

Sargent Public School

February Newsletter

FBLA NEWS:

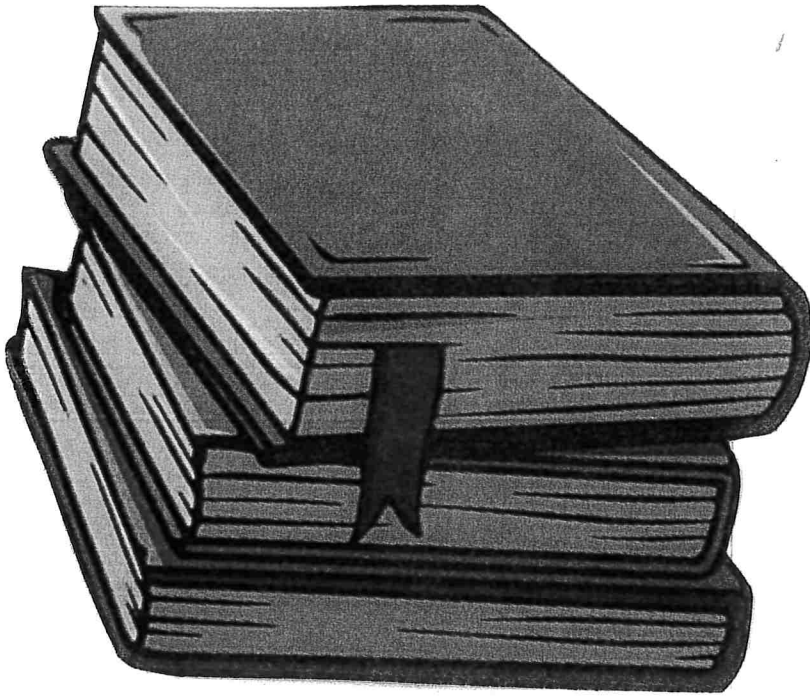
With February being just around the corner comes some exciting activities and events in the Sargent FBLA Chapter. On February 7th, seven members (Cassidy, Carsen, Kooper, Hayden, Alli, Corbin, and Kinley) will be competing at the Loper Business Invitational at UNK.

For Valentine's Day, we are once again selling gifts for your special someone. This year we are going back to selling Eileen's 6-inch decorated cookies and also partnering with the Forget Me Not Shoppe by selling carnations and mylar balloons. Another event during February is FBLA week.

Since National FBLA Week happens during State Wrestling and our winter break, we will be celebrating the week before, Febr 5th-10th. This week is used to promote the benefits of FBLA. FBLA week increases awareness in regards to the Sargent Chapter activities, preparing for State Leadership Conference, and to show 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 "Teacher Appreciation." Thursday is wear your FBLA t-shirt or hoodie for spirit day and speaking/reading to elementary students. Friday is the Business Appreciation Breakfast to give appreciation to all that our local businesses do.

-Carsen Vincent, Reporter

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2023-2024 2nd Quarter A Average Honor Roll

Ava Bottorf	12
Dejanae Davenport	12
Keaton Dowse	12
Jeimy Gomez	12
Sarah Riddle	12
Logan Rugg	12
Quincey Ryker	12
Tallin Schauda	12
Jax Williams	11
Justin Folkers	11
Eve Kipp	11
Ragan Mauler	11
Miranda Olson	11
Grant Ottun	11
Marisa Richardson	11
Luqman Harris	9
Alyssa Moody	9
Brinley Smith	9
Cooper Busch	8
Conner Nelson	8
Jeremiah Phillips	8
Alli Smith	8
Blake Bottorf	7
Kinley Keefe	7
Nathan Lowry	7
Jace Mauler	7
Brent Morse	7
Jenna Wilson	7
Queston Young	7

2023-2024 2nd Quarter All A Honor Roll

Cassidy Grint	12
Melissa Slagle	12
Arin Smith	12
Kooper Keefe	10
Hayden Nelson	10
Phoebe Rowse	10
LoReena Schauda	10
Carsen Vincent	10
Bambi Conner	9
Carter Hall	9
Jackson Hall	9
Maci Smith	9
Corbin Bye	8
Yahya Harris	8

