

# Sargent Public School

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### Veteran's Day Program by Leeann Stutzman

Veterans Day of 2023 was a memorable moment with Sargent Schools with performances by the choir, band, senior speeches, elementary poems, and guest speakers from the Sargent American Legion. Our senior speakers consisted of Melissa Slagle, Cassidy Grint, Sarah Riddle, Tallin Schauda, and Logan Rugg. The seniors wrote about wars and the importance of Veteran's Day. The elementary students wrote single word poems about the military as well as sang patriotic songs.

Veteran's Day is a day to remember the men and the women who have served for the United States of America. Every year Sargent Public Schools puts on a program to honor and thank our Veterans who fought for our freedoms.

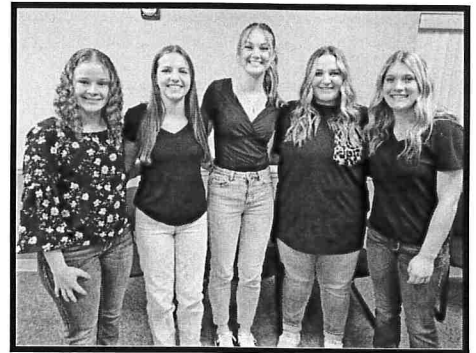


## FBLA News

It was another busy yet exciting month for the Sargent FBLA Chapter! The March of Dimes Committee discussed ways to educate students about helping families with premature babies. On Friday, November 17th, the Sargent FBLA Chapter encouraged students and staff to wear purple. The reason for this is because November 17th is World Prematurity Day. World Prematurity Day is a movement to raise awareness of premature birth.

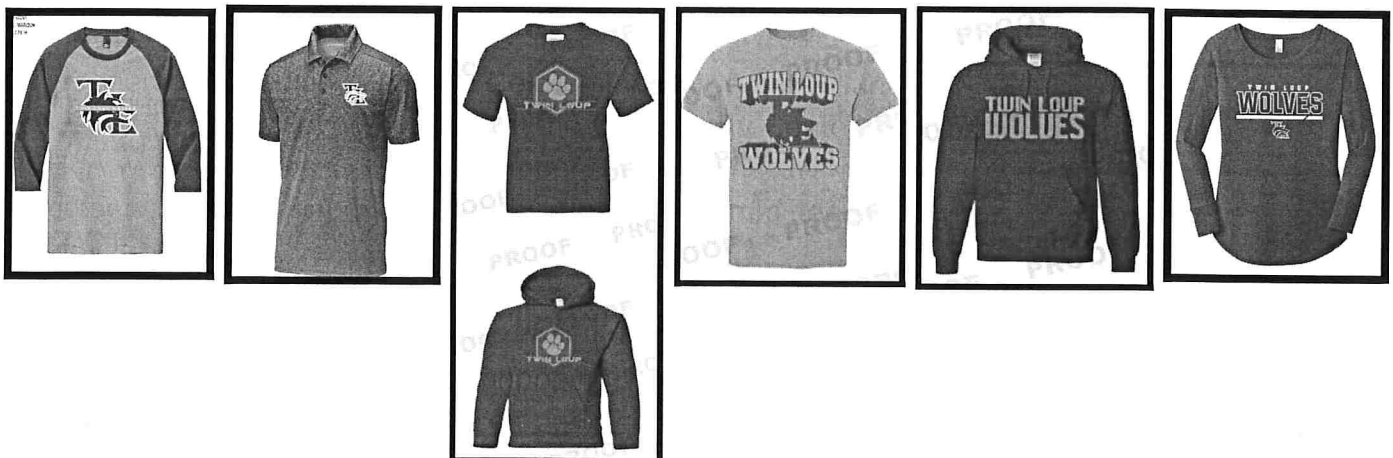


Five members helped serve the Celebrating Sargent banquet meal on Sunday, November 19th at the Community Center. FBLA works with the Sargent Chamber on several activities and serving at the banquet helps the Chamber committee enjoy the evening.



With Christmas right around the corner, the Wolf Den is ready to help you with your Christmas shopping. We should be getting new arrivals by early December. These items include: black hoodies for adult and youth, black tshirt for youth and grey tshirt for adults, black jacket, black and grey mens raglan ¾ sleeve shirt, black polo shirts, and womens black long sleeve shirt. We have discounted some of our older items. The Wolf Den is open during all home events in Sargent or by appointment by calling Jan Osborn at (308) 215-8009. Thank you for supporting Sargent FBLA!

