

Sargent Public School

September Newsletter

Sargent School Kicks Off the 2025–2026 School Year!

The 2025–2026 school year is off to a fun and exciting start at Sargent! Despite the hot weather, students and staff are quickly settling back into routines and focusing on the year ahead.

The elementary kicked things off with some *cool fun—water games!* Students enjoyed *splashing, playing, and celebrating the first week of school. A big highlight was the 5th grade class winning the Frozen Shirt Challenge. Their victory earned them the opportunity to dump a bucket of ice-cold water on none other than me, which brought plenty of laughs and cheers!*

As we settle into the school year, we would like to remind families how important it is to build strong habits and routines early. These first weeks set the tone for success, and we are proud of how our students are already rising to the challenge.

Looking ahead, fall activities are already in full swing. On Tuesday, August 19th, our volleyball team hosted a jamboree, giving fans an early glimpse at the season. Then, on Friday, August 22nd, the football team headed to Loup County for their annual sports drink scrimmage—a great way to support our athletes while building excitement for the season ahead.

Here's to a fantastic year filled with learning, growth, and plenty of Twin Loup spirit!

As always, GO WOLVES!

Mr. Slingsby

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2025 Immunization Clinic Schedule

All clinics will run from 10 a.m. to 2 p.m.

Broken Bow
Prairie Pioneer Center
1314 S B St.

July 1st, 2025
September 3rd, 2025
November 4th, 2025

Ord
Ord Housing Authority
2410 K St.

July 3rd, 2025
September 4th, 2025
November 6th, 2025

St. Paul
St. Paul Public Library
1301 Howard Ave.

June 6th, 2025
August 5th, 2025
October 7th, 2025
December 2nd, 2025

Loup City
Loup City Housing
1048 K St.

June 5th, 2025
August 7th, 2025
October 2nd, 2025
December 4th, 2025

2026 Immunization Clinic Schedule

All clinics will run from 10 a.m. to 2 p.m.

Broken Bow
Prairie Pioneer Center
1314 S B St.

January 6th, 2026
March 3rd, 2026
May 5th, 2026
July 7th, 2026
September 8th, 2026
November 3rd, 2026

Ord
Ord Housing Authority
2410 K St.

January 8th, 2026
March 5th, 2026
May 7th, 2026
July 9th, 2026
September 10th, 2026
November 5th, 2026

St. Paul
St. Paul Public Library
1301 Howard Ave.

February 3rd, 2026
April 7th, 2026
June 5th, 2026
August 4th, 2026
October 6th, 2026
December 1st, 2026

Loup City
Loup City Housing
Westside Park
1048 K St.

February 5th, 2026
April 2nd, 2026
June 4th, 2026
August 6th, 2026
October 7th, 2026
December 3rd, 2026

CAR SEAT CHECK EVENT

September 2025

MON
22

Loup Basin Public Health Department
12:00 PM - 4:00 PM
327 N 8th Ave Burwell, NE 68823

Join us for a collaborative event hosted by Loup Basin Public Health Department and TEAM Physical Therapy!



Questions?

Allie: (308) 346-5111
Amanda: (308) 346-3001
Terry: (308) 346-3002



BACK TO SCHOOL TIPS

WALKING, BIKING OR DRIVING

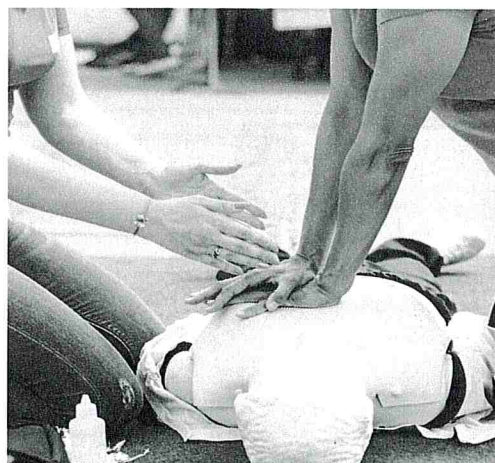
- Use sidewalks and crosswalks.
- Always look both ways before crossing the street.
- Wear a helmet if biking or scootering.
- Avoid distractions like phones or headphones near traffic, crossing a parking lot and while driving.
- Always be properly restrained in a vehicle with either a car seat or seat belt.
- Obey speed limits in school zones.

BUS SAFETY

- Wait for the bus at a safe distance from the curb.
- Always board and exit the bus at designated stops.
- Stay seated and face forward while the bus is moving.
- Never walk behind the bus.
- Be aware of buses stopping and that have stop arm out. Know the rules when to stop.