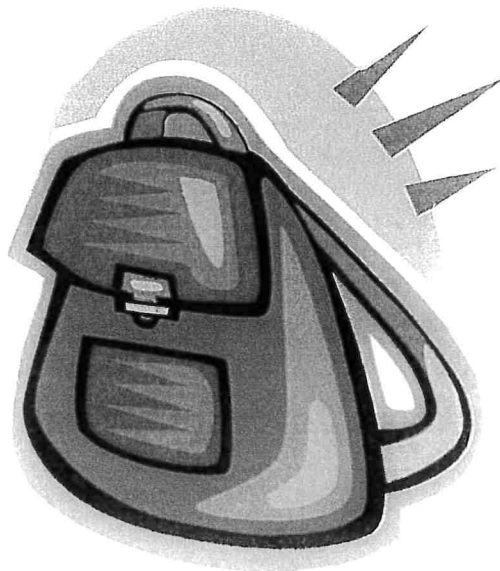
2023-2024 1st Semester All A Honor Roll

<u>Jeimy Gomez</u>	<u>12</u>
<u>Cassidy Grint</u>	<u>12</u>
<u>Melissa Slagle</u>	<u>12</u>
<u>Eve Kipp</u>	<u>11</u>
<u>Grant Ottun</u>	<u>11</u>
<u>Marisa Richardson</u>	<u>11</u>
<u>Kooper Keefe</u>	<u>10</u>
<u>Hayden Nelson</u>	<u>10</u>
<u>Phoebe Rowse</u>	<u>10</u>
<u>LoReena Schauda</u>	<u>10</u>
<u>Carsen Vincent</u>	<u>9</u>
<u>Bambi Conner</u>	<u>9</u>
<u>Carter Hall</u>	<u>9</u>
<u>Jackson Hall</u>	<u>9</u>
<u>Luqman Harris</u>	<u>9</u>
<u>Alyssa Moody</u>	<u>9</u>
<u>Maci Smith</u>	<u>8</u>
<u>Corbin Bye</u>	<u>7</u>
<u>Nathan Lowry</u>	<u>7</u>



2023-2024 1st Semester A Average Honor Roll

Ava Bottorf	12
Dejanae Davenport	12
Keaton Dowse	12
Waylon McBride	12
Sarah Riddle	12
Logan Rugg	12
Quincey Ryker	12
Tallin Schauda	12
Arin Smith	12
Leeann Stutzman	12
Jax Williams	12
Justin Folkers	11
Ragan Mauler	11
Miranda Olson	11
Gabriel Lunde	9
Cooper Busch	8
Yahya Harris	8
Conner Nelson	8
Jeremiah Phillips	8
Alli Smith	8
Blake Bottorf	7
Cintia Herrera-Alay	7
Kinley Keefe	7
Jace Mauler	7
Brent Morse	7
Jenna Wilson	7
Queston Young	7



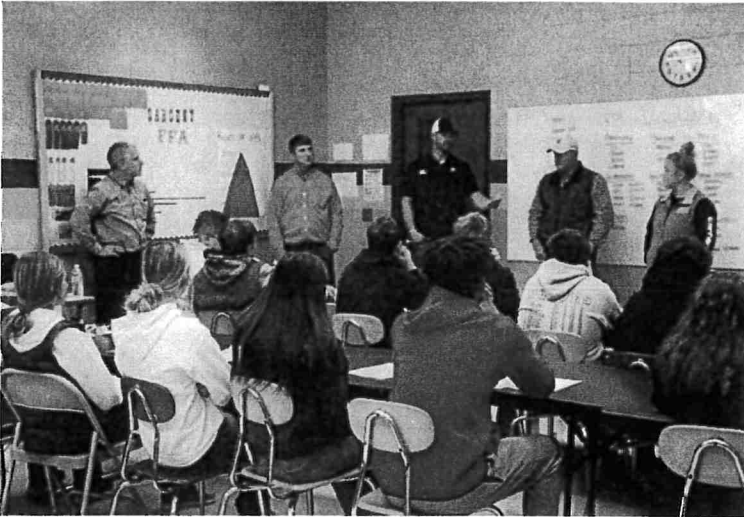
Characteristics of Successful People!