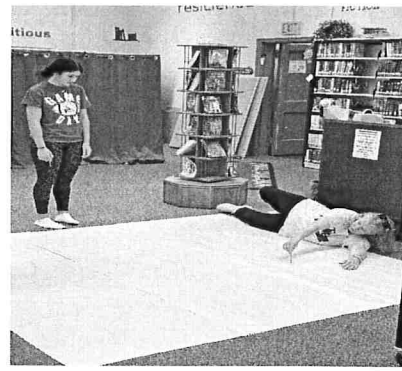
Carsen Vincent, FBLA Reporter



## One-Act performed “A Trip to the Moon”

This year’s One-Act group performed “A Trip to the Moon” at Districts in Newman Grove on Monday, November 27th. They received 5th place overall and 2nd place Technical Award. The group as a whole also received 8 Superior Acting Awards. This year’s production was a complex production of 6 scenes surrounding the Moon Landing in 1969. The scenes each touched on different situations happening in the country during this time period. The students did a great job of interpreting each scene and learning about what life was like during this time in the U.S. This year’s team included: *Sarah Riddle, Waylon McBride, Matthew Putnam, Carsen Vincent, Koooper Keefe, Clayton Hazen, Xackary Lowry, LoReena Schauda, TJ Horky, Mace Beran, Gabe Lunde, Bambi Conner, Brody Schipporeit, and student managers Alli Smith, and Kinley Keefe.*





The SHS Drama Team would like to thank Mrs. Fiorelli's Art classes for helping to paint our backdrops, and Mr. Horky's Shop class for helping to design and build our set this year.



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## SHS DRAMA SENIOR SPOTLIGHT



Sarah Riddle



Waylon McBride

Sarah and Waylon are the seniors in One Act. Sarah played Cindy and Mary, and Waylon played Hank and Jeff. The One Act team placed 3rd in MNAC and placed 5th at Districts.

# Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School  
Title I-Educational Service Unit 10



November 2023

## Expand world knowledge during Geography Awareness Week

Knowing where a place is on a map gives your child information for understanding more about it. But geography is about much more than maps. It's about how places shape people, and how people shape places.

November 13-17 is Geography Awareness Week. Help your child celebrate and learn about the world's places and people with some of these activities:



- **Locate the news.** When you and your child hear a news story about an unfamiliar place, locate it on a map. Then, together, look up and learn a few facts about the location and the people who live there.
- **Take a virtual trip.** Search online for pictures and information about a country you and your child would like to visit. Together, research cultural, historical and natural things to see and do there.
- **Make community connections.** Help your child discover why your town is located where it is. Who first settled there? When and how did they arrive? How does your location affect what jobs people do there (agriculture, tourism, etc.)? How is your town connected to the rest of the world (by roads, airports, rivers, etc.)?
- **Make maps.** Have your child draw maps of the routes from your home to school, a store or a friend's house. When you travel to those places, follow the maps.

## Give your child's social skills room to develop

Sometimes, children need a sympathetic ear more than a solution. In the case of friendship issues, the best way to help is often to take a step back. If your child comes to you with a friend problem, listen closely. Say things like, "That sounds frustrating. What did you do next?" This says that your child can act to affect the outcome. Then give your child a chance to figure out a solution.

## Promote physical activity

Regular exercise helps children stay healthy and do better in school. But research shows that as early as age seven, children's physical activity levels start to decline. To help keep your child fit and learning well:

- **Play active games.**
- **Have contests.** See who can do the most jumping jacks in 30 seconds.
- **Climb stairs.** An average stair is 7.5 inches tall. How high can your child climb?



Source: I. Lounassalo and others, "Distinct trajectories of physical activity and related factors during the life course in the general population: a systematic review," *BMC Public Health*.

## Be clear about cheating

Elementary schoolers are often confused about cheating. They believe it is wrong, but they also think it might be OK in some situations. Make it clear to your child that:

- **Cheating is always wrong.**
- **Your love** doesn't depend on grades.
- **It is never OK** to cheat in order to help a friend. Role-play ways your child can say *no*.



