

Sargent Public School

November Newsletter

COMMENTS FROM THE PRINCIPAL

Dear Patrons of Sargent Public Schools:

The Second Quarter has begun. We will be posting the 1st Quarter Honor Roll in this edition of the newsletter. The students and staff have been working really hard to accomplish everything that needs to be done.

We are in the midst of the Football playoffs and Volleyball sub-districts. The Football team completed the regular season with a 5-3 record and a 2nd place finish in their district. Last week they defeated Hitchcock County in the 1st round of

the State playoffs. They will play Dundy County-Stratton in the next round. The Volleyball team was the 3rd seed in their sub-districts that was played at Burwell High School. Their 1st round opponent was Fullerton High School.

I would like to thank ALL of the parents for helping out with the change that we have made concerning the 9:00 am starts on Wednesday mornings. School does not start until 9:00 am with Breakfast starting at 8:35 am. The students are utilizing this time as a study hall and/or free reading time. Thanks Again!

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Meet the New Student Editors for the Newsletter



**SARGENT
PUBLIC
SCHOOLS**



400 North 5th Street
PO Box 366
Sargent, NE 68874
308-527-4119

The Homecoming of 2023 is a wrap!

It was a very successful week thanks to our participation in the dress up days and our driven athletes in their cross country meets, volleyball, and football games. Our theme for the week was to "Bulldoze the Buffaloes". Monday we kicked off with Class Color wars and Anything But a Backpack Day. We also had a hotdog supper provided by the Sargent Chamber of Commerce accompanied by a bonfire and outside games. Tuesday students got creative with their outfits with Rhyme Without a Reason as our dress up day. Be sure to look at our school's Facebook page to see the clever costumes. There was also a MNAC cross country meet, with Corbin Bye placing 4th in junior high, Everett Funk placing 5th, and Hayden Nelson beating his PR! On Wednesday, Sargent students took on the role of dressing as Adam Sandler. Moving onto Thursday, it was an epic battle of Soccer Moms versus BBQ Dads. Volleyball athletes had a triangular with a win against Riverside Charges and a loss against Burwell Longhorns. Students got into the spirit of homecoming on Friday, decking out in Twin Loup gear for Spirit Day. We got into the competitive spirit with a dodgeball tournament, with the senior class winning with a clean sweep. Sargent hosted the Pep Rally, with games such as Human Ringtoss, Mattress Surfing, and 20 Questions. We were introduced to the new cheerleading squad, and the pep band was present playing music. If you would like to watch the pep rally, be sure to check out our school's Youtube page. We hosted a volleyball game against Elm Creek, with both JV and Varsity getting a win. We also got a win in the football game, with the final score of 34-30. It is safe to say that we definitely "Bulldozed the Buffaloes"! Congratulations to all participating athletes! We had a coronation that night, with freshman attendants of Allyssa Moody and Carter Hall, sophomore attendants of LoReena Schauda and Mace Beran, and junior attendants Marisa Richardson and Aaron Glendy. Your homecoming king and queen for 2023 are Keaton Dowse and Ava Bottorf! Congratulations to all the attendants and our Homecoming Royalty! A thank you to everyone who participated from our Student Council.



Music News

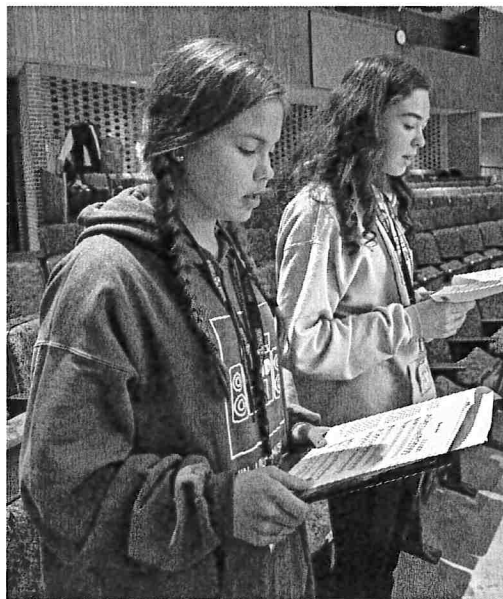
Two of our Twin Loup sophomores qualified to attend the Doane University Vocal Festival on Sept. 20. Hayden Guest and Miah Handley spent the day at the Doane University campus rehearsing with 200 high school freshmen and sophomores from eastern Nebraska. We definitely won the award for traveling the furthest. Dr. Kurt Runestand, professor at Doane, directed the choir and taught the students many great things about becoming a better vocalist. A concert was given that evening and our students were able to sing alongside the Doane choir as well. While there, we met up with former Twin Loup band member, Alexis Mauler who is a student at Doane.

Thanks to the generosity of many in the surrounding communities, our music department has been able to purchase some much needed items. First, we purchased a classroom set of gently used ukeleles for our elementary students to use. Next, we solved our problem of scattered music stands by purchasing four carts for storing our music stands.

