

January 2023

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Thoughts From the Principal

As we finish the first semester I can truly say I've never been more grateful to have students in our building and for all the work the staff has done to get us this far! As we start Christmas break days away and realize that the school year is half over I'm reminded of how grateful I am for the staff and students I work with and the community I live in. We've had several accomplishments in the first semester but that only reinforces all that we need to do next spring. As I set goals for myself and what I'd like to get done at school - I'd like to repost the goals I've challenged our staff, students, and families to set for themselves.

The first would be to take some time to appreciate the people around us. Time is fleeting and -whether it

be days or years- we need to appreciate the great people we get to experience as we start another trip around the sun.

Another New Year's Resolutions for myself is to reflect on, and examine, my goals. A quote I often refer to is, "a goal without a plan - is just a wish." Don't wish for things to be better - make a plan and work towards that.

My third recommendation would be to make reading a priority in your home. It's been a common recommendation of mine for years, but it needs repeating! Reading is still a main mode of communication and few things can improve the mind as well as increased reading ability.

I also challenge you to get to know our school. What's being taught? As a parent or community member, are

there ways you could help? Maybe it's reading with an emergent reader or helping put up bulletin boards, or being a role model for one of our students. As the saying goes "it takes a village to raise a child." As we work to improve it is important to remember that the more of us supporting the process the more successful it will ultimately be and by improving ourselves we make life better for those around us, and by making the lives better for those around us we build better students, neighbors, friends, and community.

Having said that I'll finish by wishing you a **Happy New Year!** and Until next month – GO WOLVES!



Mathematics

I would like to take this opportunity to say farewell to Sargent Public Schools staff and students. It has certainly been a challenging situation for me. I appreciate all the assistance and patience given to me by everyone. The thank you's I received on a daily basis really helped me to not throw in the towel. My comment to friends and family has been that I have learned a lot more than I ever wanted to know. So Adios and Auf Wiedersehen.

-Kathryn Mousel, substitute math teacher.

Welcome Jana Kaelin, our new Math teacher

My name is Jana Kaelin. I have had the privilege to teach in the field of K - 12 Computers and or 6- 12 grade math for 33 years. I was born in Broken Bow to Dennis and Marilyn Storms, and grew up in Grand Island, Nebraska. I graduated from Arcadia High School and did my undergraduate and then Masters Degree at the University of Nebraska in Kearney. In February I will be celebrating my 32nd anniversary with my husband, Gordon Kaelin. He farms and ranches in Westerville, Nebraska. We have 2 sons. Court graduated in May from UNL and now works for Orthman in Lexington as an Agricultural Engineer. Frazier is a sophomore at UNL studying Livestock Grazing Systems. My roots run deep in Custer County, so be careful! I might be related to you!!



Counselor Corner



Collegebound Nebraska

Collegebound Nebraska is a program that will make college more affordable to many Nebraskans. This program promises students, “If you are a Nebraska resident who meets admission requirements for the University of Nebraska, and if you are eligible for the Federal Pell Grant, you can attend the University of Nebraska and pay no tuition.” To be considered for a pell grant you must fill out the FAFSA (Free Application for Federal Student Aid). There are similar programs at the State Colleges and Community Colleges as well.

FAFSA – Free Application for Federal Student Aid

Education Quest has some excellent resources on their web site at educationquest.org. They will also be scheduling appointments in their Kearney office for first time FAFSA filers. The Kearney office number is 800-666-3721. Those that have completed a FAFSA before are encouraged to go to their web site and use their FAFSA Tutorial.

Scholarships

Many scholarships will be made available after the first of the year and will have due dates that approach quickly. There will be updated scholarship lists on the Schools website page under Resources—scholarships. Please talk to your student about this or if you have questions or concerns you can stop by Mrs. Schauda’s office or give her a call at 527-4119.