## Show the many purposes of reading

Your example is one of the best teachers around. So, to build your child's enthusiasm for reading, demonstrate the many things *you* gain from doing it. Let your child see you reading often. As you do, explain that you are:

- **Reading to learn.** "I am trying to figure out how to fix this leaky faucet. This article explains what to do."
- **Reading for enjoyment.** Show that reading is a fun activity that's not just for school or work.
- **Reading for information.** Show your child how you read a bus schedule in order to decide when to leave the house, or search online or in a cookbook to find a new way to prepare zucchini.
- **Reading to pass time.** Bring something to read wherever you go. Any time you and your child have to wait, read aloud together, or share a nugget from a book or article you are reading that might interest your elementary schooler.

# Helping Children Learn<sup>®</sup>

Tips Families Can Use to Help Children Do Better in School



ELEMENTARY SCHOOL

November 2023



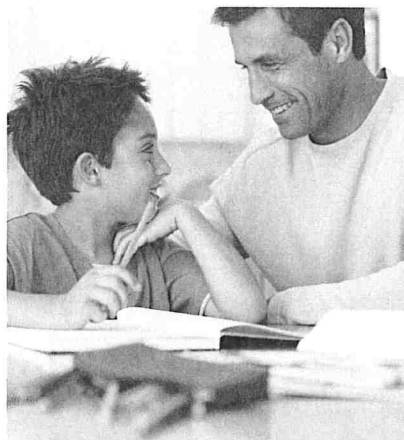
## How can I help my child face challenges with confidence?

**Q: My third grader's response to new challenges is to say "I can't" before even trying. This lack of self-confidence is new this year. What should I do?**

**A:** Several factors may be combining to lower your elementary schooler's self-confidence. For example:

- **Your child may be afraid** of making mistakes. Adults tend to point out things kids do wrong more than things they do right. Fault-finding can lead children to doubt their abilities.
- **Your child may feel the need** to be perfect. Children who feel this way may give up rather than attempt to do a task they aren't sure they can do with 100 percent accuracy.
- **Your child may be suffering** from comparisons. Kids who feel they can't measure up—especially when adults compare them to others—often stop trying.
- **You may be "overdoing"** for your child. When parents do tasks kids can do for themselves, the kids get the message that they are not capable.

To provide a self-confidence boost, explain that everyone makes mistakes and they help us learn. Praise the things your child does well. Show that you believe your child is a capable person, and eventually your child will believe it.



## Parent Quiz

### Are you fostering community spirit?

Your child is a member of many groups—your family, the school, the larger community. Are you promoting the attitudes and skills a responsible group member needs? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Do you talk** with your child about school and family rules and why they are important?
- \_\_\_ **2. Do you teach** your child that it is essential to honor commitments and promises?
- \_\_\_ **3. Do you volunteer** as a family to help others in your community?
- \_\_\_ **4. Do you model** fair play and sportsmanship when you play games or watch sporting events with your child?
- \_\_\_ **5. Do you make** it clear that the person responsible for

your child's behavior is your child?

#### How well are you doing?

*More yes answers mean you are teaching your child how to work as part of a group. For each no, try that idea.*

*"Alone we can do so little. Together we can do so much."*  
—Helen Keller

## Encourage positive behavior

A large part of discipline should happen *before* your child misbehaves. Experts agree that to motivate good behavior, it helps to:

- **Create a loving,** respectful relationship with your child.
- **Praise what your child** does right.
- **Prevent repeated misbehavior** by making changes. A child who is always cranky and slow in the morning, for example, may need an earlier bedtime.

## Support science success

Boosting your child's scientific know-how isn't complicated. Here are two easy ways to build science skills:

### 1. Use science tools

together. Measure things with rulers. Use the scale at the market to weigh produce. Consult a compass to find out what direction you are walking in.



- ### 2. Encourage questions
- and look for answers. If your child asks, "What makes rain fall out of clouds?" say, "Let's find out!" Then help your student find the answer online or at the library.

Source: M.E. Ennes and others, "Children and Parents' Perceptions of Access to Science Tools at Home and Their Role in Science Self-efficacy," *Research in Science Education*, Springer.