Mrs. Ottun organized a summer garage sale in the Sargent music room in June. Many individuals from Burwell, Sargent, and Taylor donated items for the sale. There were so many items, that we overflowed into the cafeteria just to manage everything! We offered a nice variety of things for our customers.

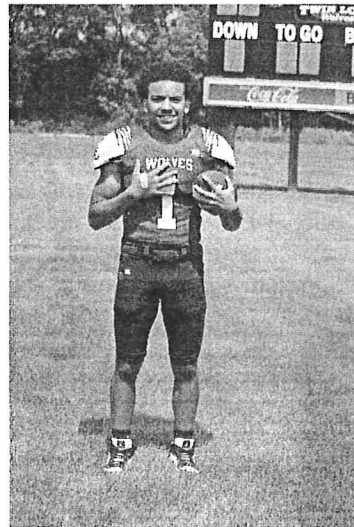
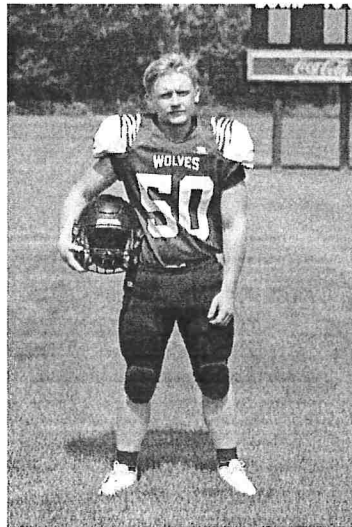
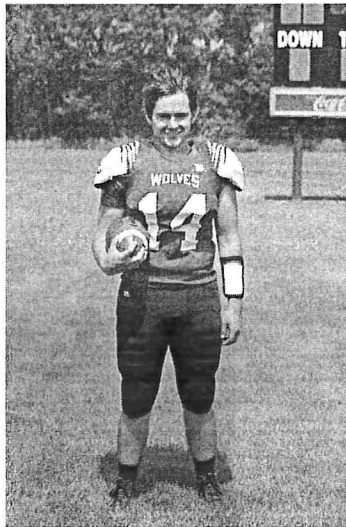
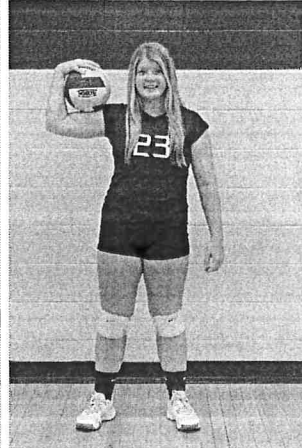
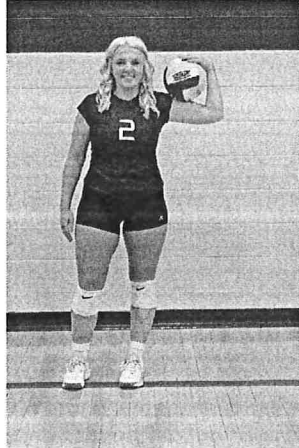
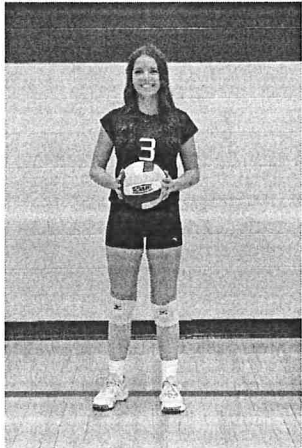
Twin Loup Music would like to thank the patrons who shopped our sale and those who donated items and money. A shout out also goes to Patricia Woods, Kathy Dexter, Linda Lewis, and Hayden Nelson for helping run the sale.

The Twin Loup Music department was recently gifted a beautiful drum set from the family of the late Nick White. Nick was an amazing drummer at Sargent Public Schools. Mrs. Ottun met with his parents, Danny and Karen White, to pick up their donation. The full trap set included a five-piece set of Zildjian cymbals, and soft-sided cases for all drums. When the students saw and played this drum set, they quickly decided that it needed to replace the previous set and has become the new favorite to play. Both sets of drums are sitting side-by-side so that the more experienced drummers can teach the younger ones. We would also like to express our appreciation to Nick's daughter, Nicole Christner, for giving our percussion students a high-quality set of instruments to learn and perform on. The generosity of our community will greatly impact our music department for years to come.



Sargent Senior Sport Spotlight

Volleyball players: Melissa Slagle is a OH/DS, Arin Smith is a DS/S, Sarah Riddle is a RS, and Christina is a student manager. Football players: Logan Rugg is a G/DL, Tallin Schauda is a QB/DL, and Quincy Ryker is a RB/OLB.



