

Sargent Public School

February Newsletter

What's Inside

Superintendent Newsletter 2

FBLA News 3

Valentine's Day 3

Speech Team 4

UNMC Speaker 5

Fishing is Fun 5

HVAC Upgrade 6

Honor Roll 7-8

Sports 9-15

Helping Children Learn 16-17

School Safety and Security 18-20

Breakfast Menu 21

Lunch Menu 22

Feb Calendar 23

As we move into February, I want to take a moment to thank our students, staff, and families for their continued effort and support as we progress through the school year. This time of year is a great reminder of how important consistency, engagement, and encouragement are to student success.

Regular attendance continues to be a key factor in student learning. Every day in the classroom provides valuable instruction, discussion, and connection that cannot always be replicated when students are absent. We appreciate families working with us to ensure students are present and on time as often as possible. Strong attendance builds strong habits that benefit students well beyond the classroom.

February is also a great time to emphasize the importance of reading at home. Whether it's independent reading, reading together as a family, or discussing what students are learning, these moments help strengthen comprehension, vocabulary, and overall academic confidence. Encouraging daily reading—even for a short time—makes a big difference.

We are proud to recognize students who consistently demonstrate positive behavior, effort, and leadership.

Students and Staff Member of the Month:

PK-2 Ona Ernesti

3-5 Easton Hall

6-8 Quade Smith

9-12 Hayden Nelson

Staff Amy Kozeal

Congratulations to these students for setting a great example for their peers.

Winter sports and activities are in full swing, and our students continue to represent Twin Loup with pride. The Boys Basketball had an outstanding showing at the Hershey Holiday Tournament, finishing as the runner-up and competing at a high level.

While the Girls Basketball continues to compete hard each night, showing growth, determination, and teamwork throughout the season. Basketball Conference tournament play is underway, and we wish all of our teams the best as they continue postseason competition. The Boys and Girls Wrestling are battling through the heart of their season, with districts approaching and the possibility of earning a trip to the state tournament on the horizon. Their effort and dedication do not go unnoticed. Also our Speech Team is getting their season started and has already begun representing our school well through strong performances and hard work.

Thank you to our coaches, sponsors, families, and fans who support our students and help make these opportunities possible.

As always, thank you for being a strong partner in your child's education. Together, we will continue to support growth, learning, and success as we move closer to spring.

As always, Go Wolves!
Jamie Slingsby

SARGENT PUBLIC SCHOOLS
First Semester Highlights
Superintendent Newsletter

Academic Growth & Success

Th9s semester, we made significant strides in strengthening instruction across the district. Our team worked diligently to upgrade and align our curriculum with Nebraska state standards, ensuring our students receive high-quality, rigorous instruction in every classroom.

I am proud to share that our high school moved from "Needs Improvement" to a "Great" rating, and our elementary and middle school continue to hold strong ratings. These improvements reflect the dedication of our staff and the hard work of our students. We are clearly on our way to becoming an excellent school district.

Activities & Athletics

- Fall sports successes
- Homecoming celebrations
- Band & vocal performances
- FFA & FBLA leadership
- Fine arts showcases

New Football Scoreboard

This fall, we unveiled our new football scoreboard, made possible entirely through community donations. This investment reflects the pride and support of our community. Fundraising will continue as we look ahead to additional improvements.

Building Improvements

HVAC Renovation Project

Engineer: Kucerik Engineering

Project Manager: Facility Advocates

Contractors: Central Nebraska Electric & Taylor Heating and Cooling

Partner: City of Sargent

This major upgrade is the first since 1971 and will improve comfort and efficiency throughout the school. Completion targeted for December 2026.

LED Lighting Upgrade

We completed an LED lighting upgrade throughout the entire building. Classrooms are now brighter, easier to see, and more comfortable for students and staff, supporting focus and learning. Thanks to Central Nebraska Electric – Todd Jonas and Garrett

Community Strong

Thank you to our families, alumni, and local businesses for supporting our students. Packed gyms, concerts, and events show the strength of our community.

Go Wolves!

Byron Olsen

Superintendent

Sargent Public Schools

FBLA NEWS

With February being just around the corner comes some exciting activities and events in the Sargent FBLA Chapter. On February 4th, eleven members (Luqman, Carter, Jackson, Alli, Corbin, Brennan, Yahya, Kinley, Nathan, Bentley, and Taylin) will be competing at the Loper Business Invitational at UNK. For Valentine's Day, we are once again selling gifts for your special someone. We are selling Eileen's cookies again and also partnering with the Forget Me Not Shoppe by selling carnations and mylar balloons. Those orders were to be in by Thursday, January 22nd and will be delivered to the classrooms on Friday, February 13th.

Another event during February is FBLA week, which is Febr 8th-14th. This week is used to promote the benefits of FBLA. FBLA week increases awareness in regard to the Sargent Chapter activities, prepares for State Leadership Conference, and shows appreciation for our local businesses who help our chapter and community. We will kick off the eventful week on Monday promoting FBLA with locker posters. Tuesday is "dress for success day." Wednesday is wear your FBLA T-shirt or hoodie for spirit day and speaking/reading to elementary students. Thursday is "Teacher Appreciation." Friday is the Business Appreciation Breakfast to give appreciation to all that our local businesses do.

February is also Career and Technical Education (CTE) Month, which is a nationwide public awareness campaign highlighting the importance of CTE in preparing students for careers. We are thankful that FBLA is a CTSO (Career and Technical Student Organization) that helps prepare us for careers that involve business in all the industries.

Alli Smith, Reporter



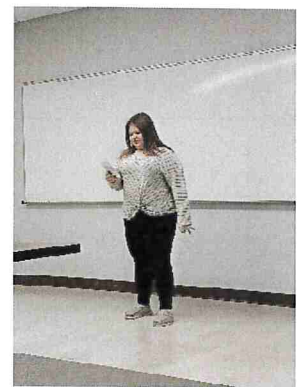
Valentine's Day is celebrated every February 14 and is a day dedicated to love and friendship. On this day, people express their feelings with cards, flowers, chocolates, and special messages. It is not only about romantic love, but also about friendship and affection among friends and family.

The origin of this celebration is connected to Saint Valentine, who represents love and unity. Today, many schools organize activities that promote kindness, respect, and friendship. Valentine's Day reminds us of the importance of showing care and appreciation for the people in our lives.

Sargent Speech Team



The Sargent Speech Team attended its first meet of the season on January 24 in Broken Bow. Three novice speakers attended the meet. Jenna Wilson, Aniaya Stevenson, and Kylie Richardson competed in the Novice division of Informative speaking. Each member performed her speech two times. The students improved with every performance and got some great feedback from the judges. The team will compete five more times before the state speech meet. The team has a total of 20 members competing at both the Novice and Varsity levels. Students who earn a third place medal or higher at the district meet will advance to the state meet in Kearney on March 28. Below is a schedule for upcoming meets.



Contact Coach Deb Kozeal or Kina Stefka if you have any questions.

2/14-Burwell

2/21-Loup City

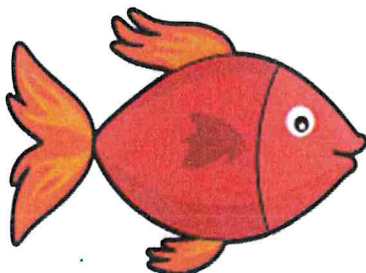
3/9-Brady (Conference)

Parent's Night in Sargent -TBA

3/17-Stuart (Districts)

UNMC and Nebraska Medicine Speaker

Paul Weishapl spoke to the 7th-12th graders as a guest speaker on January 28. He shared his personal experience with addiction, which began after he received a prescription for pain medication following a high school surgery. This led to nearly twenty years of addiction to substances like heroin and fentanyl. Through determination, support, and recovery, Paul rebuilt his life. He now works at UNMC, where he uses his story to assist others. His presentation provided an authentic and relatable account of how substance use can begin, insights into addiction's realities, and encouragement that recovery is achievable. Paul was open to questions from both staff and students, discussing how addiction often starts with mental health issues. When asked for advice on recognizing addiction or seeking mental health support, he suggested finding someone to talk to, emphasizing that while friends can be supportive, a mentor might be even more beneficial.