## Model values in action

When it comes to values and attitudes, you are your child's role model. Show your child what these school success traits look like:

- **Honesty.** Tell your child the truth. Admit your mistakes.
- **Dependability.** Live up to commitments to your child and others.
- **Fairness.** Get all sides of a story before passing judgment.

## Helping Children Learn<sup>®</sup>

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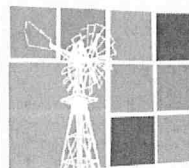
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NOVEMBER 21, 2023

# THE LATEST AT LBPHD



Loup Basin  
PUBLIC HEALTH DEPARTMENT

## American Diabetes Month

If you are diagnosed with diabetes, you can still live your best life, all you have to do is take action and stick with it. Warning signs of diabetes: Urinating often, feeling very thirsty, feeling very hungry, extreme fatigue, blurry vision, cuts/bruises that are slow to heal, weight loss (type 1), tingling, pain or numbness in hands/feet (type 2.) Early detection can decrease the risk of developing the complications of diabetes. Early detection can be found by going to your medical care provider and having tests ran. One test is for your A1C, what is that? A1C test measures your average blood glucose for the past two to three months. Diabetes is diagnosed at an A1C of greater than or equal to 6.5%.

### A1C

Normal  
Less than 5.7%

Prediabetes  
5.7% to 6.4%

Diabetes  
6.5% or higher

**116,500** Americans  
will be diagnosed  
with diabetes  
this month.



American  
Diabetes  
Month

Proud  
Supporter  CVS  
Health.

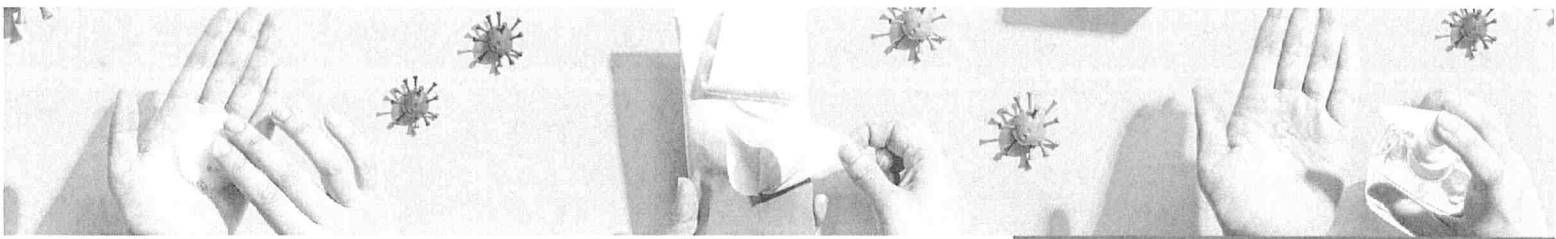
## This issue:

American Diabetes Month

COVID-19

Healthy Families

Job Openings



# COVID-19

As we are heading into the holiday season, here is your reminder for the recommended COVID-19 guidance. The Nebraska Respiratory Illness Dashboard is reporting an increase in COVID-19 Percent Positive throughout the state. (Please remember we are not able to report numbers specifically to our district, as we do not have that information due to the ending of the pandemic.) This upcoming Thanksgiving, let's spread thanks, not germs, stay home if you are sick! To view this dashboard visit DHHS Nebraska Respiratory Illness Dashboard.

Order at-home  
**COVID-19**  
 tests for free,  
 that get  
 delivered  
 directly to  
 your mailbox!

ORDER THEM AT  
 COVID.GOV

## TAKE ACTION IF YOU HAVE COVID-19

If you are sick, stay home and get tested for COVID-19.  
 If you test positive, stay home and isolate for at least 5 days.

### GIVE SPACE TO PEOPLE YOU LIVE WITH & DO NOT HOST VISITORS

Stay in a separate part of your home when possible and use a different bathroom if you can.

### WASH YOUR HANDS

With soap and water for 20 seconds each time you wash them.

### CLEAN ALL "HIGH TOUCH" SURFACES

Wipe down and sanitize shared spaces often.

Mild illness?

**STAY HOME AT LEAST 5 DAYS**

Moderate or Severe illness?

**STAY HOME AT LEAST 10 DAYS**

**WEAR A MASK FOR 10 DAYS**

Over your mouth and nose.