The 2023 December career day keynote speaker, Dave McCarthy , presented 8 character traits to our students of what he looks for when he hires employees. Dave is the Southwest Region Manager for Redline Equipment and has built a successful team of employees around him to help make Redline one of the top equipment dealerships. These qualities include a desire to learn, hold yourself accountable (making mistakes is fine, admit it), strong work ethic, have morals and values, be a team player, social skills(firm handshake, eye contact, engage in conversation), have a humble confidence, and possess fire and energy. He has a passion to share these leadership qualities with students and encouraged them to build these characteristics while they are in school so they are college and career ready when they graduate.

Dave also encouraged our 7th-12th grade to “love what you do, have a passion for your work”. The students had opportunities to explore what they might love to do by attending breakout sessions from the six career fields - Health Sciences, Skilled Technical Sciences, Ag, Food, and Natural Resources, Human Services and Education, Business, Marketing, and Management, as well as Communication and Information Systems. These breakout sessions included speakers from many area businesses that shared their knowledge and experiences with our students. Some participating speakers were Janice Nozicka, Tyler Peters, Monte Hermsmeyer, Kalen Grint, Cory Palmer, Ben Morse, Abigail Tilley, Travis Barker, Jerry Helgoth, Clint Marsh, Josh Page, Dan Mankle, Tyler Marotz, Steph Klein, Trooper Flick, Shawn Kaskie, Rachel Scott, Hallie Yantzie, and Madison Chaffin. Students also had an opportunity to visit with colleges, military recruiters, and businesses set up in the gym during one of their breakout sessions. Overall our 10th annual career day was a success by giving students opportunities to explore careers, consider college and military options, as well as building relationships with area community members to help them make informed decisions about their future paths.



Students listen to professionals talk about careers in the Business Marketing and Management field.



A large group of students listen intently about careers in the Ag Food and Natural Resources field.



A student visits with the Army recruiter to explore options in the military.



Students also had opportunities to talk to college representatives about if they offered programs of study they are interested in.

Helping Children Learn®

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



February 2024

Self-regulation skills help your child stay focused and achieve

Research shows that learning to control impulses and work toward goals improves children's success in school. With family support, even young children can learn these key self-regulation skills.

To improve your elementary schooler's ability to self-regulate:

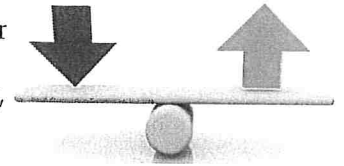
- **Help your child set goals** that are tough but achievable, like reading a whole chapter book or learning to jump rope. Ask your child to picture what it will be like to reach the goal. Then, have your child imagine possible obstacles and ways to overcome them. Your child might ask for help with unfamiliar words in the book or practice jumping rope on grass so tripping and falling won't hurt.
- **Coach your child before heading into situations** where self-control may be a challenge. Say things like, "We have to run errands today. What can you do if you feel frustrated?" Together, brainstorm solutions, like playing I Spy in the grocery store or stacking coins at the laundromat.
- **Praise your child for showing self-control.** Be specific so your student can repeat the behavior in the future. You might say, "I know you really wanted pizza, but you ate your chicken without complaining," or "I noticed you practiced your addition facts every day this week—way to go!"

Source: University of Zurich, "Early self-regulation boosts children's educational success," *ScienceDaily*.



Discuss the pros and cons

Children's experiences with the world are limited, so it's hard for them to imagine the possible results of their actions. So even if your child knows whether an action is right or wrong, consider the pros and cons together. What could happen in the short and long term? After your talk, your child will understand *why* the right choice is right.



Set expectations that fit

High family expectations for students are linked to high outcomes. But to be motivating, your expectations for your child also need to be realistic. Consider these questions when setting expectations:

- **Are they geared to my child?** Take your child's development, personality and maturity into account.
- **Are they important?** Choose a few expectations that focus on school success behaviors you want your child to develop, such as effort and responsibility.
- **Are they easy to understand?** State your expectations in clear terms.

Source: M. Pinquart & M. Ebeling, M., "Parental educational expectations and academic achievement in children and adolescents—A meta-analysis," *Educational Psychology Review*.