Register by April 12th! Space is limited!

FISHING IS FUN!
Teaching kids to fish. www.fishingisfun.org

BINGO OPEN GOLF FUNDRAISER TO HOOK KIDS ON FISHING!

Bingo Open Golf Tournament to support NWA Kids Fishing Clinics Charity, Inc., a 501(c)(3) public charity. "Fishing is Fun!" held throughout Nebraska. Proceeds go towards the purchase of fishing items such as rods & reels, tackle, and t-shirts. The children receive these free for attending the learning clinics. We also provide food for the children and their families!

SUNDAY APRIL 26, 2026
GRANDPA'S WOODS GOLF COURSE
5505 WEST 310TH STREET
MURDOCK, NE 68447

Check-in: 8:00am
Shotgun start: 9:00am
Meal & Awards: to follow

\$60 - Per Player
18 Holes | Includes Cart

Our 2025 Corporate Sponsors were:

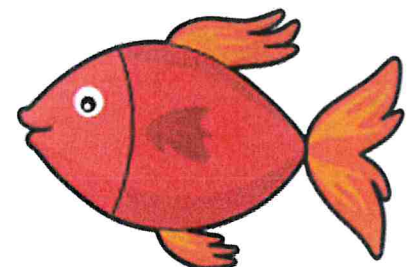
Walt Insurance - Nicole Ostrander/Terry Watts	ABJ Hauling - Jay Bachman
Bob's Tavern - Steve Wright	Great Plains Pregnancy Services - Dan Chudomirski
Joins Agency - Stephanie Ison	State Farm - Kysan Dooler
Premier Boating - Kevin Brandes	Grandpa's Woods - Jake Reinders
Quiltem Quilting & Sewing - Brad Orlmann	Continental Insurance Company - Terry Smith
Band Realty/Keller Williams - Greg Band	Hy-Vee - 55th & Maple
Custom Counter Tops - Rich Oliver	ABC (Ashland Brewing Company)
Pat & Wayne Heather	Fishing is Fun!

Hole sponsorship is \$100 or more!
Interested in sponsoring? Follow the QR code!
All contributions are tax deductible.

Register here!!

Butty's Phone Number: (402) 450-9235

If paying by check, please make checks payable to:
NWA Kids Fishing Clinics Charity, Inc.
Mail checks to Jeanette Milus
1520 Schropp Circle Ashland, NE 68003





HEATING, VENTILATING, AND AIR CONDITIONING



Sargent Public Schools Approves Major HVAC Upgrade

Sargent Public Schools is excited to announce the approval of a district-wide HVAC project by the Sargent Board of Education. This long-awaited project represents the first major facility upgrade since **1971**, when the high school gym was constructed.

The engineering firm for the project is **Kucerik Engineering**, with **Facility Advocates** serving as project manager. We are proud to partner with **Central Nebraska Electric** and **Taylor Heating and Cooling**, whose expertise will make this project possible. We also want to recognize the **City of Sargent** as a key partner for providing the electrical upgrades necessary to support this facility improvement.

Construction is scheduled for completion by **December 2026**, with the majority of work taking place **before the start of school in August**. If you see contractors around the school this summer, that is part of this improvement process.

Planning for this project began in **Fall 2024**, and Kucerik Engineering was selected in **February 2025** after a thorough review process. This project addresses long-standing concerns with our current system. For years, teachers have used **window air conditioners** to cool their classrooms. While our boilers served us well in the past, they have become less efficient and now require constant maintenance to keep them operating. Classroom fans are extremely loud—often compared to an airplane engine—which can be disruptive to learning.

Once installed, the new HVAC system will provide **fresh air circulation in every classroom year-round**, creating a healthier and more comfortable learning environment. Our gym will also benefit, allowing for more comfortable **fall and winter athletic events** for students, families, and community members.

Students, staff, and community members have been asking for years when this would happen, and I believe they will be **pleasantly surprised** by the results. This project is an investment in our facilities and, more importantly, in our students.

This upgrade will significantly improve the **learning environment**, staff comfort, and overall experience for everyone who uses our building. We appreciate the continued support of our community as we move forward with this exciting project.

Byron Olsen
Superintendent
Sargent Public Schools

Quarter 2 Honor Roll 25-26

Students with All A's

Kooper Keefe	12	Students with Distinction
Hayden Nelson	12	Students with Distinction
LoReena Schauda	12	Students with Distinction
Carsen Vincent	12	Students with Distinction
Bambi Conner	11	Students with Distinction
Carter Hall	11	Students with Distinction
Jackson Hall	11	Students with Distinction
Luqman Harris	11	Students with Distinction
Maci Smith	11	Students with Distinction
Cooper Busch	10	Students with Distinction
Corbin Bye	10	Students with Distinction
Yahya Harris	10	Students with Distinction
Alli Smith	10	Students with Distinction
Nathan Lowry	9	Students with Distinction
Brock Morse	7	Students with Distinction
Taylin Tobias	7	Students with Distinction

Semester 1 Honor Roll 25-26 - Students with All A's

Kooper Keefe	12	Students with Distinction
Hayden Nelson	12	Students with Distinction
LoReena Schauda	12	Students with Distinction
Carsen Vincent	12	Students with Distinction
Bambi Conner	11	Students with Distinction
Carter Hall	11	Students with Distinction
Jackson Hall	11	Students with Distinction
Luqman Harris	11	Students with Distinction
Maci Smith	11	Students with Distinction
Cooper Busch	10	Students with Distinction
Corbin Bye	10	Students with Distinction
Yahya Harris	10	Students with Distinction
Alli Smith	10	Students with Distinction
Nathan Lowry	9	Students with Distinction
Lane Bye	8	Students with Distinction
Brock Morse	7	Students with Distinction
Taylin Tobias	7	Students with Distinction

Quarter 2 Honor Roll 25-26

Students with A's & B's

Mace Beran	12	Students with Honor
Xackary Lowry	12	Students with Honor
Jaylin Young	12	Students with Honor
Brinley Smith	11	Students with Honor
Klayton Barker	10	Students with Honor
Brennan Beran	10	Students with Honor
Oran Grint	10	Students with Honor
Blake Bottorf	9	Students with Honor
Kinley Keefe	9	Students with Honor
Brent Morse	9	Students with Honor
Lane Bye	8	Students with Honor
Quade Smith	8	Students with Honor

Semester 1 Honor Roll 25-26

Students with A's & B's

Cazen Coffman-Jones	12	Students with Honor
Terry Horky	12	Students with Honor
Xackary Lowry	12	Students with Honor
Brinley Smith	11	Students with Honor
Klayton Barker	10	Students with Honor
Brennan Beran	10	Students with Honor
Oran Grint	10	Students with Honor
Blake Bottorf	9	Students with Honor
Kinley Keefe	9	Students with Honor
Brent Morse	9	Students with Honor
Quade Smith	8	Students with Honor

Boys Basketball

Twin Loup Boys Destroys Pleasanton 79-58

by Cooper Busch

Stats From the game:

	Points	Rebounds	Assist	Steals	Blocks
Yahya Harris	40	6	8	2	4
Carter Hall	21	9	3	1	0
Jackson Hall	12	10	4	1	1
Henry Sortum	2	11	2	3	3
Mace Beran	4	8	3	1	2
Brennan Beran	0	0	1	1	0

Twin Loup Demolishes North Central 68-39

by Cooper Busch

Stats From The Game:

	Points	Rebounds	Assist	Steals	Blocks
Yahya Harris	32	10	8	2	1
Carter Hall	5	2	1	3	0
Cooper Busch	9	2	1	1	0
Jackson Hall	16	8	3	2	1
Henry Sortum	6	6	0	1	2
Mace Beran	0	9	0	4	1
Brennan Beran	0	3	3	2	0

Twin Loup Beats Mullen 59-28

by Cooper Busch

Stats From the game:

