

Sargent Public School

October Newsletter

COMMENTS FROM THE PRINCIPAL

Dear Patrons of Sargent Public Schools:

Here at school, we have been working hard to be ready for the External Visitation that will be made by the Nebraska Department of Education in the Spring. The School Improvement Committee has met and devised a plan to gather up all of the remaining information needed to complete the process before the Spring visit is upon us.

The athletic teams have been working hard since the beginning of August, practicing and performing each week. The Varsity Football team is now 3-2, with wins over Anselmo-Merna, Ansley-Litchfield and Overton. The Varsity Volleyball team is now 9-8 and have high finishes in the 3 weekend com-

petitions that they have been a part of: South Loup Invite-2nd Place, CWC round robin tournament-1st place and the Brady Invite-3rd Place. The Cross Country team has competed in a plethora of meets this year and in the last one at Ord, each of the participants had Personal Bests. Let's Go Wolves!!!

I have been building relationships with the Staff and Students in the short time that I have been here, Sargent has Great kids and a Great Staff, you should be very proud of all of them. I will continue to get to know community, staff and students to the best of my abilities. My firm belief is that it takes ALL of us to educate our students so that they will become productive citizens in the future. Thanks for allowing me to be a part of this school system, and if I haven't visited with you, find me and let's visit!

FBLA News	2
Senior Sports Spotlight	3
FBLA Fundraiser	4
Avoid the Flu	5
Helping Children Learn	7-8
Health Newsletter	9-12
Oct. Activities	13
Nov. Activities	14
Oct. Meal Menu	15

News from the school nurses

Hearing and vision screenings by the Lions Van have been completed. If you have not been contacted by us, your student passed the screening. If you have questions or concerns about the results, please contact us at the school.

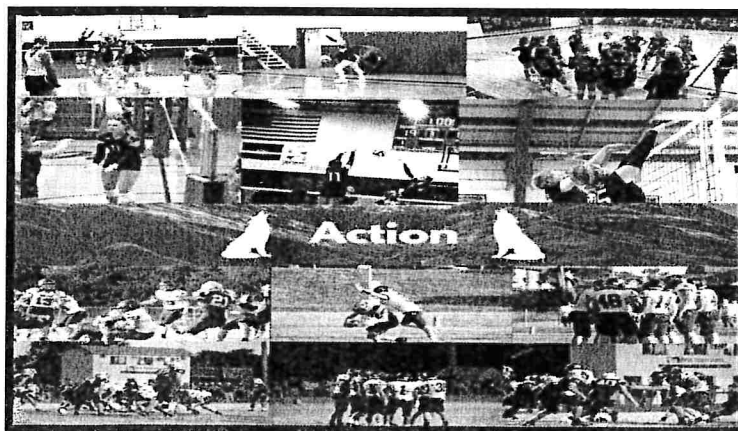
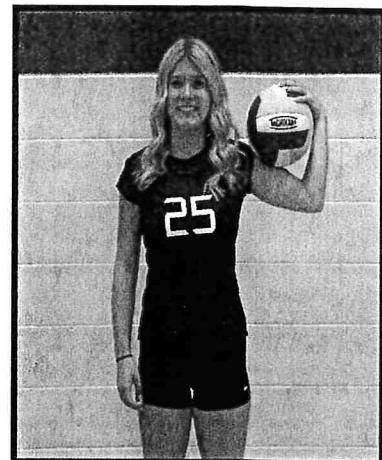
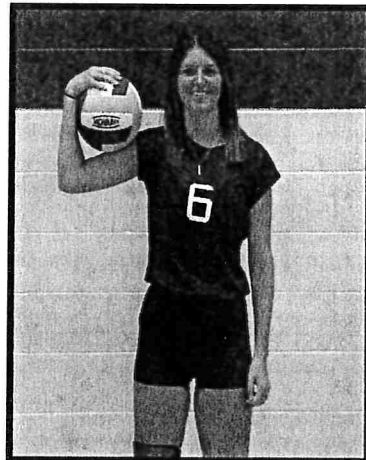
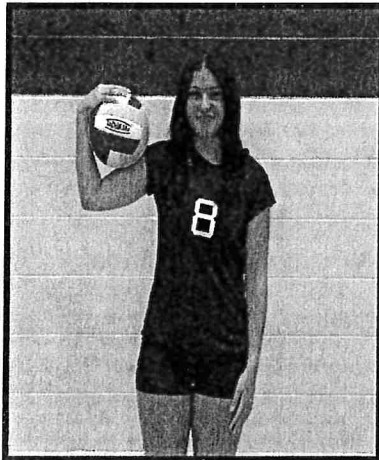
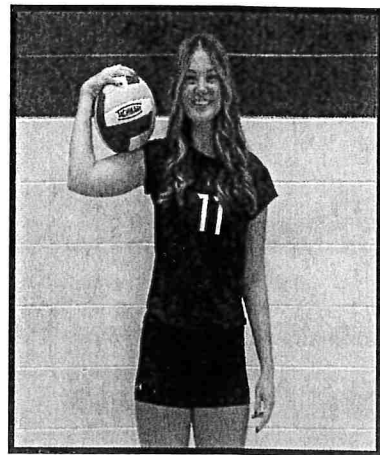
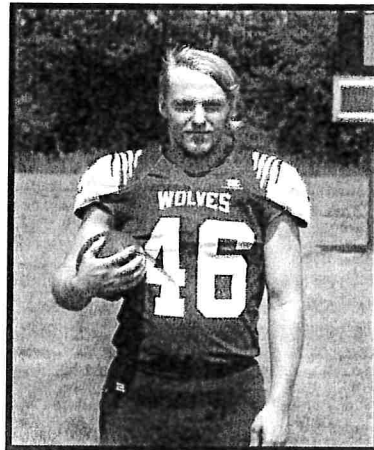
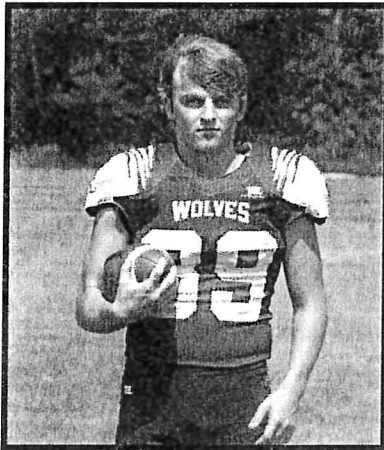
October 18th is a flu shot clinic at the school from 10 am to 11:30 am. If you would like your student to have a flu shot, a form will be sent home with students the week before the clinic to complete or fill out the form in the newsletter and send it in to the school. If your student needs other vaccinations, contact Loup Basin 308-346-5795 to see if it is one that they offer and they can get it at the same time.