Even at home around other people.

**AVOID PEOPLE AT RISK FOR SEVERE ILLNESS**

## WHAT TO DO: STAY HOME, MASK & MONITOR

### DAY 0

This is the first day you test positive or have symptoms.

Stay home and stay away from others (isolate)

If you are at risk for severe illness, talk to your doctor about treatment.

Risk factors for severe illness:

- Age over 65
- Obesity
- Medical conditions

(link: CDC list of risk factors)

### DAY 6

End isolation on day 6 or later if:

You *never* had symptoms or if you are fever-free for 24 hours and other symptoms have improved.

Continue to mask.

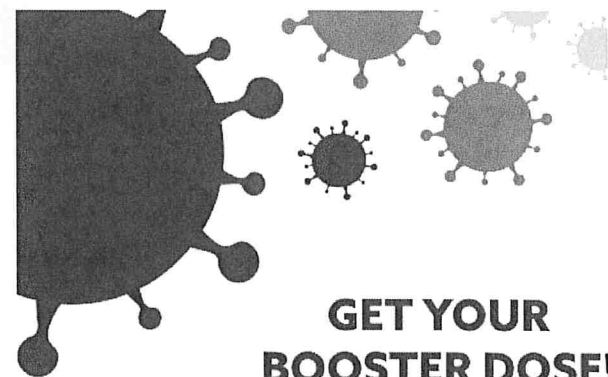
After day 6, you may use 2 consecutive negative antigen tests, (48 hours apart) to decide when to stop masking.

### DAY 11

If you remain symptom and fever free without the use of medication, you can stop masking on day 11 or later.



We know there's a lot of information out there, but let's keep it simple and clear. The COVID-19 vaccine is a key player in our fight against the virus. Wondering where to get vaccinated? Call us in Burwell to schedule an appointment, at 308-346-5795. Still, have questions? Contact us or talk to your healthcare provider. Getting vaccinated is a powerful way to help us protect ourselves, and our loved ones this holiday season!



**GET YOUR BOOSTER DOSE!**  
 PROTECT YOURSELF & OTHERS



# Healthy Families

Do you have questions about your child's car seat? Talk to one of our Child Passenger Safety Technicians! Trust our Child Passenger Safety Technicians to secure your little ones on every road trip.



Head over to our facebook page to enter our giveaway for National Family's Week!

“ICK” Season is upon us, and there is nothing worse than seeing your baby sick! Try these tips to help your baby through that nasty cold illness at home:

- Offer plenty of fluids
- Suction your baby's nose
- Try nasal saline drops
- Moisten the air with a cool humidifier



# Job openings

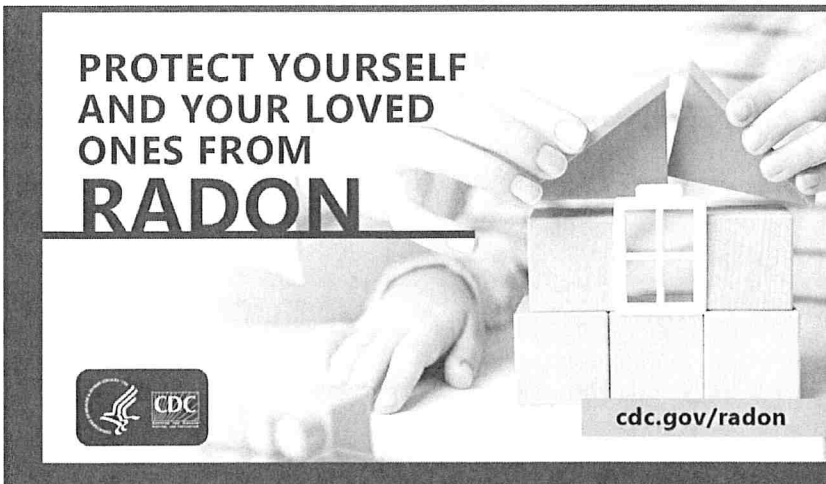
## Immunization Program Coordinator (Nurse)

Loup Basin Public Health Department is currently seeking a dedicated and motivated Nurse Coordinator for our comprehensive Vaccine Program. As the Program Coordinator, you will oversee and coordinate the administration of vaccines, scheduling, and coordination of vaccination clinics across our expansive 9-county district. This role involves working in various settings, including long-term care facilities, businesses, and schools.