	Points	Rebounds	Assist	Steals	Blocks
Yahya Harris	32	10	4	7	1
Carter Hall	8	4	1	0	0
Cooper Busch	8	1	1	0	0
Queston Young	0	2	1	1	0
Jackson Hall	5	8	1	2	0
Alfred Switzer	2	1	0	0	0
Henry Sortum	2	9	4	3	3
Mace Beran	2	4	1	2	0
Brennan Beran	0	1	2	0	0

Twin Loup Crushes Centura 75-46

by Cooper Busch

Stats from the game:

	Points	Assist	Rebounds	Steals	Blocks
Yahya Harris	35	3	10	4	4
Carter Hall	11	2	1	1	0
Cooper Busch	6	2	1	1	0
Jackson Hall	6	5	2	3	2
Alfred Switzer	2	0	1	0	0
Henry Sortum	6	4	5	0	0
Mace Beran	3	2	7	1	0
Brennan Beran	3	3	6	0	0

Twin Loup Demolishes Sandhills Valley 72-17

by Cooper Busch

Stats from the game:

	Points	Rebounds	Assist	Steals	Blocks
Yahya Harris	28	3	8	2	2
Carter Hall	13	0	3	3	0
Cooper Busch	7	1	0	3	0
Queston Young	5	2	1	0	0
Jackson Hall	6	4	4	4	0
Alfred Switzer	2	1	0	0	0
Henry Sortum	2	3	2	1	2
Mace Beran	0	4	2	2	0
Brennan Beran	9	2	1	3	0



Twin Loup Boys Defeats CWC 58-51

by Cooper Busch

Stats From the Game:

	Points	Rebounds	Assist	Steals	Blocks
Yahya Harris	28	11	5	2	1
Carter Hall	13	5	0	2	0
Jackson Hall	4	7	1	0	0
Henry Sortum	10	4	1	1	1
Mace Beran	3	6	0	0	0
Brennan Beran	0	2	0	0	0

Twin Loup Beats Ansley Litchfield 55-34

by Cooper Busch

Stats from the game:

	Points	Rebounds	Assist	Steals	Blocks
Yahya Harris	27	9	1	3	0
Carter Hall	4	1	2	3	0
Cooper Busch	6	0	1	1	0
Jackson Hall	7	12	1	2	0
Henry Sortum	4	5	1	2	3
Mace Beran	5	3	2	2	1
Brennan Beran	2	2	4	0	0



Girls Wrestling

This season the Wolves girl wrestling team has been learning the ins and outs of wrestling. Although the team had difficult days the first two meets on January 16 and 17, Aolany Acosta-Saenz and Karley Ocamb are improving as the season continues. On January 16, Aolany lost her first match, although she made it to the second period. In her second match, she won with six points, but later lost her other three matches. Karley lost her first match, and in her second one she was close to reaching the third period pinning of her opponent. On January 17, both girls fought hard but did not win a match.

Twin Loup Girls Basketball

Twin Loup Unable to Tame Broncos (24-75)

Stats from the game:

	Points	Assist	Rebounds	Blocks	Steals
Sierra Slagle	2	1	3	1	0
Natalee Haskell	7	0	5	1	1
Jaelynn Blackburn	6	0	7	1	2
Ella Switzer	0	1	2	0	0
Carsen Vincent	2	1	3	0	1
Kinley Keefe	0	1	0	0	1
LoReena Schuada	3	3	1	0	0
Kooper Keefe	2	1	5	0	0
Maci Smith	2	0	1	0	0

Lady Wolves Fall Short Against Knights (38-58)

Stats from the game:

	Points	Assist	Rebounds	Blocks	Steals
Natalee Haskell	5	3	2	1	0
Jaelynn Blackburn	10	0	6	1	1
Ella Switzer	0	2	4	0	0
Carsen Vincent	3	1	8	1	0
Kinley Keefe	5	0	6	0	0
LoReena Schuada	4	2	3	1	3
Kooper Keefe	0	0	4	0	0

Bulldogs Depredate the Wolves (18-61)

Stats from the game:

	Points	Assist	Rebounds	Blocks	Steals
Sierra Slagle	0	0	1	0	1
Natalee Haskell	3	1	5	0	1
Jaelynn Blackburn	4	0	4	0	0
Ella Switzer	0	0	0	0	0
Carsen Vincent	1	2	2	0	2
Kinley Keefe	3	0	3	0	0
LoReena Schuada	4	1	2	0	2
Kooper Keefe	2	1	5	0	0

Wolves Clawed by the Eagles (39-61)

Stats from the game:

	Points	Assist	Rebounds	Blocks	Steals
Natalee Haskell	0	0	2	0	0
Jaelynn Blackburn	7	0	5	2	1
Ella Switzer	0	0	1	0	0
Carsen Vincent	9	0	0	0	0
Kinley Keefe	4	1	6	0	2
LoReena Schuada	0	6	2	0	1
Kooper Keefe	4	0	2	0	0

Lady Wolves Suffer Defeat Against CWC (30-38)

Stats from the game:

	Points	Assist	Rebounds	Blocks	Steals
Natalee Haskell	6	1	5	0	1
Jaelynn Blackburn	12	2	7	2	2
Ella Switzer	0	0	1	0	1
Carsen Vincent	6	5	7	0	2
Kinley Keefe	4	0	2	0	0
LoReena Schuada	0	3	6	0	2
Kooper Keefe	2	0	3	0	0

Red Cloud Rains Over Lady Wolves (30-58)

Stats from the game:

	Points	Assist	Rebounds	Blocks	Steals
Sierra Slagle	0	1	2	0	0
Natalee Haskell	5	0	0	0	0
Jaelynn Blackburn	6	0	6	1	3
Ella Switzer	0	1	1	0	0
Carsen Vincent	7	0	3	0	0
Kinley Keefe	7	4	5	0	3
LoReena Schuada	5	1	4	0	0
Kooper Keefe	0	0	2	0	0

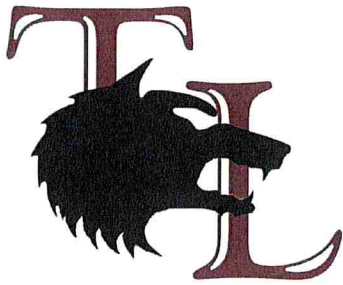
Minutemaids Overtake Wolves (27-61)

	Points	Assist	Rebounds	Blocks	Steals
Sierra Slagle	0	0	3	0	0
Natalee Haskell	0	0	2	0	0
Jaelynn Blackburn	6	1	11	0	1
Ella Switzer	2	1	1	0	0
Carsen Vincent	6	2	8	0	1
Kinley Keefe	11	1	1	0	1
LoReena Schuada	2	2	3	0	1
Kooper Keefe	0	0	2	0	1

Centurions Conquer Lady Wolves (18-71)

	Points	Assist	Rebounds	Blocks	Steals
Sierra Slagle	0	0	3	0	1
Natalee Haskell	0	1	2	0	1
Jaelynn Blackburn	14	0	7	1	1
Ella Switzer	0	0	2	1	1
Carsen Vincent	0	1	0	0	0
Kinley Keefe	2	0	1	0	0
LoReena Schuada	0	5	4	0	0
Kooper Keefe	2	0	4	0	0





Twin Loup Boys Wrestling Results

Pleasanton Invite

Team- 4th

	Wins	Pins	TP	Place
Nathan Lowry-	3	3	18	DNP
Terrance Vrbas-	0	0	0	DNP
Travin Schauda-	1	1	6	DNP
Wyatt Fauss-	4	3	23	3rd
Emmet Grint-	3	2	15	4th
Cazen Smith-	4	1	17	1st
Oran Grint-	3	3	18	2nd
Blake Bottorf-	1	0	4	DNP
Bereket Glendy-	0	0	0	DNP
Brent Schipporeit-	2	2	12	4th