Sargent Senior Sport Spotlight

FB Senior Boys Spotlight: Keaton Dowse and Waylon McBride. Dowse plays E/OLB, while McBride plays E/DL.

VB Senior Girls Spotlight: Cassidy Grint, Madison Barker, Deja Davenport, and Ava Bottorf. Grint plays middle hitter, Barker outside hitter, Davenport right side hitter, and Bottorf setter.

This season is going by pretty quickly. Tune in next month for the rest of the SHS Senior Athlete Spotlights.





LoupBasin
PUBLIC HEALTH DEPARTMENT

Avoid the Flu!

GET A FLU SHOT
AT A LOCATION NEAR YOU

SARGENT SCHOOL

**WEDNESDAY
OCTOBER 18
2023**

10:00 AM TO 11:30 AM

LBPHD IS SET UP TO BILL MOST MAJOR INSURANCES INCLUDING MEDICAID AND
MEDICARE. MOST INSURANCES WILL PAY THE FULL COST OF THE FLU SHOT. IF YOU
DO NOT HAVE INSURANCE, WE ASK FOR A \$15.00 DONATION.



SUGGESTED \$15 DONATION PER
SHOT IF ON MEDICAID OR
UNINSURED/UNDERINSURED.
LBPHD ACCEPTS CASH, CHECK,
AND CARD ONSITE. YOU CAN ALSO
USE QR CODE FOR ONLINE
PAYMENT.

FOR MORE INFORMATION CALL OUR OFFICE

308-346-5795

Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



October 2023

Encourage your child to think about situations, ideas and more

Elementary schoolers are expected to do more than memorize facts. Real learning also involves thinking about the material and drawing conclusions. These thinking skills take practice to develop.

To strengthen your child's thinking ability:

- **Ask questions** that require thought. After reading a story or watching a show together, talk about it afterward. Ask your child, "Why do you think the character did that?" or "Could something like that happen in real life?"
- **Think out loud.** When you are making up your mind about something, share your thoughts. "I'm thinking about who to vote for in the upcoming local election." Then talk with your child about the candidates' strengths and weaknesses. Your child may have some great insights.
- **Have family discussions** on topics of interest. Some families have a regular "reading dinner." Everyone brings a book to the table. After a few minutes of reading, family members talk about what they've read and ask questions about what everyone else has read.
- **Ask your child to guess** how simple machines and other items work. Do any of the parts look like other things your child knows about?
- **Encourage estimation.** Have your child estimate things like time needed for a task or cost of an item based on previous experience.