Upcoming Events

Mon. Jan. 2—NO SCHOOL
Mon. Jan. 3—NO SCHOOL
 G&B BB vs CWC @ Taylor 6/7:30
 JH G & B BB vs CWC @ Taylor 2:00
Mon. Jan. 4—Classes Resume
 Good News
Thurs. Jan. 5—WR Tri vs A-M/Ravenna @ Merna 5:00
Wed. Jan. 11—District FFA LDEs
Thurs. Jan. 12—Lions Van 10:00
Mon. Jan. 16—BOE Meeting
Wed. Jan. 18—Good News
 Custer County Spelling Bee @ Ansley (9:00 A.M.)
Sat. Jan. 21—G & B BB 1st Round MNAC Tourney TBD
Mon. Jan. 23-24—G & B BB MNAC Qtr. Finals
Thurs. Jan. 26—G & B BB MNAC Semi Final @ North Platte
Fri. Jan. 27—G & B BB MNAC Consolation Games @ A-T/A-M
 WR Ainsworth Duals 5:00
Sat. Jan. 28—G & B BB MNAC Finals/3rd Place @ North Platte
 WR Ainsworth Invite 10:00

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

January 2021

Winter break is a good time for college prep!

Here are a few things you can do:

Seniors, complete your FAFSA

If you haven't already, complete your [FAFSA](#) (Free Application for Federal Student Aid). Need help? Use our [FAFSA Tools](#) or call us to make a free virtual appointment: Omaha - 888.357.6300; Lincoln - 800.303.3745; Kearney - 800.666.3721; or Scottsbluff - 800.303.3745, ext. 6654.

Juniors, prepare for the ACT

All Nebraska high school juniors will take the ACT Test this spring. Ask your school counselor about test-prep options at your school. These [resources](#) are also available.

Search for scholarships

Use our free [ScholarshipQuest](#) tool to find Nebraska-based awards. You'll also find links to national scholarship sites.

Update your Activities Resume

Our free [Activities Resume](#) is an easy way to track your extracurricular activities, accomplishments, volunteer work, and part-time jobs. The information is then readily available when you apply for scholarships and employment.

January "To Do" List

Seniors:

- If you haven't already, complete the [FAFSA](#).
- Apply for scholarships; see [ScholarshipQuest](#) for Nebraska-based awards.
- Update your [Activities Resume](#).
- Follow EducationQuest on [Facebook](#), [Twitter](#), and [Instagram](#) for a chance to win a [\\$500 scholarship](#).

Juniors:

- Update your [Activities Resume](#).
 - [Register](#) by January 8 for the February 6 ACT.
 - [Register](#) by February 12 for the March 13 SAT.
 - Follow EducationQuest on [Facebook](#), [Twitter](#), and [Instagram](#) for a chance to win a [\\$500 scholarship](#).
-

For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	308-708-7199
888-357-6300	800-303-3745	800-666-3721	800-303-3745 ext. 6654

[Education Quest.org](#)

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#) for a chance to win a **\$500.00 scholarship**
Your Journey to College Begins with Us.



**Sargent Public
Schools Hotline
308-527-4120**



1-800-448-3000

Needing pictures of your child(ren)?

We have you covered!

Pictures taken of students K-12, on behalf of the Yearbook class, have been uploaded to a website for family and friends to access and purchase.

**The website can be accessed by going to the following website:
<http://sargentyearbook.zenfolio.com/>**



Once at the website, you will need to create an account, and then start adding pictures to your cart. Picture galleries can be browsed by activity/event, in hopes of making your search quicker and easier.

All proceeds go back to the yearbook class to help keep our equipment updated to better serve you.

If you have any questions, please contact Mrs. Tobias.



**THANK YOU
for your support!**



**Pre-Order
Your
Sargent Public
Schools
2022-2023
Annual NOW!**

Elementary Yearbook are \$15
with free personalization

Junior High/High School
Yearbooks are \$25
with free personalization

EXTENDED through January 13th

Sargent Public School
PO Box 366
Sargent, NE 68874
Phone (308) 527-4119

Contact Mrs. Tobias
308-527-4119 or
emily.tobias@sargentpublicschools.org

Surviving and Thriving During the Holidays

The holidays can bring up feelings of anxiety for anyone. While you may be counting the days until winter break, you may find that holiday excitement brings on seasonal stress. Changes in routine, high expectations and family issues are often to blame. Holiday disruptions start even before winter break, with the rush to finish end-of-term schoolwork and exams. Then comes the roller coaster of holiday dynamics: Relatives' visits and family conflicts about plans and activities — especially for those juggling divorced households.

Here are 5 tips to survive and thrive during the holidays.