Merna/Ravenna Triangular

Twin Loup vs. Anselmo-Merna Win 54-17

Nathan L. vs. Brett O.	Loss- 19-2 TF
Terrance V. vs. <i>open</i>	Win- FOR
Travin S. vs. Caleb W.	Win- 9-1 F
Wyatt F. vs. <i>open</i>	Win- FOR
Noah M. vs. Jake B.	Loss- 19-8 F
<i>open</i> vs. Jarett W.	Loss- FOR
Emmet G. vs. <i>open</i>	Win- FOR
Cazen S. vs. <i>open</i>	Win- FOR
Oran G. vs. Jackson C.	Win- 3-1 F
Blake B. vs. <i>open</i>	Win- FOR
Bereket G. vs. <i>open</i>	Win- FOR
Brent S. vs. <i>open</i>	Win- FOR

Twin Loup vs. Ravenna	Loss 34-41
<i>open</i> vs. Weston S.	Loss- FOR
<i>open</i> vs. Kason P.	Loss- FOR
Nathan L. vs. Cameron F.	Loss- 2-19 TF
Terrance V. vs. <i>open</i>	Win- FOR
Travin S. vs. Mason L.	Win- F
Wyatt F. vs. Trenton W.	Loss- F
Noah M. vs. Tyce C.	Loss- F
Emmet G. vs. <i>open</i>	Win- FOR
Cazen S. vs. Wyatt W.	Win- 11-1 MD
Oran G. vs. Jack K.	Win- F
Blake B. vs. Bryce R.	Loss- F
Bereket G. vs. Kaden R.	Loss- F
Brent S. vs. Jesse W.	Win- F

Burwell Invite

Team- 9th (72 points)

	Wins	Pins	TP	Place
Terrance Vrbas-	0	0	0	DNP
Travin Schauda-	0	0	0	DNP
Noah Meister-	2	2	12	DNP
Cazen Smith-	4	3	21	1st
Oran Grint-	3	3	18	4th
Blake Bottorf-	4	3	24	4th
Bereket Glendy-	2	2	12	DNP
Brent Schipporeit-	0	0	0	DNP



Dunning Invite

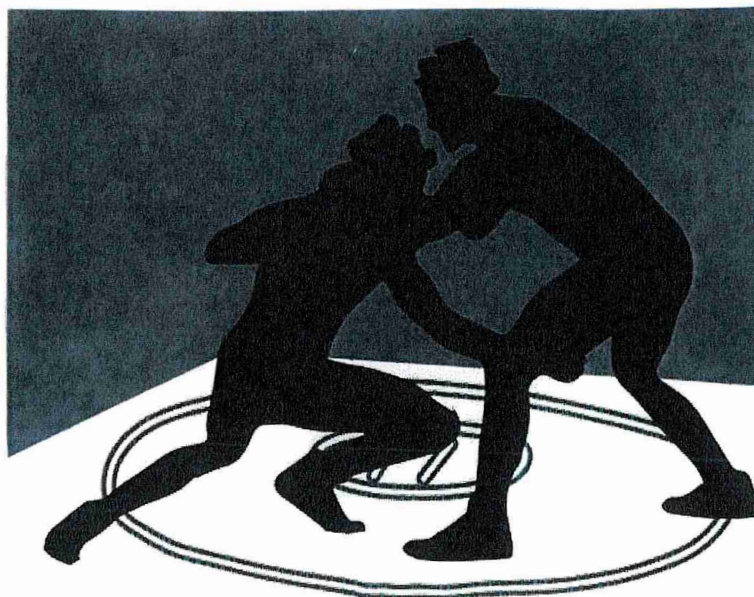
Team- 4th (95 points)

	Wins	Pins	TP	Place
Nathan Lowry-	1	1	6	DNP
Terrance Vrbas-	0	0	0	DNP
Travin Schauda-	3	3	18	3rd
Noah Meister-	2	2	12	DNP
Emmet Grint-	1	1	6	3rd
Cazen Smith-	3	2	15	1st
Oran Grint-	4	3	21	2nd
Blake Bottorf-	4	4	24	2nd
Bereket Glendy-	1	1	6	4th

South Loup Invite

Team- 6th (80 points)

	Wins	Pins	TP	Place
Nathan Lowry-	1	0	3	DNP
Terrance Vrbas-	0	0	0	DNP
Travin Schauda-	1	1	6	DNP
Wyatt Fauss-	2	2	12	DNP
Noah Meister-	0	0	0	DNP
Emmet Grint-	3	3	18	3rd
Cazen Smith-	2	1	9	2nd
Oran Grint-	2	2	12	2nd
Blake Bottorf-	2	2	12	3rd



Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10

ELEMENTARY SCHOOL



February 2026

Encourage your child to engage in more complex thinking

Memorizing a fact just scratches the surface of learning. To really understand something, students need to think about it in more complex ways—by evaluating, comparing and applying what they've learned. This helps them see how the material fits into the "bigger picture."

To give your child practice thinking in more depth:

- **Promote problem-solving.** If your student has forgotten how to do an assignment, ask, "How could you find out how to do it?" Could your child call a classmate? Look over work from class? Check a class website? Encourage your child to make a plan and put it into action.
- **Discuss issues and events in the news.** Have your child read an article on a topic with many sides, then talk about it at dinner. Find out what your child thinks about the issue and why. But don't stop there. After listening to your child, say, "I can see why you feel this way. But why do you think other people might think differently?"
- **Talk about the learning process.** After your child completes a big project for school, help your child consider how it went. Ask, "How difficult was this to finish? What did you learn about how to do projects that will help next time?"



Model social interactions

Children who lack social skills can have trouble learning and succeeding in school. Be a social skills role model for your elementary schooler. Let your child see you introducing yourself, staying connected to friends, sharing and being kind to others. Read books about friendship and cooperation aloud. Then, talk about the stories together.



Source: K. Steedly, Ph.D. and others, "Social Skills and Academic Achievement, *Evidence for Education*, NICHCY.

Help with test preparation

Your child will have to do the studying for tests. But you can help your student be physically prepared to do well. To support test success, ensure that your child:

- **Sticks to a healthy sleep schedule.** Staying up late studying increases anxiety, which interferes with thinking.
- **Eats a nutritious breakfast.**
- **Dresses in comfortable layers,** so that clothes won't be a distraction.
- **Relaxes and knows you care.** Take deep breaths together and send your child out the door with a big hug.



Keys for raising disciplined learners

Maintaining discipline and developing students' self-discipline contributes to a positive learning environment. Effective discipline helps children learn from poor choices and make better ones in the future.

These discipline strategies can help you teach positive behavior:

1. **Establish rules** and consequences you can consistently enforce. It won't take long for your child to learn whether you really intend to enforce rules. Give in just once and you'll likely face an argument every day.
2. **Speak calmly** when responding to misbehavior. Yelling teaches children that it is OK to lose control when feeling upset.
3. **Describe misbehavior,** rather than criticizing your child. Saying "It was your sister's turn to use the computer and you wouldn't stop your game," is more helpful than "Don't be so selfish." Then, offer a reminder of the rule ("We take fair turns") and the consequence ("No more games today.").

Meaning boosts memory

When students link new information to something meaningful to them, they recall it better. To encourage this, help your child create a story that weaves new material into familiar situations and locations. For example, to recall the first three U.S. presidents in order, your child might say, "One day, George Washington went to the park. He met John Adams by the seesaw. Then, the two of them ran into Thomas Jefferson by the slide and all three played tag."





What can I do to convince my child to speak in class?

Q: My second grader is outgoing at home but very shy at school. My child doesn't like answering questions in class for fear of being wrong. How can I help my student become more comfortable participating in the classroom?

A: First, talk with your child's teacher. What is the teacher's perspective on your child's reluctance to speak in class? Ask what the teacher does to encourage your child to participate. You can also ask if the teacher can give your child opportunities to speak up without pressure—in small group situations, for example. After mastering a skill, could your child "tutor" a classmate?



Next, talk with your child. Say that everyone makes mistakes—and your child probably will, too. But emphasize that mistakes are not the end of the world. What's more, they provide opportunities to learn from them and get smarter.

Don't make too much of this right now. Some children are hesitant to speak up in the early grades. As they gain confidence, they open up and join in class discussions. You say your child is outgoing at home. That's great. Feeling safe speaking up at home bolsters the confidence to do the same in school. And remember, some children are just shy by nature—and they often do just as well as their more outgoing peers in school.



Do you make following directions easy?