ESTABLISH HEALTHY SLEEP ROUTINES

- Two weeks before school, start a sleep routine for school. Sleep is important to stay healthy and be successful in school.
- Create a bedtime routine.
- Turn off electronic devices well before bedtime.



FIRST AID & CPR TRAINING

Available Certification Classes:

- BLS Full \$65
- BLS Renewal \$55
- BLS Book \$20
- Heartsaver \$75
- Heartsaver Renewal \$60
- Heartsaver Book \$5

Contact course instructor
Kelsey Salpas to register!
(308) 346-3006
ksalpas@lbphd.ne.gov

Class Requirements:

- Minimum of 5 & Maximum of 8 per class
- Books are provided for use during class but must stay on-site. If you'd like a copy to take home, one will need to be purchased separately.

If a business and/or organization has fewer than 5 participants but would like to schedule a private class, they will be charged the full class rate (course price x 5).
All individuals must register and pay prior to class.
Payment methods accepted: cash, check, or card*
(*processing fees apply).



Helping Children Learn[®]

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



ELEMENTARY SCHOOL

September 2025

Encourage frequent reading by showing how enjoyable it can be

Having strong reading skills will make learning every subject easier for your child. Students develop these skills more effectively when they *want* to read, and do it often.

To encourage your child's interest in reading:

- **Offer a choice** of reading material. Whether you are reading aloud or your child is reading independently, let your student choose among fiction, nonfiction, graphic novels, etc. on all kinds of topics. Make frequent trips to the library to refresh your selection.
- **Follow the news.** Is there an age-appropriate developing news story that interests your child? Read the latest reports together.
- **Plan a field trip.** Help your child go online and research free or low-cost attractions in your area, such as museums or historic sites. When you visit, ask your child to be your tour guide and share interesting facts.
- **Listen to audiobooks.** Show a reluctant reader how interesting books can be! You can download free audiobooks or record yourself reading aloud. Your child can follow along in a print version while listening.
- **Give reading coupons.** Some might be for 30 minutes of reading with you. Others might be good for a new book.



Support your child's success

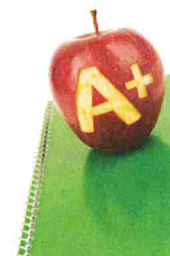
A supportive home environment contributes to children's ability to do their best in school. To help your elementary schooler thrive in the coming year:

- **Expect your child's best effort**, and focus on learning more than grades.
- **Show enthusiasm for learning** and participate in learning activities together.
- **Express love** for your child by listening, encouraging and being attentive.

Get back into school mode

Adjusting to school-year schedules and priorities after the summer can be a challenge. To make it easier:

- **Create a weekly schedule.** Include time for schoolwork, play, activities and family time.
- **Set bedtimes** and wake times for your child that allow at least nine hours of sleep and plenty of time to get ready.
- **Cut back on passive screen use.** Set device curfews, activity limits and screen-free zones (like the dinner table).



Use goals to inspire improvement

A new school year is a fresh start for all students. To make the most of it, help your child set some learning goals. Working toward goals helps students stay motivated and learn to focus time and effort efficiently.

To get the ball rolling:

- **Tell your child** about something you have decided to change. "I'm going to get more exercise and cut back on my screen use." Explain that you are making a promise to yourself to achieve this goal.
- **Help your child** brainstorm a goal for improving in school. "Completing your math work was a challenge for you last year. What could you do this year to make that easier?"
- **Help your child** define specific steps to take to meet the goal. "I will practice math facts 10 minutes a day. I will keep trying if a question is hard. I will ask the teacher to explain math that is confusing."
- **Offer support** if your child starts to slip. "Falling short doesn't mean you can't get back on track."

Stay in touch with teachers

Families are partners in education, and communication between you and the teachers will help you work together effectively. When you contact teachers to ask questions or to share information about your child:



- **Discuss your child's strengths**, and be willing to hear about weaknesses and how to address them.
- **Remember that you** and the teacher both want to help your child learn well.
- **Make requests** rather than demands, and give busy teachers time to respond.



What can I do to raise my child's self-confidence?

Q: My fourth grader is smart and capable, but doesn't believe that this is true. Instead, my child says things like, "I can never do anything right." How can I help my student go into this school year feeling competent?

A: Schoolwork and social situations tend to get more challenging in the upper elementary years. This can create insecurity and self-doubt in some students. They feel pressure to measure up, and it can be scary when they feel like they are falling short.