Take steps to ensure safety online

Students' digital safety is a growing concern for elementary school teachers and families. Fortunately, adults can protect children by supervising their online activities and teaching them to make positive choices. At home, you can:

- **Filter out** inappropriate content. Keep devices where you can see them, and use parental controls. Talk with your child regularly about what is and isn't allowed.
- **Keep young children** off social media. More than a quarter of teens report using social media before meeting network age requirements. Insist on waiting until at least the minimum age.
- **Monitor online gaming.** Cyberbullying is on the rise among gamers. Playing only with people your child knows and trusts in real life reduces the risk. Tell your child to report cyberbullying to you.
- **Discuss online privacy.** Teach your child never to share full names, passwords, etc.

Source: F. Martin and others, "Teacher and School Concerns and Actions on Elementary School Children Digital Safety," *TechTrends*, AECT.

Play a math strategy game

A box of toothpicks is all you need to play a game that helps your child practice math reasoning. To play Last One Wins, lay 12 toothpicks on the table. Take turns with your child to remove one or two toothpicks. The player who takes the last toothpick wins. (A winning strategy is to try to leave three toothpicks on the table to guarantee a win on your next turn.)





Q&A How can I stop my child from turning into a bully?

Q: Last year, my child was picked on by a group of kids in school and was miserable. So I was shocked when the teacher told me that my fifth grader is now part of a group who is being mean to another child. How can I stop this?



A: Watching your child be mean can be just as painful as watching your child be a target of nastiness.

Unfortunately, your situation is not uncommon, particularly among families of girls at this age. And you are right, it's essential to take action.

Here are some things to do:

- **Make things clear to your child.** Say that you can appreciate that it feels good to be part of a group. However, just as it was wrong for others to be mean to your child last year, it is wrong for your student to do it now. Remind your child how it felt to be teased—and that it is important to take a stand against such behavior.
- **Find out the school's policies** about bullying and review them with your child. Your student may face consequences if this behavior continues.
- **Talk with the teacher.** Ask what the classroom rules are about teasing and exclusion. Explain what you are doing at home, and work together to redirect your child's focus onto learning—and away from mean behavior.

Parent Quiz

Are you positive about math?

Research shows that family attitudes can affect how well students do in math. Kids do better when their families show that math is useful, interesting and fun. Is your math attitude helping your child? Answer *yes* or *no* below:

1. **Do you express** confidence that your child can do well in math?
2. **Do you avoid** saying things like "Math is so hard. I hated it, too"? Instead, say, "This is a challenge, but I know you can figure it out."
3. **Do you play** math games with your child?
4. **Do you talk** with your child about the ways you use math in your daily life?
5. **Do you create** opportunities for your child to use math,

such as looking for bargains at the grocery store?

How well are you doing?

More yes answers mean you are showing that you think math is worth learning. For each no, try that idea.

"Math is like going to the gym for your brain. It sharpens your mind."

—Danica McKellar

Reinforce responsibility

So many student success factors—effort, timeliness, diligence, etc.—are tied to responsibility. To raise a responsible student:

- **Assign meaningful tasks**, such as getting up to an alarm, caring for pets or plants, seeing jobs through by tidying up afterwards, etc.
- **Let your child make decisions** and learn from consequences of poor choices.
- **Teach your child about budgeting** and saving, as well as spending.
- **Adjust rules and limits** as your child shows more responsibility.

Encourage practice tests

Studies show that when students practice recalling information, it helps them remember it better. That's why taking practice tests is an effective way to study. Your child can take advantage of this study strategy:

- **In class.** Taking quizzes is an opportunity to practice recalling the material.
- **In groups.** Your child might invite a friend or two over to study and quiz one another. Or you can call out questions.
- **Independently.** Help your child look over notes, reading and handouts and create questions the teacher might ask. Then, your child can answer them.

Send a confidence boost

Give your child's self-confidence a boost this Valentine's Day by sending a valentine fan letter.

Praise your student's efforts in school in a note, poem or silly riddle. Then, send it through the post office or tuck it somewhere your child will be sure to find it. Sign it, "From your biggest fan."



