-day interactions, he needs time when you can focus on each other without distractions. Try these ideas:

- **Take an evening walk** together. Leave the headphones at home and talk.
- **Take your child to school**, or pick him up, once a week. Talk on the way.
- **Plan a meal** together on Saturday, and prepare it with your child on Sunday.
- **Run weekend errands** with your child. Stop for a snack and enjoy it—and the time—together.

Source: L. Sonna, Ph.D., *The Everything Tween Book*, Adams Media.

## Promote screen-free choices

There are positive aspects to today's electronic technology, from learning with apps to video chatting with Grandma. But more time spent in front of screens means less time for other things that matter.

So, offer your child alternatives. Go biking together. Act out a play. Show her that there are lots of ways to have fun—and engage her brain—without sitting in front of a screen.

## Take anxiety out of tests

Does your child suffer from test anxiety? Preparation is the cure. Share these tips:

- **Clarify.** Your child could ask the teacher what will be on the test. Having more information can give him more confidence.
- **Don't cram.** If he starts studying days in advance, he'll have time to get help if he doesn't understand something.
- **Take practice tests.** Help your child create one from his book and class notes.



### Helping Students Learn®

Published in English and Spanish, September through May.

Publisher: John H. Wherry, Ed.D.

Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.

Production Manager: Pat Carter.

Translations Editor: Victoria Gaviola.

Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.

Copyright © 2016, The Parent Institute®, a division of NIS, Inc.

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com • ISSN 1527-1021

## Q&A How can I get my teen to stop procrastinating?

**Q:** My daughter should be in bed. Instead, she's frantically working on a history paper that's due tomorrow. This isn't the first time she's left things until the last minute, and I know it hurts her grades. But what can I do to help?

**A:** Just about everyone puts off an unpleasant task at one time or another. But when it gets to be a habit, as it has with your teen, it can be a real problem. Learning to avoid procrastination now will help your teen in school and prepare her for college and the workplace.

Here are four ways to help your teen break the procrastination habit:

1. **Get a large calendar.** Post it where you can both see it. Have your teen write down every assignment, test date, extracurricular activity and commitment. Then sit down together and have her set priorities. Help her schedule time for getting schoolwork done, starting now.
2. **Help your teen divide long-term projects** into smaller pieces. Small successes lead to larger ones.
3. **Make sure she spends homework time on homework.** She'll get more done if she knows she can chat with friends after she finishes.
4. **Pay attention** throughout the school year. As your teen develops better habits, work with her to keep them up.



## Parent Quiz Is your teen safe from senior slump?

Many students in their last year of high school suffer from "senior slump." They don't want to study, or even go to class. Are you helping your teen avoid falling into a senior slump? Answer *yes* or *no* to the questions below:

1. **Have you talked** with your teen about why he needs to keep his grades up all year? Colleges can and do take back offers of admission!
2. **Are you making sure** your teen's attendance doesn't slip?
3. **Are you planning** some fun senior activities with other parents that will give your teen a reason to stay involved at school?
4. **Are you helping** your teen gain work experience, such as interning or volunteering?
5. **Are you making the most** of your time with your teen? Next year, he may not be living with you.

### How well are you doing?

*More yes answers mean you're helping your teen stay focused during senior year. For each no, try that idea.*

“Motivation will almost always beat mere talent.”  
—Norman R. Augustine

## Prepare teens for any test

As your teen begins to study more advanced subjects, you may wonder how to help her prepare for tests if you don't know the material yourself. There are lots of ways! You can:



- **Offer test-taking tips.** Tell your teen to read the directions carefully, plan her time wisely and circle key words in long questions to find the main point.
- **Reduce test stress.** Help her see that tests are part of life. Of course she should give her best effort. But doing poorly on one test doesn't make her a failure.
- **Make sure your teen** gets enough sleep the night before the test and eats a healthy breakfast that morning.

## Respond to a poor grade with a focus on the future

If you lose your temper when your teen brings home a bad grade, he may become more concerned with hiding from your anger than figuring out how to do better in school. Instead, take a deep breath, remain calm and help your teen plan the steps he'll take to raise his grade.

## Volunteering pays rewards

Teens who volunteer regularly are less likely to use drugs or become sexually active, and more likely to develop a strong work ethic. Plus, they gain skills they can list on college applications or résumés. To help your teen benefit from volunteering:

- **Discuss his strengths** and interests, and review his schedule. Look for opportunities that match both.
- **Encourage him to stay committed.** Remind him that volunteering is a job—he has to show up when he says he will.