When children follow instructions carefully they achieve better results—in the classroom, on schoolwork and at home. Are you helping your child practice this elementary skill? Answer *yes* or *no* to the questions below:

- ___ **1. Do you ask** for your child's attention before giving instructions?
- ___ **2. Do you divide** complex directions into steps your child can follow one by one?
- ___ **3. Do you encourage** your child to reread or repeat directions before beginning a task?
- ___ **4. Do you make** and post checklists of tasks your child can follow?
- ___ **5. Do you praise** your child for following instructions carefully and completely?

How well are you doing?

More yes answers mean you are teaching your child the importance of paying attention to instructions. For each no, try that idea.

"Our instructions need to include both what to do and why it is important."

—Belinda Letchford

Spark interest in history

Does history seem lifeless and remote when your child reads about it in textbooks? Quality historical fiction offers a vivid view of the human side of history's facts, dates and statistics. To bring history to life for your child through reading:

- **Look for titles** that present events and details accurately. Check reviews or ask your child's teacher for suggestions.
- **Read books aloud** that are a little too challenging for your child to read alone.
- **Encourage your child to read** more than one book about the same era. Discuss the similarities and differences.

Source: E. Codell, *How to Get Your Child to Love Reading*, Algonquin Books of Chapel Hill.

Build a world of knowledge

It's a big world out there! Help your child discover it with these activities:

- **Collecting.** Suggest that your child collect objects from countries around the globe, such as stamps or postcards, and learn about where they come from.
- **Mapping.** Help your child find places where relatives live on a map. How many ways are there to get there from your home?
- **Sourcing.** Have your child read labels to find out where items in your home were made and locate the sources on a map.

Love and learn together

This Valentine's Day, share a love of learning with your child! As a family:

- **Read** tales of caring and love.
- **Estimate.** Fill a jar with red candies. Ask family members to estimate the number of pieces, then let your child count them.
- **Learn** to say "I love you" in several different languages.



Helping Children Learn®

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MULTI-STATE MIDLANDS SAFETY SUMMIT IN OCTOBER

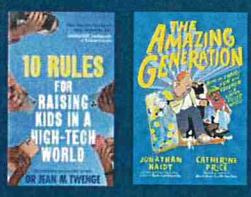
Mark your calendar for the 12 state School Safety & Security Summit October 19th and 20th in LaVista, Nebraska...

FINISH READING ON PG. 2



HERE IS TO A SAFE 2026

Keep up the great work in school safety and security this year! Let's make Nebraska school communities the safety role models for others to follow!



BOOKS WITH DIGITAL HELP FOR PARENTS & YOUTH

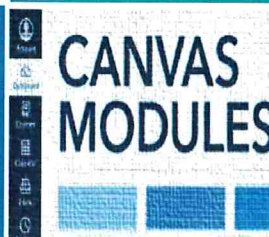
Two books to consider when raising children in the high-tech fast-paced digital world are available.

FINISH READING ON PG. 3

NEW MODULES COMING IN 2026

The NDE School Safety Team is working hard to get new Canvas Modules built in 2026 to support school safety & security efforts. Self-paced e-learning...

SEE THE OFFERINGS ON PGS. 4, 5, 6



Heartland School Safety & Security Summit

OPPORTUNITY TO
COLLABORATE

With Other States in School Safety...

2026 October 19th & 20th

...the decision was made this year to expand our Nebraska Safety & Security Summit to include 11 other states. The NDE School Safety Team, with some collaboration with others in school safety across our state, thought it would be a great opportunity to learn what other states are doing to keep schools safe and secure. The first day of the two-day Summit will have a youth panel discussion and round-table discussions between the states on best practices in safety and there will be a social event in the evening to include entertainment and/or a cornhole tournament. The second day will include a keynote along with a variety of breakout presentations related to school safety from all the states.

Be on the lookout for the registration for this event as you will want to sign up early with multiple-state safety personnel being invited and capacity limited to 450. Also, be ready to submit presentation ideas when the call for proposals is made available. If you are aware of an ideal vendor candidate in school safety and security, please forward the call for vendors form to them when it is made available too. The Safety Summit Committee will then determine the presenters and the accepted vendors for this event.

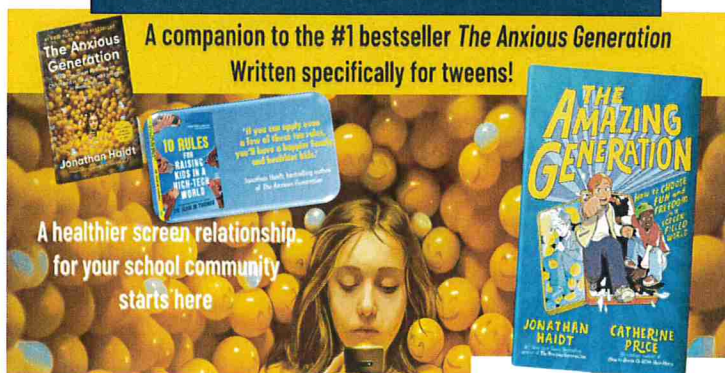
The theme for the Heartland School Safety & Security Summit will be "Better Recovery Outcomes Start with Prevention." School Safety and Security encompass four pillars: prevention, preparedness, response, and recovery. If we focus on prevention and preparedness, we will respond better with the potential of avoiding the necessity of recovery.

Mark your calendar to save the date for October 19th and 20th Heartland School Safety & Security Summit at the Embassy Suites in LaVista, Nebraska. Calls for presentation proposals will be made available in the next few weeks. By working together, we can make the states in the Heartland the safest schools in the United States.

The NDE School Safety & Security website should be on your list of favorites for all things School Safety & Security. Use the QR code to get access to all the guidance and resources needed to keep our school communities safe and secure.



BOOKS FOR BETTER DIGITAL PRACTICES...



Encourage Your School Community to Read!

Newest guidance on digital best practices have come out in books for adults & children!

Ten Rules for Raising Kids in a High-Tech World

by Dr. Jean Twenge and supported by Dr. Jonathan Haidt author of the Anxious Generation, was released in September 2025. As Dr. Haidt's states, if parents can follow just a few of the ten rules in their home, they will have a happier family and healthier child. Please take the time to educate the parents in your school community after reading this book on these 10 rules to follow:

- Rule 1: You're in charge!
- Rule 2: No electronic devices in the bedroom overnight.
- Rule 3: No social media until age 16 or later.
- Rule 4: First phones should be basic phones.
- Rule 5: Give the first smart phone with the driver's license.

- Rule 6: Use parental controls.
- Rule 7: Create no-phone zones.
- Rule 8: Give your kids real-world freedom.
- Rule 9: Beware the laptop-and the gaming console, and tablet, and ...
- Rule 10: Advocate for no phones during the school day.

Learn more about each rule in Dr. Twenge's book.

The second book is an extension of the #1 best seller Anxious Generation, however The Amazing Generation book by Dr. Haidt and Catherine Price is a youth-focused guidebook released December 30, 2025. It is geared for kids ages 9 through 12 and shows kids how to live without screens, by offering kids help to find fun and freedom away from screens.

Share this book with the young students in your schools and encourage them to use technology as a tool to become more authentic, confident, and adventurous leaders rather than screen dominated youth.

Watch the 60 minutes clips on A.I. Concerns:

- Character A.I. Concerns (13:24)
- AI Chatbot Safety Concerns (7:10)
- Concern Over Teen Use of Chatbots (1:32)

New Canvas Safety Modules Will Be Coming in 2026...

The first one currently being built for school personnel is on **Human Trafficking**. With the crime of human trafficking being only second to drug trafficking in the U.S. and it continues to pop up in Nebraska news it is one topic we cannot avoid or think it does not happen in our communities. Therefore, this module is being built to help schools understand and recognize human trafficking so school personnel can help address the issue if it presents itself in their community.

Another Canvas topic currently in the building phase is a **series of bullying/cyberbullying lessons** for teachers and counselors to utilize and teach their students. These canvas lessons will be available for instructors to address bullying and cyberbullying concerns with ready-made content and activities at their fingertips.