Helping Children Learn®

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Latest News Release

Pediatric Influenza Deaths Reported In Nebraska

Flu season is here to stay but it's not too late to get your flu shot. Protect yourself from the flu by:

- Washing your hands often
- Avoiding contact with people who are sick
- Staying home from work, family gatherings and social functions if you're sick
- Covering your mouth and nose when you cough with a tissue or sleeve, not into your hands
- Eating healthy and getting plenty of rest
- Don't smoke
- DHHS recommends speaking with your healthcare provider as CDC recommends flu vaccine for everyone 6 months and older
- Call to schedule an appointment to receive your flu shot to help protect yourself and your loved ones! 308-346-5795.

To read the full article from DHHS, visit www.dhhs.ne.gov

We're Hiring!

PREVENTATIVE SERVICES COORDINATOR

Unlock Your Potential: Join Our Team!

- 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. Visit our website to apply!

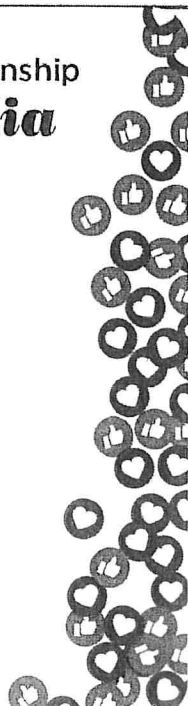
Establishing a Healthy Relationship *With Social Media*

1. Track your social media usage.
2. Plan when you'll use social media.
3. Set up "no-phone" zones.
4. Turn off push notifications.
5. Schedule a digital detox.
6. Limit the number of apps you use.
7. Screen your social media circle.
8. Disconnect before bed.
9. Keep electronic devices out of your bedroom.
10. Remember that social media isn't always "real."

Sources: American Psychiatric Association, The Jed Foundation

Wanting to put your phone down more this year?

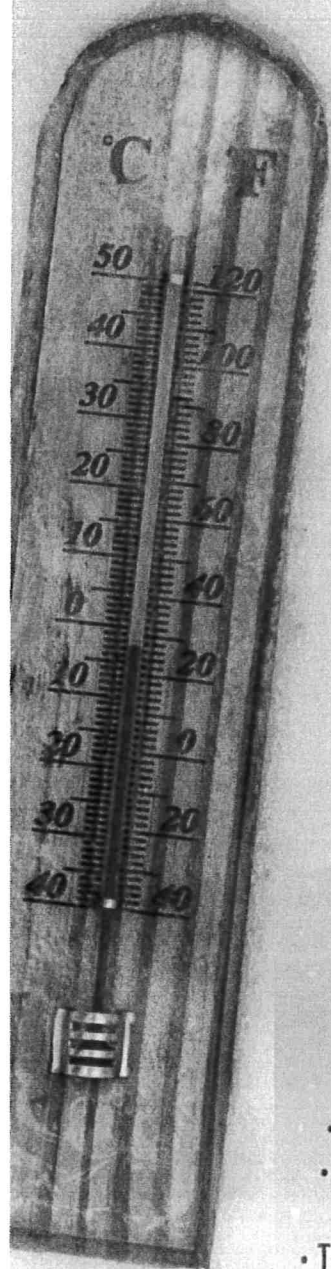
Social media can be great, but can also impact us negatively if we don't have boundaries.



BRRRRRRR, WINTER IS HERE!

Are you prepared for Old Man Winter?

“The cold never bothered me anyways” Sorry Elsa but the cold bothers us! Don't let winter get the best of you. Make sure your home, car, pets and you are prepared for this year.



COLD WEATHER PREPAREDNESS



HOME

- Check the furnace
- Check chimneys
- Check carbon monoxide detector
- Insulate exposed pipes
- Allow pipes to drip slowly



CAR

- Check the battery
- Check the coolant
- Check the tires
- Have jumper cables
- Have a blanket and water

PETS

- Bring pets inside
- Provide shelter and freshwater
- Keep salt away from paws



YOU

- Dress in layers
- Cover all exposed skin
- Check on others
- Watch for signs of frostbite or hypothermia



National Weather Service
Weather Forecast Office | North Platte, NE

Protecting Your Home in Cold Weather

- Keep home at a minimum of 55°
- Prevent pipes from freezing by letting warm water drip from faucets
- Open kitchen & bathroom cabinet doors to allow warm air to circulate around plumbing, especially for sinks on an exterior wall
- Insulate pipes running through unheated areas like attics & crawl spaces
- Know where your water shut-off valve is. If a pipe bursts, shut your water off immediately.