To help your child feel capable of doing well in school:

- **Look for activities** where your child can experience success. If sports are your child's thing, encourage practice to improve skills. If your child enjoys reading, suggest starting a book club with friends. In enjoyable activities, your child is also likely to meet kids who share interests.
- **Assign responsibilities at home.** Explain that doing chores helps the whole family, and thank your child for making a valuable contribution. Praise your child for completing tasks without reminders: "You're so responsible."
- **Celebrate accomplishments.** Did your child just do something wonderful? Offer congratulations on the achievement, whether it was earning a good grade on a quiz or figuring out a tricky math problem.



Are you instilling healthy habits?

One key way you can help your child be alert and focused in school is to reinforce healthy habits at home. Are you helping your child stay fit and well for learning? Answer *yes* or *no* to the questions below:

1. **Do you stick** to a regular school night bedtime for your child and limit weekend changes to one hour later?
2. **Do you ensure** your child's day starts with breakfast?
3. **Do you promote** daily exercise and look for fun ways for your child to get active?
4. **Do you teach** your child to wash hands frequently throughout the day?
5. **Do you help** your child understand and follow safety

rules for playing and interacting with other people?

How well are you doing?

More yes answers mean you are establishing daily habits that support school success. For each no, try that idea.

"There's a very close tie between good health and good education."

—Laura Bush

Writing starts with ideas

Whether your child needs to think of a topic for a paper or an idea for short story, a brainstorming session can help. To jumpstart the process, encourage your child to:

- **Make lists.** Suggest topics like: *Things I love. Things I know a lot about. Things I would like to know more about.*
- **Think about things** in new ways. Ask your child questions like "What would life be like if your eyes were in your feet?"
- **Look around** and write down what sights bring to mind.
- **Write down actions** to add to ideas: *What will happen next? How quickly?*

Source: D.B. Reeves, Ph.D., *Reason to Write: Help Your Child Succeed in School and Life Through Better Reasoning and Clear Communication*, Kaplan Publishing.

Promote conscientiousness

Conscientious students fulfill responsibilities and do their best on schoolwork—and achieve more in school. To help develop *conscientiousness*:

- **Remind your child** not to rush through tasks.
- **Ask your child** to double-check work.
- **Cheer your child on** when the going gets tough. "You can do it! What else can you try?"



Be positive about learning

Here are three important ways to bolster your child's enthusiasm for school this year:

1. **Show that education** matters to you by attending parent-teacher conferences and school meetings for families.
2. **Praise your child's** effort, progress and successes.
3. **Help your child see** how school lessons apply to life outside the classroom.

Helping Children Learn®

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September is **National Biscuit Month**. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!



MONDAY

Labor Day

01

International Literacy Day

Cereal-Toast or Pancakes
Juice-Fruit
Milk-yogurt

08

Cereal-toast or pancake on a stick
Juice-fruit
Milk-yogurt

15

Cereal or pancake
Juice – Fruit
Milk-yogurt

22

Cereal – Toast
Or pancakes
Juice-fruit
Milk-yogurt

29



TUESDAY

Cereal-Toast or
Pancake on a stick
Juice-Fruit
Milk-Yogurt

02

French Toast
Sausage or Egg
Juice-Fruit
Milk-yogurt

09

French toast
Egg or Sausage
Juice-fruit
Milk or yogurt

16

French toast
Egg or sausage
Juice – Fruit
Milk-yogurt

23

French toast
Egg or Sausage
Juice-fruit
Milk-Yogurt

30

WEDNESDAY

Pop Tart -PBJ or
Protein ball
Juice-Fruit
Milk-yogurt

03

Pop Tarts -PBJ
or Protein Ball
Juice-Fruit
Milk-yogurt-String Cheese

10

Pop tarts-PBJ
Or protein ball
Juice-fruit
Milk or yogurt

17

Pop tarts-PBJ
Or protein ball
Juice-Fruit
Milk-Yogurt

24



THURSDAY

Biscuit & Gravy
Omelet w/ Toast
Juice-Fruit
Milk-yogurt

04

Pizza or Omelet w/ Toast
Juice-Fruit
Milk-yogurt

11

Breakfast sandwich or
omelet with toast
Juice – fruit
Milk-yogurt

18

Cereal or Muffin
Juice – Fruit
Milk-Yogurt

25



FRIDAY

Cereal or Donut
Juice-Fruit
Milk-yogurt

05

Cereal or Muffin
Juice-Fruit
Milk-yogurt

12

Cereal or Muffin
Juice-Fruit
Milk-yogurt

19

No School

26



SEPTEMBER 2025



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Labor Day

01

International Literacy Day
Burrito w/ Lettuce-Cheese-Salsa
Corn & Fruit Cup
Milk

08

Toco salad
w/ lettuce-cheese-salsa
Corn-fruit cup
Milk

15

Macho Nachos
Corn
Fruit cup
Cooke/dinner roll
Milk

22

Chicken Fajita w/ lettuce-
cheese-salsa
Green Beans
Fruit Cup

29



TUESDAY

Homemade Pizza
Corn
Fruit-Cake
String Cheese
Milk

02

Chicken Noodle
Mashed Potatoes
Fruit-Strawberry Cake
Dinner Roll
Milk

09

Chicken-chicken fry steak
Mashed potatoes w/ gravy
Fruit-Pumpkin Cake
Dinner roll-milk