Additionally, the school safety team is planning to construct and provide evidence-based lessons for teachers to develop digital-wise students. These **digital lessons** will be designed to help school personnel who need content and curriculum in this area. By educating students to be digitally wise to all the nuances with social media, algorithms, artificial intelligence, and chatbots, we can curb some of the safety concerns in schools.

Other modules will also be in the works very soon around **Basic Behavioral Threat Assessment Training** to aid Safe2Help NE teams and **Substance Use** (vaping and marijuana use will be two prime areas of focus).

We will notify everyone as soon as each of these modules is complete and available on the NDE Canvas site.



The 2025 School Safety & Security Award was given to Bill Jelkin from Millard Public Schools in October. Bill beat out 14 other deserving nominated people or groups who have been doing outstanding work across our state in school safety and security. Bill has helped the Millard community and assisted the Sarpy County Threat Assessment Team, as well as many others across the state in a variety of school safety areas. Learn more about Bill and the award on our [website](#) and how you can [nominate someone](#) in 2026. Nomination form for 2026 will be opening soon!

QUOTE FOR 2026:
"The past is your **LESSON**.
The present is your **GIFT**.
The future is your **MOTIVATION**."

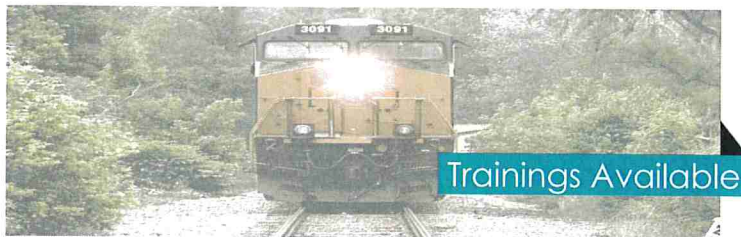
Lindsey Vonn

SAFE 2 HELP
NEBRASKA
833-980-SAFE (7233)



SAFE2HELPE.ORG





Get Parents, Staff, and the Entire Community Speaking the Same Language When It's Important

Anyone in your school or school district can take the quick Canvas Course on Standard Response Protocol (SRP) and Standard Reunification Method (SRM). Get your entire school community to learn the language of SRP and what to do when a threat, hazard, or incident happens. If we are all using the same terminology, we will know how to react to any situation that arises. If all our Nebraska schools are trained in the SRP/SRM Canvas Course and we are at a district event for band, track, or another occasion, it will allow us all to feel more comfortable and safer if a 'SECURE' is announced because we all will know what to do. Sign in and start the [SRP/SRM Canvas Module](#) today!



Emergency Operations Plan's Will Need to Be Submitted in the EOP Canvas Module in 2026/2027 School Year

All accredited public and non-public schools falling under Rule 10 will be asked to submit their EOP in the "Guidance to Prepare an Emergency Operations Plan" Canvas Course in 2026/2027 School Year. If you are already in the course and submitted an EOP in Canvas you will be exempt from needing to do it again in 2026/2027. So, get a jump and turn it in early if your school safety team is already in the system.

Accredited schools turned their EOP's in during the 2022/2023 school year for evaluation under a federal grant received by NDE in collaboration with the University of Nebraska Public Policy Center.

The main reason for the resubmission is the new Canvas Module, which allows schools to download their EOP right into the Canvas training platform. This allows school districts to have a place to store their EOP's permanently and gives them access to the template at any time to update their existing EOP's. This will also aid a new administrator in being able to find their schools existing EOP more easily. Please get your safety teams enrolled on the [Guidance to Prepare an EOP module](#)!

Please Title Your SAVED EOP with the School Name & the YEAR - ex: 'Kearney Public 2026' If updated the following year - Re-Save with Name & New Year

SCHOOL SAFETY BADGE STATUS

PLACE SCHOOL SAFETY FIRST

FILL THE FORM OUT AND GET YOUR SCHOOL ON DIAMOND STATUS!

Updated Approved Suicide Training List 2026

Nebraska School Safety Approved Annual School Trainings for Behavioral/Mental Health and Suicide Awareness/Prevention

Nebraska LE 709 - 809.2-1-1 effective beginning the 2023-24 school year

School districts must provide at least one hour of behavioral and mental health training with a focus on suicide awareness and prevention for all staff and students each year for any school district with students in grades K-12.

Each district superintendent is responsible for the selection of the annual training.

Additional training may be required for the following:

- **Applied Suicide Intervention Skills Training (ASIST)**
 - Approved 2-day, classroom instruction and self-paced online training.
 - Designed to help recognize and respond to, and act on, suicidal ideation and suicidal risk.
 - A fee may be charged for the training.
- **Building a Suicide-Safe School Community**
 - Offered as a self-paced training designed for faculty and staff at all levels within the school.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.
- **Hazelden Lifelines Prevention Staff Training**
 - This self-paced training is part of the Hazelden Lifelines Prevention program, along with student and parent training.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.
- **Making Educators Partners in Youth Suicide Prevention**
 - This self-paced training is part of the Hazelden Lifelines Prevention program, along with student and parent training.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.
- **Question, Persuade, Refer (QPR)**
 - This self-paced training is part of the Hazelden Lifelines Prevention program, along with student and parent training.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.
- **Youth Mental Health First Aid**
 - This self-paced training is part of the Hazelden Lifelines Prevention program, along with student and parent training.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.
- **Youth Suicide Awareness, Prevention and Postvention**
 - This self-paced training is part of the Hazelden Lifelines Prevention program, along with student and parent training.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.
- **SOS (Signs of Suicide) for School Staff**
 - This self-paced training is part of the Hazelden Lifelines Prevention program, along with student and parent training.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.
- **Erika's Lighthouse Staff Training: Depression and Suicide**
 - This self-paced training is part of the Hazelden Lifelines Prevention program, along with student and parent training.
 - Focuses on creating a supportive, inclusive, and safe environment for students and staff.
 - Includes a fee for the training.

Several Toolkits in Suicide Prevention & PFA-S Putting Resources At Your Fingertips

NDE School Safety: Suicide Prevention and Response

Introduction to School Suicide Prevention and Response

This training is designed for school mental health professionals who are in the early stages of their work in supporting students with suicide concerns or who have not recently completed NDE trainings. This is an introductory training offering general information and providing tools to build a foundation for suicide prevention in their schools.

The training builds the capacity to understand and effectively address:

- reasons for suicide concern and connections with the school's overall school safety and MTSS plans
- suicide warning signs/risk factors and how to build protective factors
- steps to take when suicide concerns are evident to accurately screen, keep the student safe, and provide assistance
- actions for extending targeted support for students re-entering school after a suicide related absence
- resources to support your school's comprehensive suicide prevention and response efforts

All training is provided at no charge...

Register here for either of the Zoom trainings:

Registration

Remote/Zoom Training Opportunities:

January 27, 2026
9:00-11:00 AM CT

OR

January 28, 2026
12:30-2:30 PM CT

Practical (Basic) Behavioral Threat Assessment with Dr. Mario Scalora & Dr. Denise Bulling

Join Dr. Mario Scalora and Dr. Denise Bulling in a one-day virtual workshop designed to provide practical information to guide implementation of behavioral threat assessment in a variety of settings (e.g., schools, communities). Behavioral threat assessment is a way to focus on observable actions and communications to detect patterns, ultimately determining if the person is moving toward an act of violence or violent action. Participants will have the opportunity during this workshop to:

1. Demonstrate understanding of the "Pathway to Violence" model.
2. Identify behavioral risk factors for targeted violence.
3. Evaluate communications for warning signs of targeted violence.
4. Justify levels of concern for targeted violence risk.
5. Apply the six steps of the threat assessment approach to case examples.

SPONSORS

This event is presented by The University of Nebraska Public Policy Center and the Nebraska Department of Health and Human Services. The University of Nebraska Public Policy Center (NUPPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The NUPPC maintains responsibility for this program and its content.

REGISTER ONLINE

Practical Behavioral Threat Assessment Training
(go.unl.edu/reg-basic-btam)



DATE/TIME

Thursday, March 19, 2026
8:30 a.m. - 3:30 p.m. (CT),
7:30 a.m. - 2:30 p.m. (MT)

LOCATION

Join virtually via Zoom
(receive link after registration)

QUESTIONS?