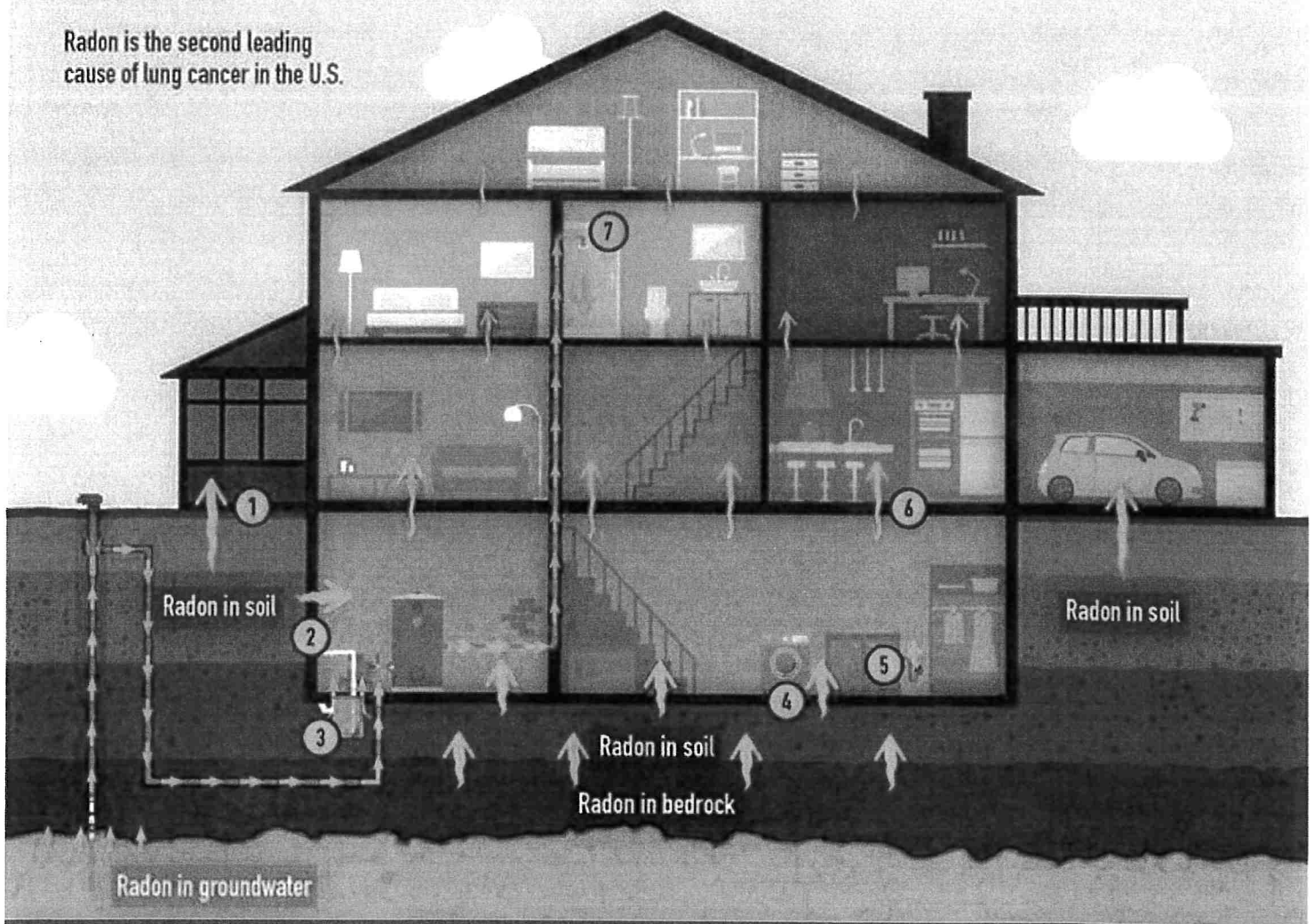


January is National Radon Action Month!

Radon is a radioactive gas. Radon is formed by the natural radioactive decay of uranium in rock, soil, and water. Naturally existing, low levels of uranium occur widely in Earth's crust. It can be found in all 50 states. There's no better time to test your home for radon. Learn how to protect your family in 2024.