## Preventative Services Coordinator (Nurse)

As a Preventative Services Coordinator at Loup Basin Public Health Department, you will be responsible for organizing and conducting wellness screening clinics, managing the dispersal of colon cancer screening kits, and collaborating with partners to promote health and prevent chronic diseases in our community.

Interested candidates are invited to submit their application through <https://lbphd.bamboohr.com/hiring/jobs/24>.

A graphic with a dark background. On the left, the text reads "PROTECT YOURSELF AND YOUR LOVED ONES FROM RADON" in white, bold, sans-serif font. Below this is the CDC logo. On the right, there is a photograph of hands building a house with wooden blocks. At the bottom right of the graphic, the URL "cdc.gov/radon" is written in white.

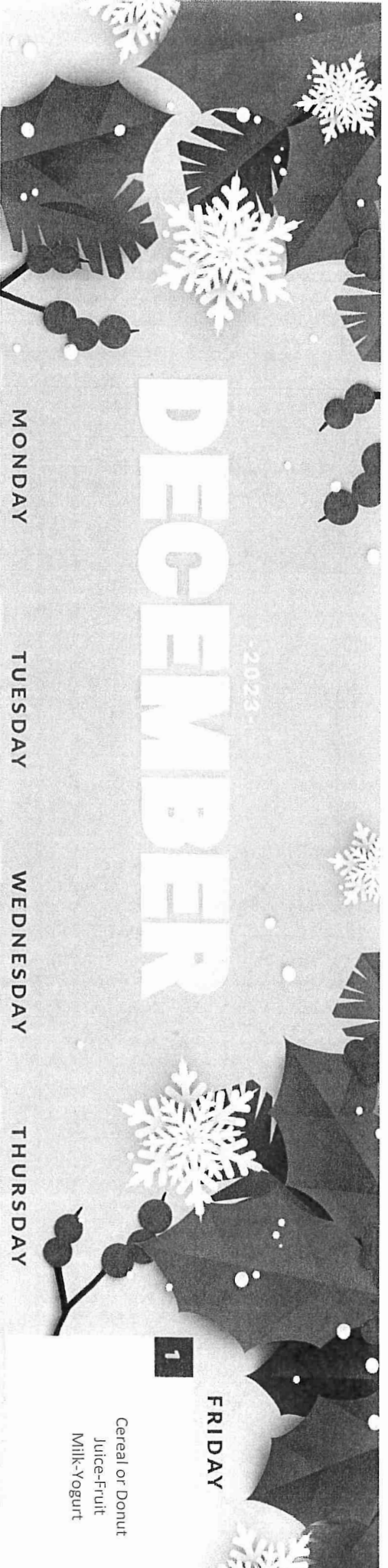
**PROTECT YOURSELF  
AND YOUR LOVED  
ONES FROM  
RADON**

cdc.gov/radon

Radon is an invisible, odorless, tasteless, and risky thing. Test your home for radon today! You can either pick up a radon test at our office in Burwell, or we can ship one to your mailbox! To have a radon test kit mailed to you, visit our website [lbphd.ne.gov](http://lbphd.ne.gov) and click "Radon Kits."

Water test kits can be picked up at LBPHD. Water test kits include many different options for tests to be run on your water sample. Nearly 20% of Nebraska's population depends on private wells for its water needs. Routine sampling has shown that 15% of water supplies are contaminated with coliform bacteria, have elevated nitrates, or both!