Contact McKenna Schneider
mckenna.schneider@unl.edu
402.472.5678

COST

Free to attend

REQUIRED PREREQUISITE

All participants are expected to complete the brief online course "Introduction to Principles of Behavioral Threat Assessment and Management" prior to attending the one-day workshop. It takes about one and a half (1.5) hours to complete three modules of the online course. You do not need to do it in one sitting, but you must complete each module in order. You will receive a certificate at the end of the course that can be used by Nebraska licensed mental health professionals as continuing education.

Access the online course at this website: go.unl.edu/intro-to-btam or by scanning the QR code below. You will be asked to create an account that only you will have access to that will allow you to stop and start the course and retrieve certificates of completion later.

TAKE THE PREREQUISITE

Intro to Principles of BTAM
(go.unl.edu/intro-to-btam)



INSTRUCTORS



MARIO SCALORA, PhD

Dr. Mario Scalora is the director of the Public Policy Center and professor of psychology with the Clinical Training and Law-Psychology Programs at the University of Nebraska-Lincoln, as well as coordinating an active academic research program engaging in collaborative research in targeted violence. His research interests address various types of targeted violence issues including threats to public institutions and infrastructure, threat assessment, sexual offending, stalking, and workplace violence. This research continues to involve collaboration with federal, state and local agencies addressing a range of risk assessment and management issues.



DENISE BULLING, PhD

Dr. Denise Bulling is a Licensed Independent Professional Counselor with extensive field experience in behavioral health that she uses in her work to create bridges among practitioners, academicians and policymakers using facilitation and public engagement approaches. Dr. Bulling's research interests include behavioral health policy, disaster and homeland security issues, and threat assessment.

The speakers certify that they have no affiliations with or involvement in any organization or entity with any financial interest or non-financial interest in the subject matter or materials presented in this training.

Prevention Symposium

United for Change: Strengthening Minds and Communities

Join the Panhandle Prevention Coalition for a full day of insight, prevention, and inspiration. This year's symposium features powerful stories, practical tools, and meaningful discussions on addiction, resilience, and community wellness. Hear from expert speakers, explore current drug trends with the Drug Enforcement Administration, and experience the Hidden in Plain Sight exhibit—an interactive look at where risky behaviors can hide in plain view. Together, we're uniting to strengthen minds, inspire change, and build healthier communities.



Register Now

L Thursday, April 23
8:30am - 3:00pm

- Jake Danielson
- Jay Martin
- ASAC Justin S. Dillard
- Miranda Stoll
- Attorney General Mike Hilgers
- Jim Cowser

Gering Civic Center
1050 M Street
Gering, NE

This event is open to everyone—community members, educators, first responders, and professionals committed to building healthier communities.



You will receive a certificate to apply for CEUs.

<https://tinyurl.com/mr22chev>

Cost - \$40, including light breakfast & lunch

Session Highlights

- Jake Danielson, TEDx speaker, shares his powerful story of perseverance, inspiring self-care, vulnerability, and hope.
- Jay Martin offers an eye-opening look at how digital media and artificial intelligence influence youth behavior and mental health.
- The Drug Enforcement Administration presents current drug trends impacting our communities and hosts the interactive Hidden in Plain Sight exhibit, revealing where risky behaviors can hide in everyday settings.
- Miranda Stoll explores addiction, connection, and the science of healing.
- Jim Cowser provides updates on the new regional crisis stabilization and substance treatment center in Kimball.
- The Nebraska Attorney General's Office closes with a timely overview of medical marijuana in the state.

Contact Us

Suzanne Crane
scrane@pphd.ne.gov
308-672-9800



This project is funded 100%, \$65,500 from the Substance Abuse Prevention, Treatment, and Recovery Services Block Grant (B08108019-01) through the Substance Abuse and Mental Health Administration, contracted through the Nebraska Department of Health and Human Services, Division of Behavioral Health.

Prevention Symposium

Presenter Bios

Jake Danielson

Jake Danielson is a TEDx speaker, motivational speaker, podcaster, devoted mental health and wellness advocate, and insightful life coach committed to helping people unlock their potential. Jake received his bachelor's degree from the University of South Dakota in 2020.

As someone experienced in combating mental health issues, Jake uses his unique testimony as a beacon of hope. Each battle he faced and conquered fuels his mission to empower others, transforming lives by teaching the art of self-care and the power of vulnerability.

Jay Martin

Jay Martin is the School Safety & Security, Director with the Nebraska Department of Education. He retired from his law enforcement career in 2020. During his tenure he taught, developed curriculum, and partnerships with former digital platform employee's, National Association of School Resource Officers (NASRO), Internet Crimes Against Children (ICAC), human trafficking task forces, movie producers, authors, doctors in psychology, and he ghost wrote on digital best practices. Also, he spent time teaching in Omaha and Colorado schools. His career has been committed to educating communities in developing a better culture and climate for youth.

ASAC Justin S. Dillard

Justin S. Dillard is the Assistant Special Agent in Charge (ASAC I) for the Drug Enforcement Administration - Omaha Field Division. ASAC Dillard began his career as a Special Agent with the Drug Enforcement Administration in 2002. He was initially assigned to the Los Angeles Division's Reno Resident Office. In 2009, ASAC Dillard transferred to the Istanbul Resident Office, Middle East Region and was later assigned as the first Special Agent in the Sofia, Bulgaria Resident Office. In 2015, he was promoted and assigned to the Rocky Mountain Division as a Group Supervisor. In April 2019, ASAC Dillard transferred to the Kabul Country Office (KCO) as the Country Attaché where he worked until the withdrawal of the United States from Afghanistan. In December 2021, ASAC Dillard received his headquarters assignment to the El Paso Intelligence Center (EPIC) as the Unit Chief of the Global Tracking Unit. In December 2022, ASAC Dillard was promoted the Section Chief of the Mission Support Section within EPIC, responsible for the National License Plate Reader Program (NLPR), the General Watch, Air Watch and Security Unit. Prior to his employment with DEA, ASAC Dillard served as a Trooper for the Colorado State Patrol from January 1999 to November of 2002. ASAC Dillard holds a Bachelor of Arts degree from the University of Northern Colorado in Sociology.

This project is funded 100%, \$65,500 from the Substance Abuse Prevention, Treatment, and Recovery Services Block Grant (B08108019-01) through the Substance Abuse and Mental Health Administration, contracted through the Nebraska Department of Health and Human Services, Division of Behavioral Health.

Prevention Symposium Presenter Bios



MIRANDA STOLL

Miranda Stoll is a licensed independent mental health practitioner, and a licensed alcohol and substance abuse counselor. Miranda is also a Master Level Reiki Practitioner and continues to deepen her understanding of the mind-body connection in all areas of life. Miranda has been fortunate enough to learn from and work with a diverse population that includes veterans, first responders, survivors of domestic violence, sexual assault, human trafficking and their families, drug court participants, federal parolees, and many other youth and adult populations. Miranda has spent the past few years obtaining certification in EMDR, and is now an EMDR Consultant in Training. Synergetic Play Therapy, and trained in TF-CBT. Miranda continues to deepen her understanding through training, personal coaching, and hands-on learning experiences.

ATTORNEY GENERAL MIKE HILGERS

Elected as Nebraska's 33rd Attorney General in 2022, Mike Hilgers has focused on keeping Nebraska families safe, defending constitutional rights, supporting law enforcement, and protecting the state's natural resources and water. During his six years in the Nebraska Legislature—two as Speaker—he led efforts to strengthen public safety, safeguard individual freedoms, and promote responsible stewardship of Nebraska's land and water. His leadership continues to center on protecting Nebraskans and ensuring the state remains strong and secure for future generations.