How Radon Gets into Your Home

Radon is the second leading cause of lung cancer in the U.S.



When was the last time you tested your home for radon gas? Testing every two to five years is the only way to ensure you and your loved ones are safe from elevated levels of radon in your home. Don't put this off! Exposure to radon is the No. 1 cause of lung cancer in non-smokers. Test your living space today and mitigate any high radon levels. Fixing high radon is achievable through a professionally installed system and costs less than many other home repairs. Test. Fix. Save a life. Visit lbphd.ne.gov to get a test kit!

For more information
you can:

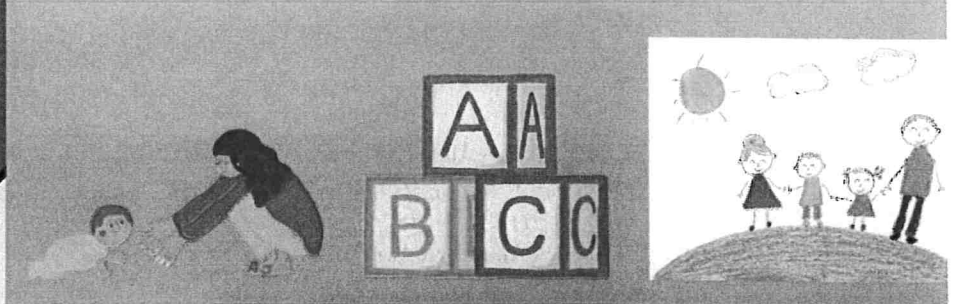
-Visit our Healthy
Families Nebraska- Loup
Basin Facebook page, -

Visit our website
(lbphd.ne.gov)

-Call 308-346-5795 to
speak with a home visitor
or our program manager!

WHAT TO EXPECT FROM OUR HFA PROGRAM:

- CHILD DEVELOPMENT RESOURCES
- FAMILY GOAL PLANNING
- PRENATAL SUPPORT
- SERVICE PLANNING
- TRUSTED SUPPORT
- REALATIONSHIP BUILDING
- REFERRALS TO COMMUNITY RESOURCES



Breastfeeding can help
protect you and your
baby against some
short- and long-term
illnesses and diseases!

<https://www.cdc.gov/nutrition/infantsandtoddlernutrition/breastfeeding>



What to expect,
when you are
expecting and join
our free program!

Immunization Clinic

North Park Elementary, Broken Bow

February 2, 9:00 A.M.- 2:00 P.M.

SHOTS ARE AVAILABLE TO ALL AGES
REGARDLESS OF INSURANCE.

Please call our nurse for a free
assessment of your immunization
record.

PLEASE CALL TO SCHEDULE
AN APPOINTMENT

308-346-5795

-2024-

FEBRUARY

THURSDAY

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

1

Sausage Gravy
w/Biscuit or Omelet
w/Toast
Fruit- Juice
Milk -Yogurt

2

Cereal or Cinnamon roll
Juice/Fruit
Milk- yogurt

5

Cereal- Toast
Or Pancakes on a strix
Juice- Fruit
Milk- Yogurt

6

French Toast
Egg or Sausage
Juice-Fruit
Milk - Yogurt

7

Pop Tarts or PBJ
Or Granola Bar
Juice Fruit
Milk -Yogurt

8

Burrito or Omelet toast
Juice -Fruit
Milk -Yogurt

9

Cereal Or Muffin
Juice- Fruit
Milk- Yogurt

Breakfast

Menu subject to
change

12

Cereal-Toast-
Pancakes
Juice-Fruit
Milk-Yogurt

13

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

14

Pop-Tart-PB&J or
Granola Bar
Juice-Fruit
Milk-Yogurt

15

No school

16

No school

This

establishment is
an equal
opportunity
provider and
employer.