# 2023 DECEMBER

**FRIDAY**

Cereal or Donut  
Juice-Fruit  
Milk-Yogurt

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

## Breakfast Menu

Cereal – Toast  
Or Pancakes  
Juice – Fruit  
Milk – Yogurt

French Toast  
Egg or Sausage  
Juice – Fruit  
Milk – Yogurt

Pop Tarts – PBJ  
Or Granola Bar  
Juice – Fruit  
Milk – Yogurt

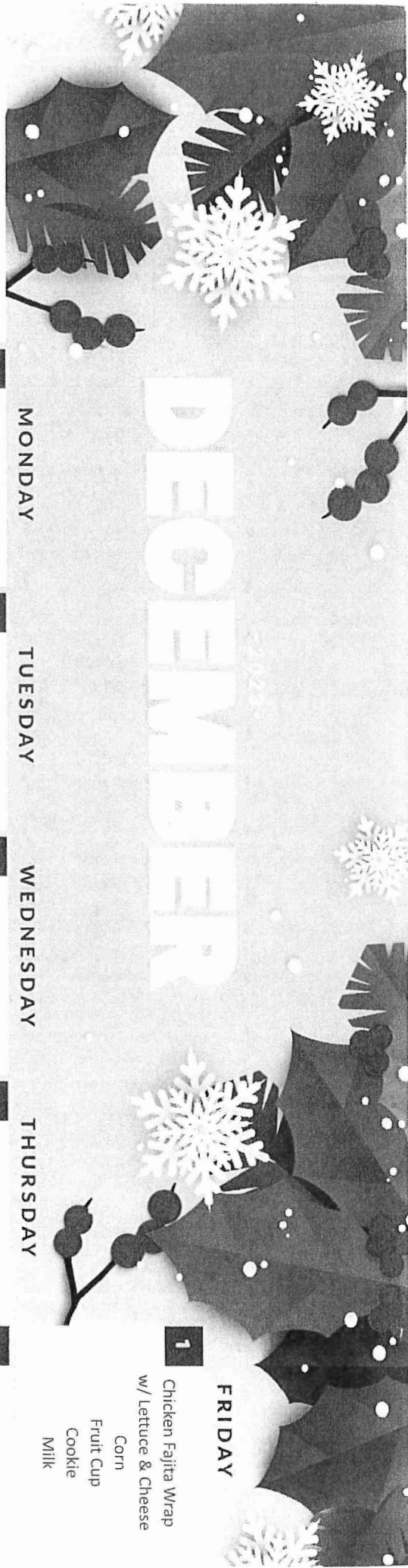
Biscuits & Gravy  
Or Omelet w/ Toast  
Juice – Fruit  
Milk – Yogurt

Crackers or Muffin  
Juice – Fruit  
Milk – Yogurt

## Menu subject to change

This establishment is an equal opportunity provider and employer.

<b>4</b>	Cereal – Toast Or Pancakes Juice – Fruit Milk – Yogurt	<b>5</b>	French Toast Egg or Sausage Juice – Fruit Milk – Yogurt	<b>6</b>	Pop Tarts – PBJ Or Granola Bar Juice – Fruit Milk – Yogurt	<b>7</b>	Biscuits & Gravy Or Omelet w/ Toast Juice – Fruit Milk – Yogurt	<b>8</b>	Crackers or Muffin Juice – Fruit Milk – Yogurt
<b>11</b>	Cereal-Toast or Pancakes Juice-fruit Milk-Yogurt	<b>12</b>	French Toast Egg or Sausage Juice -Fruit Milk-Yogurt	<b>13</b>	Pop Tarts-PBJ Or Granola Bar Juice-Fruit Milk- String Cheese	<b>14</b>	Breakfast Sandwich Or Omelet w/Toast Juice-Fruit Milk-Yogurt	<b>15</b>	Cereal-Toast Or Muffin Juice-Fruit Milk-Yogurt
<b>18</b>	Cereal-Toast Or Pancakes Juice-Fruit Milk-Yogurt	<b>19</b>	French Toast Egg or Sausage Juice-Fruit Milk-Yogurt	<b>20</b>	Pop Tart or PBJ Or Granola Bar Juice-Fruit Milk-Yogurt	<b>21</b>	Pizza or Omelet w/ Toast Juice-Fruit Milk-Yogurt	<b>22</b>	Cereal or Donut Juice-Fruit Milk-String Cheese
<b>25</b>	NO SCHOOL CHRISTMAS BREAK	<b>26</b>	NO SCHOOL CHRISTMAS BREAK	<b>27</b>	NO SCHOOL CHRISTMAS BREAK	<b>28</b>	NO SCHOOL CHRISTMAS BREAK	<b>29</b>	NO SCHOOL CHRISTMAS BREAK