JAMES COWSER

Jim Cowser, MSSW, LCSW, MCAP, is the current CEO of Central Wyoming Counseling Center. Previously, Cowser was the Director of Innovative Clinical Solutions at Hazelden Betty Ford Foundation. Cowser has interest in both direct clinical practice and the effective development of systems that include integrated services and co-response with law-enforcement. Cowser embraces a framework for the flexible use of standardized and evidence-based practices to address the complex challenges of implementation across diverse settings. These implementation strategies can quickly lead to implementation practices within sustainable treatment delivery systems. Cowser's experience across various service settings includes corrections, community supervision, integrated primary care and inpatient and outpatient specialty care. His focus on person-centered approaches and the integration of all effective treatment methods and modalities results in realistic and effective plans.



This project is funded 100%, \$65,500 from the Substance Abuse Prevention, Treatment, and Recovery Services Block Grant (B08108019-01) through the Substance Abuse and Mental Health Administration, contracted through the Nebraska Department of Health and Human Services, Division of Behavioral Health.

PREVENTION SYMPOSIUM UNITED FOR CHANGE: STRENGTHENING MINDS AND COMMUNITIES

Details	
Meeting date & time	Thursday, April 23, 2026
Location	Gering Civic Center, 1050 M Street, Gering, NE

AGENDA

Time	Description	Presenter
8:00 am	Check-in	
8:30 - 8:35 am	Welcome & Introductions	Suzanne Crane
8:35 - 9:35 am	5 Ways to Manage Your Mind and Emotions to Become a Better Leader	Jake Danielson
9:35 - 9:50 am	Break/Hidden in Plain Sight Room	
9:50 - 10:50 am	Impact of Social Media on Youth	Jay Martin
10:50 - 11:50 pm	Drug Enforcement Administration--Drug Trends	Justin S. Dillard
11:50 - 12:45 pm	Lunch/Hidden In Plain Sight Room	
12:45 - 1:45 pm	Hard Conversations That Heal: Addiction, Connection, and the Science of Change	Miranda Stoll
1:45 - 2:00 pm	Break/Hidden In Plain Sight Room	
2:00 - 2:30 pm	Medical Marijuana in Nebraska - current landscape and community impact	AG Mike Hilgers
2:30 - 3:00 pm	Update on the Regional Crisis Stabilization Unit in Kimball	Jim Cowser
3:00 pm	Closing Remarks and Drawings	



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February is **National Hot Breakfast Month**. A hot breakfast can be anything from pancakes and waffles to breakfast sandwiches to oatmeal or cream of wheat. Which hot breakfasts will you try this month?



BREAKFAST

MONDAY

Cereal, Toast, or
Pancakes
Juice or Fruit
Milk
Yogurt

02

Cereal, Toast
or Pancake-on-a-Stix
Juice or Fruit
Milk
Yogurt

09

Cereal, Toast
or Pancakes
Juice or Fruit
Milk
Yogurt

16

NO SCHOOL

23

TUESDAY

French Toast
Sausage or Egg
Juice or Fruit
Milk
Yogurt

03

French Toast
Sausage or Egg
Juice or Fruit
Milk
Yogurt

10

French Toast
Sausage or Egg
Juice or Fruit
Milk
Yogurt

17

Cereal, Toast
or Pancakes
Juice or Fruit
Milk
Yogurt

24

WEDNESDAY

PopTart- PBS
or Proteinball
Juice or Fruit
Milk
Yogurt

04

PopTart, PBJ
or Protein Ball
Juice-or Fruit
Milk
Yogurt

11

PopTarts, PBJ
or Protein Ball
Juice- or Fruit
Milk
Yogurt

18

PopTarts, PBJ
or Protein Ball
Juice or Fruit
Milk
Yogurt

25

THURSDAY

Pizza or Omelet with Toast
Juice or Fruit
Milk
Yogurt

05

Biscuits & Gravy
or Omelet with Toast
Juice- or Fruit
Milk
Yogurt

12

NO SCHOOL

19

Breakfast Sandwich
or Omelet with Toast
Juice or Fruit
Milk
Yogurt

26

FRIDAY

Cereal
Cinnamon Roll
Juice or Fruit
Milk
Yogurt

06

Cereal or
Muffin
Juice or Fruit
Milk
Yogurt

13

NO SCHOOL

20

Cereal or Donut
Juice or Fruit
Milk
Yogurt

27



FEBRUARY 2026



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.
Reference: USDA MyPlate



LUNCH

MONDAY

Chicken Nuggets
corn
Fruit cup
Dinner Roll
Milk

02

Burrito or Enchilada with
Lettuce-Cheese-Salsa
Corn
Fruit Cup
Milk

09

Macho Nacho
Corn
Fruit Cup
Dinner Roll
Milk

16

NO SCHOOL

23

TUESDAY

Cream Chicken with Biscuit
Mashed Potatoes
Fruit / Blueberry Pie
Dinner Roll
Milk

03

Meat Loaf
Mashed Potatoes & gravy
Fruit Cup or Peach Crisp
Dinner Roll
Milk

10

Tater Tot Casserole or
Macaroni and Cheese
Fruit Cup, Blueberry Cake
Dinner Roll and Milk

17

Chicken Nuggets
Cheesy Green Beans
Fruit Cup
Dinner Roll
Milk

24

WEDNESDAY

Spaghetti with Meat Sauce
Green Beans
Fruit Cup
Garlic Bun
Milk

04

Chicken Fajita with
Lettuce-Cheese-Salsa
Peas or Refried Beans
Fruit Cup
Milk

11

Corn Dog or Plaindog
Tuna salad
Chips, Baked Beans
Fruit Cup
Milk

18

Lasagna or
Cheesy Potatoes with Ham
Corn
Fruit Cup, Garlic Bun
Milk

25



THURSDAY

Chicken & Rice or Vegetable
Beef Soup
with Crackers & Cheese
Dinner Roll or Cookie
Milk

05

Chili or Ham & Beans Soup
with Crackers & Cheese
Fruit Cup
Cinnamon Roll
Milk

12

NO SCHOOL

19

Beef Noodle or
Potato & Ham Soup with
Crackers, Cheese, Fruit Cup
Dinner Roll or Cookie
Milk

26



FRIDAY

Hot Ham & Cheese
Chips
Baked Beans
Fruit Cup
Milk

06

Chicken Sandwich
Chips
Baked Beans
Fruit Cup
Milk

13

NO SCHOOL

20

Chicken Philly
or Fish Sandwich
Chips, Baked Beans
Fruit Cup
Milk

27



FEBRUARY 2026

Sargent Public Schools

Calendar

<div>February ▼</div> <div>2026 ▼</div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:00pm: JH Basketball vs Central Valley @ Sargent	3 5:00pm: Girls JV/V Basketball @ Burwell	4 FFA District State Degree Interviews	5 6:00pm: G/B Varsity Basketball vs A/M @ Sargent	6 JH Boys & Girls Basketball vs Elba in Taylor G & B BB Parents Night 10:00am: Wrestling Loup City Duals 6:00pm: G/B Varsity Basketball vs Elba @ Taylor	7
8	9 MNAC Band Clinic (9th-12th Grades) 1:00pm: JH Basketball vs South Loup @ Callaway Boys play 1st 7:00pm: School Board Meeting	10 6:00pm: G/B Varsity Basketball vs SEM @ Sumner	11	12	13 2:00pm: Wrestling Districts Day 1 @ TBD 6:00pm: G/B Varsity Basketball vs Central Valley @ Greeley	14 Speech Meet in Burwell 9:00am: Wrestling Districts Day 2 @ TBD
15	16 Girls Basketball Sub-Districts TBD	17 NSAA Girls State Wrestling Girls Basketball Sub-Districts TBD Random Acts of Kindness Day	18 NSAA Girls State Wrestling 1:00pm: 1 PM Dismissal - Teacher Workday (PM)	19 NSAA State Wrestling Tournament No School -Winter Break	20 NSAA State Wrestling Tournament No School -Winter Break Girls Basketball Sub-Districts TBD 6:00pm: Boys Basketball @ Burwell	21 NSAA State Wrestling Tournament Speech Meet in Loup City
22	23 Boys Sub-Districts TBD No School- Staff Professional Development	24 Boys Sub-Districts TBD FFA District CDEs	25	26	27 Girls Basketball District Finals TBD Boys Basketball Sub-Districts TBD	28