1. Breathe. It doesn't have to be anything fancy. Try a simple 4-8 breath: Inhale for a count of 4 and exhale for a count of 8, this allows your body to release tension.
2. Choose. Instead of saying yes to every single holiday activity, prioritize the ones that are most important to you.
3. Move your body. Exercise is a mood booster and can help when you're feeling anxious or stressed out.
4. Connect. For many people, the holidays are packed with family time. You may find yourself feeling disconnected from your friends. If you can't connect in person, call, text or snap chat.
5. Practice gratitude. Each morning, pick 3 things that you are grateful for, and spend some time reflecting on how these things (or people) improve your life.

The holidays can be the most wonderful and the most stressful time of year. And yes, it's ok to feel both! Use these tips to stay grounded so that you can get the most out of your holiday time, your vacation time, and your family time.

FFA News

Sargent Alumni Earns American Degree

Ally Micheel of the Sargent FFA Chapter was awarded the American FFA Degree at the 95th National FFA Convention and Expo in recognition of outstanding achievement in agriculture leadership and career preparation. Given in Indianapolis, Indiana, on the 29th day of October, 2022. Ally's supervised agricultural experience consisted of a diversified production livestock enterprise which included goats, breeding goats, and red angus cows. In addition she also had placement enterprises where she worked over 1,300 hours on local farms and ranches. Ally is currently a junior, attending South Dakota State University, and majoring in agricultural education.



Chapter Seniors and Junior Qualify for State Livestock Judging

On November 8th, Sargent FFA participated in the District 10 livestock judging contest at the Valley County fairgrounds. In the senior division there were 16 schools and 125 individuals participating. Sargent captured the last qualifying spot by placing 5th. Individuals who places in the top 25 percent were: Sarah Riddle placed 13, Keaton Dowse placed 17th, and Tallin Schuada placed 27th. The members that qualified a team were: Riddle, Dowse, Schauda, and Garrett Schneider.

In the junior division there were 16 teams and 204 individuals participating. Sargent qualified for state and placed 3rd. Members of the qualifying team were: Grant Ottun, LoReena Schuada, TJ Horky, and Eve Kipp. Individuals placing in the top 25 percent were: Ottun placing 7th, Schuada placing 14th, Horky placing 34th, Kipp placing 44th, Mace Beran placing 46th, and Ragan Mauler placing 51st.

Brought to you by the Chapter Reporter,
Ava Bottorf

Helping Children Learn[®]

ELEMENTARY SCHOOL

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



January 2023

Encourage excellence by setting high, achievable expectations

There are two important things to consider when setting expectations for your elementary schooler:

1. **Research shows that students** tend to live up to parent and teacher expectations, whether they are high or low. So it's important to set the bar high for your child.
2. **Expectations should be realistic.** If only near-perfection satisfies you, your child may think, "What's the point?" and stop trying altogether.



To set expectations that are high, realistic and effective, keep these guidelines in mind:

- **Expect your child's best efforts** in all activities.
- **Gear your expectations to your individual child.** Avoid comparisons to siblings, classmates and others.
- **Praise effort and progress.** Express pride in your child, and remind your child to take pride in working hard.
- **Show interest in what interests your child.** Parents' support for their children's passions can motivate kids to try their best in all pursuits.
- **Be a role model.** Set high expectations for yourself and talk about how you plan to meet them. Let your child see you give your best effort.

Source: J.A. Fredericks and others, *Handbook of Student Engagement Interventions*, Academic Press.



Show support when your student does schoolwork at home

Being involved when your child does assignments shows that you think schoolwork is important. The best way to be involved is to set your student up for success. Here's how:

- **Give schoolwork top priority.** If your child can't finish assignments because of other activities, a schedule adjustment is needed to make it possible.
- **Remember that schoolwork** helps students practice what they are learning. Your child's work doesn't have to be perfect.
- **Take complaints in stride.** Your child shouldn't melt down over every assignment, but a little whining is normal.
- **Show enthusiasm.** "You sure know a lot about Ancient Greece. Tell me something else!"
- **Suggest ways to find help** if your child has questions—call a classmate, reread the directions, etc. This shifts the responsibility away from you and onto your child—where it belongs.