# DECEMBER 2021

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**4**

Taco Salad w/  
Lettuce-Salsa-Cheese  
Refried Beans or Rice  
Fruit cup  
Milk

**5**

Hot Beef Sandwich  
Mashed Potatoes w/  
Gravy  
Fruit Cup-Apple Crisp  
Milk

**6**

Tater Tot Casserole or  
Mac & Cheese  
Carrots  
Fruit Cup  
Dinner Roll  
Milk

**7**

Chili w/ Crackers &  
Cheese  
Fruit Cup  
Cinnamon Rolls  
Milk

**8**

Smoked Pork Sandwich  
Chips  
Baked Beans  
Fruit  
Milk

**1**

Chicken Fajita Wrap  
w/ Lettuce & Cheese  
Corn  
Fruit Cup  
Cookie  
Milk

### LUNCH MENU

Menu subject to  
change

Salad Bar available  
each day

This establishment is  
an equal opportunity  
provider and  
employer.

**11**

Burrito or Enchilada  
Lettuce-Cheese- Salsa  
Corn  
Fruit Salad  
Milk

**12**

Chicken Noodles  
Mashed Potatoes  
Fruit Cup/ Strawberry  
Cake  
Dinner Roll  
Milk

**13**

Spaghetti w/ Meat  
Sauce  
Green Beans  
Fruit Cup  
Breadstix  
Milk

**14**

Potato, Chicken and  
Rice Soup  
Crackers & Cheese  
Fruit Cup  
Cookie  
Dinner Roll  
Milk

**15**

Chicken Sandwich  
Chips  
Baked Beans  
Fruit Cup  
Milk

**18**

Chicken Nuggets  
Corn  
Fruit Cup  
Dinner Roll  
Milk

**19**

Turkey or Ham  
Stuffing  
Mashed Potatoes  
Fruit Cup or  
Pumpkin Pie  
Dinner Roll  
Milk

**20**

Beef & Noodle or  
Chicken Vegetable  
Soup w/ Crackers &  
Cheese  
Fruit cup  
Dinner Roll  
Milk

**21**

Corndog  
Chips  
Baked Beans  
Fruit Cup  
Milk

**22**

No Lunch  
11:30 Dismissal

**25**

No School  
Christmas Break!!

**26**

No School  
Christmas Break!!

**27**

No School  
Christmas Break!!

**28**

No School  
Christmas Break!!

**29**

No School  
Christmas Break!!

# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 11am Wrestling v Ravenna @Ravenna 6pm G BB v South Loup @Sargent 7:30pm B BB v South Loup @Sargent	2 4pm G BB v Sandhills @Sandhills 5:30pm B BB v Sandhills @Sandhills
3 11am JH Wrestling Tourney @Anselmo	4	5 State Play Production	6	7	8 11am TL Invite @Sargent 6pm G BB v Stuart @Taylor	9 BB v Brady @Brady G BB v Brady @Brady 10am BB Tourney @Anselmo
10	11 5pm Board Meeting 7pm Elem Christmas Music Program	12 6pm G BB v Palmer @Palmer 7:30pm B BB v Palmer @Palmer	13	14	15 5pm Wrestling Tri @Ansley 6pm G BB v Sandhills @Taylor 7:30pm B BB v Sandhills @Taylor	16 10am Wrestling Tourney @Cambridge 2pm G BB v Hyannis @Taylor 3pm GJV BB v Hyannis @Taylor 3:30pm B BB v Hyannis @Taylor 4pm BJV BB v Hyannis @Taylor
17	18 7:30pm Jr/Sr High Christmas Music Program	19 6pm G BB v Riverside @Riverside 7:30pm B BB v Riverside @Riverside	20	21 8am 7-12th Career Day	22 End of 1st Semester 11:30am Dismissal Christmas Break	23 5 Day Practice Moratorium
24 NO SCHOOL Christmas Break 5 Day Practice Moratorium	25 NO SCHOOL Christmas Break 5 Day Practice Moratorium	26 NO SCHOOL Christmas Break 5 Day Practice Moratorium	27 NO SCHOOL Christmas Break 5 Day Moratorium	28 NO SCHOOL Christmas Break B BB Holiday Tourney @Elba G BB Holiday Tourney @Elba	29 NO SCHOOL Christmas Break	30 9am Wrestling Invitational @Pleasanton
31						