Source: "Volunteering," Child Trends Databank, niswc.com/volunteering.

### Helping Students Learn®

Published in English and Spanish, September through May.

Publisher: John H. Wherry, Ed.D.

Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.

Production Manager: Pat Carter.

Translations Editor: Victoria Gaviola.

Layout & Illustrations: Maher & Mignella, Cherry Hill, NJ.

Copyright © 2016, The Parent Institute®, a division of NIS, Inc.

P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com • ISSN 1527-103x



Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3 2:30 PM G JH VB Sandhills Thedford Knights 4:30 PM B JH FB Sandhills Thedford Knights 4:30 PM G C VB Sutherland High School 5:30 PM B JV FB Sutherland High School 5:30 PM G JV VB Sutherland High School 6:30 PM G V VB Sutherland High School	4	5 8:00 AM STEM Career Day	6 5:00 PM South Loup Triangular @ ARN	7 7:30 PM B V FB Amherst High School	8 TBA G JV VB @ Ans-Lit JV VB @ Ansley TBA G JH VB @ Ans-Lit JH VB Tournament @ Litchfield
9	10 Fire Prevention Week 2:00 PM G JH VB @ Brady High School 3:30 PM B JH FB @ Brady High School 5:00 PM B JV FB @ Brady High School	11 9:00 AM Fire Prevention Visit 8:00 PM School Board Meeting	12 7:45 AM Teachers' Meeting	13 TBA G V VB 1st Round MNAC Tournament @ A-L	14 End of 1st Quarter 7:00 PM B V FB @ Overton High School	15 TBA G V VB @ Semi-Finals & Finals MNAC Tournament @ BBow
16	17 TBA G JV VB @ Ans-Lit JV VB @ Ansley TBA G JH VB @ Ans-Lit JH VB Tournament @ Ansley	18 1:00 PM Colby Representative Visit 4:00 PM G V VB @ Ans-Lit VB Quad @ Lit.	19 1:00 PM UNL Representative Visit	20	21 Homecoming in Callaway - after FB game Parents Night between JV & Varsity Game 7:15 PM Parents Night 4:30 PM G JV VB Elm Creek High School 6:00 PM G V VB Elm Creek High School 7:30 PM B V FB Elm Creek High School	22 1:00 PM G JV VB @ Twin Loup JV VB Tournament
23	24 8:00 AM Vocal Music Clinic @ Callaway	25 5:00 PM G JV VB @ A-M JV Triangular 6:00 PM G V VB @ A-M Triangular	26 1:00 PM Wesleyan Representative Visit	27 FB Playoffs - 1st Round	28 Fall Break - No School	29

# October 2016

## Arnold -Breakfast and Lunch Menus

**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

Students: \$0.50-\$2.00



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 B: Cereal, Toast	4 B: Pancakes, Sausage, Fruit L: Salisbury Beef Patty, Mashed Potatoes, T-Roll	5 B: Breakfast Pizza	6 B: Combo Bar, Toast	7 B: Breakfast Cookie, Cheese Stick
L: Chicken Patty on a Bun, Baked Beans		L: Beef Sticks, Scalloped Potatoes, T-Roll	L: Chicken and Rice, T-Roll	L: Sloppy Joe on a Bun, Tritater
10 B: Cereal, Toast	11 B: Pancakes, Fruit	12 B: Biscuits and Gravy	13 B: Breakfast Taco, Fruit	14 B: Bagel, Yogurt
L: Hamburger on a Bun, Baked Beans	L: Creamed Chicken on a Biscuit, Jello	L: Chicken Strips, Macaroni and cheese	L: Pizza Pockets	L: Sub Sandwich
17 B: Cereal, Toast	18 B: Waffles, Sausage	19 B: Egg and Cheese Omelet	20 B: Breakfast Boat	21 B: Poptart, Cheese Stick
L: Ham and Cheese on a Bun	L: Beef and Noodles, Mashed Potatoes, T-Roll	L: Stromboli	L: Taco, Refried Beans	L: Sandwich, Sweet Potato Puffs
24 B: Cereal, Toast	25 B: French Toast Sticks	26 B: Oatmeal, Toast	27 B: Peanut Butter and Jelly Sandwich	28 B: No School
L: Corndog, Baked Beans	L: Breaded Beef Patty, Mashed Potatoes, T-Roll	L: Chicken Taquitos	L: Pizza Quesadilla	
31 B: Cereal, Toast L: Burrito, Refried Beans	<p><b>Did you know?</b> Strawberries are the only fruit to wear their seeds on the outside. They are also a part of the rose family.</p>			





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