16

Meat Loaf
Mashed potatoes
Fruit Cup/ Apple Crisp
Dinner roll
Milk

23

Spaghetti w/ Meat Sauce
Corn
Fruit Cup/ Peach Pie
Milk

30

WEDNESDAY

Runza or Pig in a Blanket
Taters
Fruit Cup
Milk

03

Sliced Ham
Cheesy Potatoes
Fruit Cup
Dinner Roll
Milk

10

Tater tot casserole-mac &
cheese
Fruit cup
Dinner Rolls
Milk

17

Lasagna or Chicken Alfredo
Green Beans
Fruit Cup
Garlic Buns
String Cheese
Milk

24



THURSDAY

Chicken Strip Wrap
w/ Lettuce & Cheese
Green Beans
Fuit Cup
Milk

04

Chilli Cheese Fries
or Stuffed Potato
Fruit Cup
Dinner Roll
Milk

11

Chicken Philly
Chips, Baked Beans
Fruit Cup
Milk

18

Chicken and Rice or
Vegetable Soup with
Crackers and Cheese
Cookies, Dinner Roll
Milk

25



FRIDAY

Cheeseburger
Chips
Baked Beans
Fruit Cup
Milk

05

Chicken Sandwich
Chips
Baked Beans
Fruit Cup
Milk

12

No School

19

Hot Ham and Cheese or Turkey
Sandwich
Chips
Baked Beans
Fruit Cup
Milk

26

SEPTEMBER 2025

Calendar

<div>September ▼</div> <div>2025 ▼</div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No School-Labor Day State Fair -FFA	2 State Fair -FFA	3 District 10 Range Judging	4 4:00pm: Cross Country @ Ainsworth 5:00pm: Varsity Volleyball Triangular Ansley/Litchfield, Anselmo-Merna @ Merna	5 7:00pm: Varsity Football vs Riverside @ Sargent	6
7	8 District 10 Range Judging 7:00pm: School Board Meeting	9 3:00pm: Cross Country @ Centura 5:00pm: Cancelled- JV Football vs Anselmo-Merna @ Sargent Cancelled!	10 MNAC Meeting Area Range Judging	11 4:00pm: JV / Varsity Volleyball Dual with Arthur County @ Taylor	12 7:00pm: Varsity Football vs Pleasanton @ Pleasanton	13 9:30am: 7 Valleys Varsity Volleyball Tournament @ Callaway
14	15 4:00pm: Cross Country @ Neligh 4:30pm: JH Football vs Ravenna @ Ravenna 6:00pm: JV Football vs Ravenna @ Ravenna	16 5:00pm: Varsity Volleyball Triangular with NC/ Pleasanton @ Taylor	17	18	19 4:00pm: JV/Varsity Volleyball CWC @ Sargent 7:00pm: Homecoming Coronation Following the Game 7:00pm: Varsity Football vs CWC @ Sargent	20 Homecoming Dance TBD 9:00am: JH Volleyball Tri A/L and A-M @ Ansley/Litchfield 10:00am: Varsity CWC Round Robin
21	22 4:00pm: JH Volleyball vs North Central @ Bassett 4:00pm: JH Football Vs North Central @ Bassett 5:30pm: JV Football vs North Central @ Bassett 5:30pm: JV Volleyball vs North Central @ Bassett	23 10:30am: Community Blood Drive 6:00pm: JV/Varsity Volleyball Central Valley Dual	24 State Range Judging	25	26 No School - Staff Professional Development 4:00pm: Cross Country @ Ord 5:00pm: Varsity Volleyball Dual @ Palmer 7:00pm: Varsity Football vs Palmer @ Palmer	27 10:00am: Varsity Volleyball Brady Tournament
28	29 2:30pm: JH Volleyball vs South Loup @ Sargent 4:30pm: JV Volleyball vs South Loup @ Sargent 4:30pm: JH Football vs South Loup @ Sargent 6:00pm: JV Football Vs South Loup @ Sargent	30				

Sargent Public Schools

400 N 5th Street; PO Box 366
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