Have math fun with words

Try this fun family math puzzle: Give each letter of the alphabet a monetary value. A is one cent, B is two cents, etc. Next, ask:

- **Whose name** is worth the most?
- **Who can think** of a jewel that's worth the most? Is gold worth more than rust?
- **How many words** can you think of that are worth exactly \$1?
- **What is the shortest word** you can find that is worth the most?

Retelling enhances reading

Research shows that retelling stories they've read helps students become more thoughtful readers. As your child retells a story, offer open-ended prompts, such as "What happened next?"

If your child doesn't remember, just say, "Let's go back and read that part again."

Your child will learn that it is often necessary to read things more than once to fully grasp them.



Source: B.M. Taylor and J.E. Ysseldyke, *Effective Instruction for Struggling Readers: K-6*, Teachers College Press.

Share test-taking strategies

Knowing a few basic strategies can boost test performance. Encourage your child to:

- **Read everything carefully**—directions, questions and answer choices.
- **Use time wisely.** If your child is stuck on a hard question, it's better to move on and come back to that question after answering everything else.
- **Reduce multiple choice options.** Your child should cross out answers that *can't* be right, then consider the remaining choices.



Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



ELEMENTARY SCHOOL

January 2023



My children aren't very good sports. What can I do?

Q: Competition is taking the fun out of games. One of my children runs out of the room in tears after losing, and the other cheats when my back is turned. How can I help my children learn to be good sports?



A: Elementary schoolers can be competitive. But in school and life as well as in games, they need to learn to compete fairly and accept the results.

To instill a sense of fair play:

- **Discuss the importance** of being a good sport. Explain that you expect your kids to be humble when they win and gracious when they lose.
- **Limit game time.** Establish a time to end the game in advance, then set an alarm before you start. When it goes off, the game is over.
- **Downplay mistakes.** Be gentle when correcting your children for a wrong move or mistake. If necessary, explain what to do instead.
- **Discourage cheating.** Start each game by reviewing the rules. The first time a child tries to cheat, simply repeat the rules. The second time, calmly say "When you don't play by the rules, people get upset and don't enjoy playing. If it happens again, the game is over." If it does happen again, put the game away without saying more.
- **Call fouls.** Every put-down, poke or unkind comment results in a foul for that player. Five fouls and the player is out.



Are you helping your child learn to follow instructions?

Children who know how to follow directions 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 get** your child's full attention before giving directions? Call your child's name and make eye contact.
2. **Do you break** instructions down into specific steps?
3. **Do you ask** your child to reread or repeat instructions before beginning a task?
4. **Do you post** checklists of your child's daily tasks?
5. **Do you praise** your child for following directions?

How well are you doing?

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

"Children have never been very good at listening to their elders, but they have never failed to imitate them."
—James Baldwin

Responsible behavior at home carries over to school

Chores offer a hands-on way for your child to practice being responsible. To encourage willing participation, brainstorm a list together of what needs to be done. Then:

1. **Let your child choose** a few tasks off the list to do this week.
2. **Rotate chores each week**, so no one feels stuck with a particular chore.
3. **Use a chore chart.** Let your child place a star next to tasks after completing them.
4. **Set an example.** Dive into chores without complaining. Talk about how good it feels to see a responsibility through.

Sink an orange for science

Here's a safe, kid-friendly science experiment your child can conduct in your kitchen sink:

1. **Fill the sink** with water and have your child drop in a whole orange. Does it float or sink? (It should float.)



2. **Peel the orange** and drop it in the water again. What does it do? (It sinks.)

What's going on? An orange peel is full of tiny air pockets that make the unpeeled fruit less dense than the water, so it floats. Without its peel, the fruit is more dense, so it sinks.

Preview nonfiction graphics

The photos, maps, graphs and illustrations in history, science and other nonfiction reading can give students a clearer understanding of the text. Before starting to read, have your child look at the graphics and:

- **Explain what each** image shows.
- **Think about why** the authors might have included it.

Then when reading, your child is likely to understand and remember more.

Helping Children Learn®

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Twin Loup Concert

The Twin Loup JR/SR high had their Christmas program on Dec. 15, 2022 at the Sargent Public School. The band performed four songs and three ensembles. Tera Horky performed Joy to the World on her flute. Tera and Alli Smith also performed a beautiful flute duet. Alli began taking piano lessons this summer and played a solo for everyone to enjoy.