Meet teachers one-on-one

At a parent-teacher conference, you can find out more about what and how your child is learning. When you meet, ask the teacher:

- **What topics will you cover** in this grade or subject this year?
- **What are your expectations** for assignments and reading at home?
- **What can I do** at home to support my child's learning?

Help your child develop a taste for math

To promote comfort with fractions, point out that they are a key ingredient in many tasty meals. Then try these activities together:



- **Serve fractions** for dinner. Cut an apple into 12 slices. How many slices equal one-half or one-third of the apple?
- **Measure liquids.** Have your child use a measuring cup to pour one cup of water into a glass. How many half cups will it take to fill another glass the same size to the same level?
- **Change a recipe.** Ask your child to rewrite the amount of each ingredient to double a recipe or cut it in half.



Establish a communication link

Effective family-school communication is essential for meeting students' needs and fostering academic achievement. It starts with the understanding that you and the school have the same goal: your child's success.

To optimize communication:

- **Stay informed.** Attend meetings and read communications from teachers and the school.
- **Contact the teacher** if you have concerns about your child's learning. For questions about school policy, contact the office.
- **Listen.** A teacher's view of a situation may be different from yours.
- Ask for clarification of anything that is confusing.
- **Offer suggestions.** You know your child best. Explain factors the teacher may not know about and what you think would help most.
- **Follow up.** If a plan of action for your child isn't working, let the school know and discuss next steps for finding a solution.

Buddies can boost studies

Studying with a friend can help students master material and learn about working with others. To make it work, have your child:

- **Choose** a buddy who wants to learn.
- **Agree** that the goal is studying, not socializing.
- **Plan** what the buddies will study in each session—and stick to the plan.



NEWSLETTER

MONTHLY UPDATE



ORDER NARCAN ONLINE!?

Access Narcan now without having to leave your home! Thank you Stop OD NE! Why carry naloxone (Narcan)? Naloxone is a medication that reverses the effects of opioids. It can quickly save the life of someone suffering from an overdose. Naloxone is easy to administer for everybody!

ORDER NOW AT STOPODNE.COM/ORDER-NARCAN

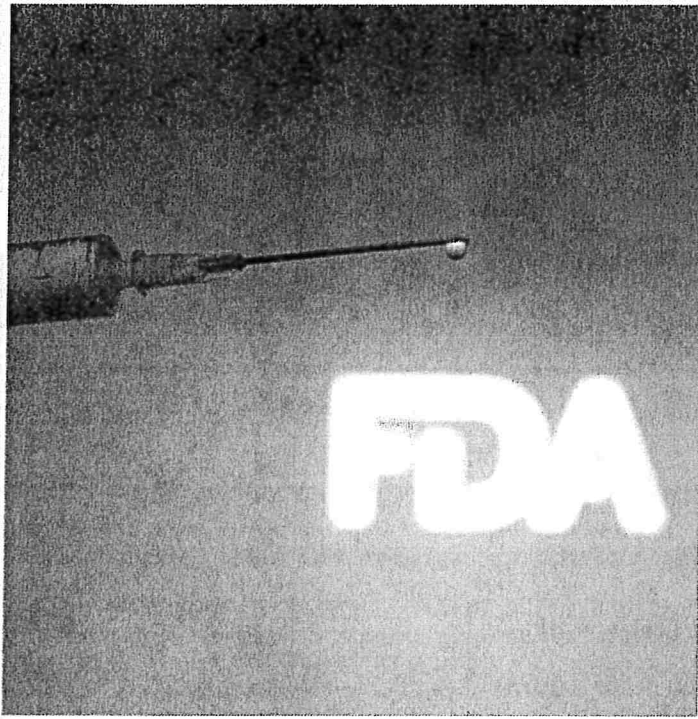


FIGHT THE FLU VIRUS!

Flu season is quickly approaching, protect you, your family, and your loved ones by receiving the flu vaccine! Find our flu clinics around the district on page 3.

It's that time Again
FLU SHOTS
are in!





We have received many questions regarding the new COVID-19 Vaccine. As of September 11th, 2023, all Bivalent Moderna and Pfizer COVID-19 vaccines are no longer authorized for use in the U.S. What does this mean?? The COVID-19 vaccine we have on hand will be replaced with an updated version formulated to target current variants of this disease. Until we receive our new shipment, we will be unable to offer the COVID-19 vaccine we have on hand. As soon as we learn when we will receive the new vaccine, we will update the public. It is important to vaccinate against COVID-19 in order to protect yourself from serious illness.