19

Cereal-Toast or
Pancakes
Juice-Fruit
Milk-Yogurt

20

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

21

Pop-Tart-PB&J
Or Granola Bar
Juice-Fruit
Milk-Yogurt

22

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

23

Cereal or Cinnamon
Roll
Juice-Fruit
Milk-Yogurt

26

Cereal-Toast-
Pancake on a Stick
Juice-Fruit
Milk-Yogurt

27

French Toast
Egg or Sausage
Juice-Fruit
Milk-Yogurt

28

Pop-Tart-PB&J or
Granola Bar
Juice-Fruit
Milk-Yogurt

29

Breakfast Sandwich
Or Omelet w/ Toast
Juice-Fruit
Milk-Yogurt

-2024-

FEBRUARY

THURSDAY

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Chicken and Rice or
Potato Soup
w/Crackers and Cheese
Fruit Cup
Dinner roll
Milk

2

Chicken Philly Sandwich
Chips
Baked Beans
Fruit Salad
Milk

8

Chicken Alfredo or
Lasagna
Corn
Fruit Salad
Garlic Bun
Milk

9

Hamburger
Chips
Baked Beans
Fruit cup
Milk

15

NO SCHOOL

16

NO SCHOOL

22

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

25

Corn Dog or Plain Dog
Chips
Baked Beans
Fruit Cup
Milk

7

Chicken Vegetable or
Chili Soup Crackers
and Cheese
Fruit Cup
Cinnamon roll
Milk

14

Macho Nachos
Mixed Veggies
Fruit Salad
Dinner Roll
Milk

6

Ham
Baked Potato
Fruit/Strawberry Pie
Dinner roll
milk

13

Beef and Noodles
Mashed Potatoes
Fruit Cup/Brownie
Dinner Roll
Milk

5

Pizza
Green Beans
Fruit Salad
Dinner roll
Milk

12

Chicken Nuggets
Or Egg Roll
Green Beans
Fruit Cup
Dinner Roll
Milk

19

Taco Salad
w/Lettuce-Cheese-
Salsa
Green Beans
Fruit Cup
Milk

20

Homemade Pizza
Corn
Fruit Cup/Berry Crisp
Milk

26

Burrito
w/Lettuce-Cheese-
Salsa
Corn
Fruit Cup
Milk

27

Chicken Noodle
Mashed Potatoes
Fruit or Apple Crisp
Dinner Roll
Milk

28

Vegetable Beef or
Chicken & Rice
w/Crackers & Cheese
Fruit Cup
Cookie or Dinner Roll
Milk

29

Cheesy Potatoes
w/Ham or
Lasagna
Green Beans
Fruit Cup
Dinner Roll
Milk

Lunch Menu

Menu subject to
change.

This
establishment is
an equal
opportunity
provider and
employer.

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4:30pm JV G BB v Anselmo Merna @Sargent 5:00pm JV B BB v Anselmo Merna @Sargent 6:00pm G V BB v Anselmo Merna @Sargent 7:30pm B V BB v Anselmo Merna @Sargent	2 Wrestling Duals @Loup City 2:30pm JH GBB v Elba @Taylor 3:30pm JH BBB v Elba @Taylor 6:00pm GV BB v Elba (Parent's Night) @Taylor 7:30pm BV BB v Elba (Parent's Night) @Taylor	3 Wrestling State Duals
4	5 1:00pm JH GBB v South Loup @Callaway 1:00pm JH BBB v South Loup @Callaway	6 GV BB v Sumner-Eddy ville-Miller 7:30pm BV BB v Sumner-Eddy ville-Miller	7 District X State FFA Degree Interview and Proficiency Review	8	9 District Wrestling 6:00pm GV BB v Central Valley 7:30pm BV BB v Central Valley	10 District Wrestling Speech Meet @Burwell
11	12 G BB Subdistricts	13 B BB Subdistricts	14 HS Quiz Bowl 1:00pm Dismissal Winter Break	15 NO SCHOOL Winter Break G BB Subdistricts State Wrestling Tournament	16 State Wrestling Tournament NO SCHOOL Winter Break 6:00pm BJV BB v Burwell 7:30pm BV BB v Burwell	17 State Wrestling Tournament Speech Meet @Loup City
18	19 B BB Subdistricts	20 B BB Subdistricts	21 10 o'clock Start Teacher in Service	22 B BB Subdistrict Finals	23 G BB Subdistrict Finals	24 B BB Districts
25	26 B BB District Finals	27 B BB District Finals	28 District CDE State G BB Tournament	29 State G BB Tournament		