The choir gave a great performance despite missing almost half of their group due to sickness. They performed four lively and moving pieces. The evening was concluded with a powerful duet by Miles Putnam and LoReena Schauda. LoReena's dad, Troy Schauda, accompanied them on guitar. To close the concert, Miah Handley and Hayden Guest sang a fun and wonderful duet. The music students will celebrate their hard work with a snack party at school and then get right to work on preparing for our Spring contests and concerts. We look forward to performing more small group instrumental numbers as well as some special vocal pieces. We hope to see you at Loup County Public School for our March 21, 2023 spring concert!





RSV Infection in Kids

RSV (RESPIRATORY SYNCYTIAL VIRUS) IS A COMMON CAUSE OF RESPIRATORY INFECTIONS. RSV OCCURS MORE OFTEN IN THE WINTER AND EARLY SPRING.

Most babies and children with RSV have the same symptoms as a cold or flu. These include a stuffy or runny nose, a cough, headache, and a low-grade fever. Some may develop bronchiolitis. This condition is when the small airways in the lungs (bronchioles) become inflamed. It causes wheezing, shortness of breath, fast breathing, and increased cough.

How RSV spreads

RSV spreads easily when a person with the infection coughs or sneezes. It spreads by direct contact with an infected person. For example, kissing a child with RSV spreads the virus. And the virus can live on hard surfaces. A person can get RSV by touching something with the virus on it. These can include crib rails and doorknobs. It spreads quickly in group settings, such as daycare and schools.



Treating RSV

RSV most often goes away on its own. There is no treatment for RSV in most cases. To ease symptoms:

- If your child is old enough, give them fluids, such as water and juice.
- Treat a stuffy nose. For babies and young children, remove mucus from their nose with a rubber bulb suction device.
- Clean your hands before and after holding or touching your child.
- Use a digital thermometer to check your child's temperature. Do not use a mercury thermometer.
- Manage fever. Ask your healthcare provider or nurse about lowering you or your child's fever.

When to call the healthcare provider

Call your provider right away if you or your child have any of these symptoms:

- Fever. Your child's healthcare provider can give you numbers based on your child's age. You can also call the Nurse Advice Line for fever guidelines.
- A seizure with a high fever
- A cough that's getting worse or with colored mucus or blood
- Wheezing, breathing faster than normal, or trouble breathing
- Flaring the nostrils or straining the chest or stomach while breathing (most commonly in young children)
- Skin around the mouth or fingers that turns a blue color
- Trouble eating, drinking, or swallowing
- Shortness of breath
- Confusion
- Dizziness

Questions?

1-844-385-2192

Call the 24/7
Nurse Advice Line.

January 2023

1	2	3 G & B BB vs CWC @ Taylor 6/7:30 No School Teacher Workday JH G & B BB vs CWC @ Taylor 2:00	4 Classes Resume Good News	5 WR Tri vs A-M/Ravenna @ Merna 5:00	6 WR Burwell Invite 11:30	7 G & B BB vs Pleasanton @ Pleasanton 2-6:00
8	9	10 JH G & B BB vs Sandhills-Thedford @ Dunning 2:00 G & B BB @ Hyannis JV G 3:00ct., JV B-3:45 GV 4:30, BV-6:00ct.	11 District FFA LDE @ Ainsworth	12 Lions Van 10:00	13 G & B BB vs North Central @ North Central 6/7:30	14 WR S/T Knights invite @ Dunning 10:00
15	16 BOE Meeting	17 G & B BB vs Mullen @ Taylor 4:30	18 Good News Custer County Spelling Bee 2 Ansley 9:00 a.m.	19 JH G & B BB vs Anselmo Merna @ Merna 1:00	20 WR South Loup Invite @ Callaway 11:00	21 G & B BB 1st round MNAC Tourney TBD
22	23 Girl's MNAC Qtr. Finals TBD	24 Boy's BB MNAC Qtr Finals TBD	25	26 G & B BB MNAC Semi Finals @ North Platte	27 G & B BB MNAC Consolation Games @ A-T/A-M WR Ainsworth Duals 5:00	28 G & B BB MNAC Finals/3rd Place @ North Platte WR Ainsworth Invite 10:00
29	30 JH G & B BB vs Central Valley @ Taylor 1:00/2:00	31 G BB vs Burwell @ Sargent 6:00				