FLU VS. YOU

FLU VS. YOU

ANSLEY Sept. 27, School 1:30-3:00 Oct. 11, Foot Clinic 9:00-12:00	ARCADIA Sept. 19, Foot Clinic 1:00-3:00 Nov. 1, Bank 12:00-1:00 Nov.1, School 1:30-3:00	ARNOLD Oct. 19, School 9:00-10:30 Oct. 19, Economic Dev. 10:00-12:00	GREELEY Oct. 16, School 1:00-3:00	LITCHFIELD Sept. 27, School 10:30-12:00 Oct. 5, Red Cross 12:00-4:00 Oct. 11, Foot Clinic 1:00-3:00	LOUP CITY Nov. 1, School 8:30-11:00
BROKEN BOW Oct. 5, Grocery Kart 9:30-11:00 Oct. 6, Highschool 7:30-9:00 Oct. 6, North Park 9:30-2:00 Oct. 12, Courthouse 9:00-1:00 Oct. 12, City Office 12:30-2:30	BARTLETT Oct. 23, School 2:00-3:30	BURWELL Sept. 27, Plaza 1:00-3:00 Oct. 2, School 3:00-5:00 Oct. 17, Red Cross 12:00-5:00 Oct. 25, Plaza 1:00-3:00	MERNA Oct. 11 School 10:30-12:00	NORTH LOUP Oct. 18, Foot Clinic 1:00-3:00	ORD Oct. 2, High School 10:00-11:30 Oct. 2, Elementary 12:30-2:00 Oct. 10, 1st Interstate Bank 10:00-11:30 Oct. 23, St. Marys 10:00-11:00 Oct. 24, Foot Clinic 1:00-3:00 Oct. 24, DOT 3:30-4:30
CALLAWAY Oct. 4, School 1:30-3:00	CENTURA Oct. 25, School 7:30-9:30	COMSTOCK Oct. 10, Foot Clinic 1:00-3:00	SARGENT Sept. 26, Foot Clinic 9:00-11:00 Sept. 26, Red Cross 12:00-4:00 Oct. 18, School 10:00-11:30 Oct. 24, Foot clinic 9:00-11:00	SCOTIA Oct. 16, School 10:00-12:00	ST. LIBORY Sept. 21, School 10:30-12:00
DUNNING Oct. 11, School 1:30-2:30 Oct. 11, Red Cross 2:30-4:30	ELBA Oct. 25, School 10:30-11:30	ERICSON Oct. 23, Farmers Merch Bank 12:00-1:00	ST. PAUL Sept. 20, Parkside 9:00-11:30 Sept. 20, School 4:00-7:00 Sept. 21, School 4:00-7:00 Oct. 4, Sr. Center 9:00-12:00 Oct. 18, Foot Parkside 9:00-11:30	TAYLOR Oct. 18, School 1:00-2:30 Oct. 18, Region 26 3:00-4:00	WOLBACH Oct. 4, Foot Clinic 1:00-3:00 Oct. 16, School 8:30-9:30

October 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Homecoming Week	3 Cross Country Varsity MNAC v Arnold @Arnold	4	5 VB Varsity Tri v @Riverside 5pm	6 VB JV v Elm Creek @Sargent 4pm VB V vs Elm Creek @Sargent 5pm FB V vs Elm Creek @Sargent 7pm	7 JH VB Tournament@ Ansley 9am
8	9 JH VB Dual v Thedford @Taylor 1pm JH FB v Thedford @Taylor 2:30pm JV FB v Thedford @Taylor 4:15pm JV VB v Thedford @Taylor 4:15pm	10	11	12 Cross Country Varsity District v TBA @TBA VB V MNAC v TBA @TBA	13 End of 1st Quarter FB V District v Central Valley @Central Valley 7pm	14
15	16 JH VB v Anselmo Merna @ Anselmo Merna 3pm JV VB v Anselmo Merna @Anselmo Merna 5pm	17 JH FB v Anselmo Merna @Anselmo Merna 3pm VB V Tri @Sargent 5pm	18 Flu Shot Clinic 10am	19 Pre-District Livestock Judging @Bassett Teacher's Inservice 1pm Dismissal	20 NO SCHOOL Fall Break	21 JV VB Tournament @Taylor 11:30am
22	23 VB Subdistricts	24 VB Subdistricts	25	26	27 1st Round FB Playoff	28
29	30	31	Nov 1	2	3	4

October Breakfast and Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2</p> <p>Cereal-toast or pancakes Juice-fruit Milk-yogurt</p> <p>Taco Salad with lettuce-cheese-salsa Greens Fruit Cup Milk</p>	<p>3</p> <p>French toast Egg or sausage Juice-fruit Milk-yogurt</p> <p>Chicken noodle with mashed potatoes Fruit cup/pumpkin cake Dinner roll Milk</p>	<p>4</p> <p>9:00 Late Start PopTarts-PB&J or granola bar Juice-fruit Milk-yogurt</p> <p>Lasagna or cheeseburger mac Corn salad Dinner roll Milk</p>	<p>5</p> <p>Biscuits Gravy or Omelet/Toast Juice-Fruit Milk-Yogurt</p> <p>Chicken and rice or potato soup with crackers and cheese Fruit cup Cookie Milk</p>	<p>6</p> <p>Cereal or muffin Juice-fruit Milk-yogurt</p> <p>Sloppy joes Chips Baked beans Fruit cups Milk</p>	7
8	<p>9</p> <p>Cereal-toast or pancakes Juice-fruit Milk-yogurt</p> <p>Chicken Strip Wrap with lettuce cheese Corn Fruit Cup Milk</p>	<p>10</p> <p>French Toast Egg or Sausage Juice- Fruit Milk-Yogurt</p> <p>Hot beef sandwich with mashed potatoes Fruit cup/apple crisp Milk</p>	<p>11</p> <p>Pop Tart-PB,J's or granola bar Juice-fruit Milk-yogurt</p> <p>Chili cheese fries or stuffed potato Fruit cup Dinner roll Milk</p>	<p>12</p> <p>Breakfast sandwich or omelet with toast Juice-fruit Milk-yogurt</p> <p>Tater tot casserole or mac cheese Carrots Fruit salad Dinner roll Milk</p>	<p>13</p> <p>Cereal or Cinnamon roll Juice- Fruit Milk-yogurt</p> <p>Chicken sandwich Chips Baked beans Fruit cup Milk</p>	14
15	<p>16</p> <p>Cereal-Toast-Pancakes Juice or Fruit Milk or Yogurt</p> <p>Chicken Nuggets Green Beans Fruit Cup Dinner Roll Milk</p>	<p>17</p> <p>French Toast Sausage or Egg Juice or Fruit Milk or Yogurt</p> <p>Sliced Ham Baked Potato Fruit Cup/Berry Crisp Dinner Roll Milk</p>	<p>18</p> <p>Pop-Tart or PB&J or Granola Bar Juice or Fruit Milk or Yogurt</p> <p>Hamburger Chips Baked Beans Fruit Cup Milk</p>	<p>19</p> <p>Cereal-toast or muffin Juice-fruit Milk-yogurt</p> <p>Macho nachos Corn Fruit cup Cookie Milk</p>	<p>20</p> <p>No School!!!</p>	21
22	<p>23</p> <p>Cereal or Toast or Pancake Juice or Fruit Milk or Yogurt</p> <p>Beef and Noodle Soup Crackers and Cheese Fruit Cup Dinner Roll Milk</p>	<p>24</p> <p>French Toast Sausage or Egg Juice or Fruit Milk or Yogurt</p> <p>Creamed Chicken w/ Biscuit Mashed Potatoes Fruit Cup/ Straw Cake Milk</p>	<p>25</p> <p>Pop Tart, PB&J, or Granola Bar Fruit or Juice Milk or Yogurt</p> <p>Runza or Pig in a Blanket Chips Baked Beans Fruit Cup Milk</p>	<p>26</p> <p>Omelet w/ Toast Juice or Fruit Milk or Yogurt</p> <p>Spaghetti w/ Meat Sauce Corn Fruit Salad Breadstick Milk</p>	<p>27</p> <p>Cereal or Muffin Juice or Fruit Milk or Yogurt</p> <p>Hot Ham and Cheese Wrap Taters Fruit Cup Milk</p>	24
29	<p>30</p> <p>Cereal or Toast or Pancake Juice or Fruit Milk or Yogurt</p> <p>Chicken Sandwich Chips Baked Beans Fruit Cup Milk</p>	<p>31</p> <p>French Toast Egg or Sausage Juice or Fruit Milk or Yogurt</p> <p>Meatloaf Cheesy Hashbrown Casserole Fruit Cup/ Apple Crisp Dinner Roll Milk</p>	<p>Salad bar is available everyday for lunch!</p>	<p>Food choices subject to change.</p>		

This establishment is an equal opportunity provider and employer