FBLA NEWS

The FBLA has been staying busy, especially with community service! We had wonderful success with the Custer County Food4Youth Challenge raising 223 food donations and \$134 in monetary donations! We chose to hold an elementary and junior high/high school class challenge to see which class could donate the most food. The elementary classes donated 180 food items and the jr high/high school donated 43 items. The winning class in the elementary was the preschool and we will provide a popsicle party for them in the coming week. The monetary donations came from sales from our healthy snack vending machine. Thank you to everyone who donated!




The Flamingo Frenzy is a fun way to raise money for one of our projects and this year, we will give our donations to the Nebraska FBLA Foundation Trust. We receive a ribbon for giving to the foundation at the State Leadership Conference and the money is used for speakers, scholarships, and stipends to student that make it to Nationals. As of October 22nd, we have brought in \$125 thanks to the community and these cute flamingos! We have new black wind jackets in the Wolf Den and we are planning to purchase men's polos, hoodies, long sleeve shirts, and tshirts before Christmas. We have also discounted some items. We are planning on a Halloween movie night in the gym on the 30th or 31st. This would be for students 13 and over and adults, more details coming.

Carsen Vincent, Reporter

Give yourself a **BOOST**
this "sick season."

- Eat Nutritious foods
- Stay active
- Prioritize sleep
- Quit smoking
- Manage Stress
- Stay hydrated
- Get sunshine
- Practice good hygiene



**Boost your
Immune System**

2023-2024 1st Quarter All A Honor Roll

<u>Student Name</u>	<u>Grade Level</u>	<u>Level</u>
Jeimy Gomez	12	All A
Cassidy Grint	12	All A
Logan Rugg	12	All A
Tallin Schauda	12	All A
Melissa Slagle	12	All A
Eve Kipp	11	All A
Marisa Richardson	11	All A
Kooper Keefe	10	All A
Hayden Nelson	10	All A
Phoebe Rowse	10	All A
LoReena Schauda	10	All A
Carsen Vincent	10	All A
Bambi Conner	9	All A
Carter Hall	9	All A
Jackson Hall	9	All A
Alyissa Moody	9	All A
Maci Smith	9	All A
Corbin Bye	8	All A



2023-2024 1st Quarter A Average Honor Roll

Madison Barker	12	A Average
Ava Bottorf	12	A Average
Dejanae Davenport	12	A Average
Keaton Dowse	12	A Average
Christina Lewellyn	12	A Average
Waylon McBride	12	A Average
Sarah Riddle	12	A Average
Quincey Ryker	12	A Average
Arin Smith	12	A Average
Leeann Stutzman	12	A Average
Jax Williams	12	A Average
Nevaeh Ducharme	11	A Average
Folkers Justin	11	A Average
Ragan Mauler	11	A Average
Miranda Olson	11	A Average
Grant Ottun	11	A Average
Luqman Harris	9	A Average
Gabriel Lunde	9	A Average
Cooper Busch	8	A Average
Yahya Harris	8	A Average
Conner Nelson	8	A Average
Jeremiah Phillips	8	A Average
Alli Smith	8	A Average
Blake Bottorf	7	A Average
Cintia Herrera-Alay	7	A Average
Kinley Keefe	7	A Average
Nathan Lowry	7	A Average
Brent Morse	7	A Average
Jenna Wilson	7	A Average
Queston Young	7	A Average

NEWSLETTER



Take Action to Stop Bullying in Your Community.

"Everybody deserves to feel safe and welcomed in their school and home environment." Join LBPHD and NE DHHS in standing up against bullying. Things to look out for to help stand up against bullying.

- Pushing, shoving, pinching, hitting, damaging property, vandalizing locker and school supplies.
- Name calling, making fun of, making joke at another's expense, unwelcome teasing, spreading secrets.
- Starting rumors, excluding people from events or study groups.
- Using social media to intimidate, exclude, and spread private information, using texting, emails, or other applications to damage someone's reputation.

One in five students reported being bullied on school property in the last year, and 14% of public schools report that bullying happens at least once a week.

Get Your Flu Vaccine!

When should I get my flu vaccine? Do I get it now, so I can protect myself if the flu comes around early, or do I wait and protect myself for the late influenza cycle? The best time to get the flu vaccine is now! The CDC recommends that people ages 6 months and older get a flu vaccine by the end of October. Even if you wait until after October, the vaccine will still be beneficial and provide protection. Whenever you decide to get the flu vaccine, is the perfect time to get it! Individuals are protected against the influenza virus for about 6 months after receiving the vaccine.

Join Our Team Today!

Job opportunity for an Immunization Nurse.



Must have a current Licensed Practical Nurse or Registered Nurse license with the State of Nebraska.

Interested candidates should submit a resume and cover letter to Amanda Jeffres, Executive Director. Resumes and cover letters can be submitted via email (ajeffres@lbphd.ne.gov) or dropped off in person (934 I Street / Burwell).

Job Opportunity

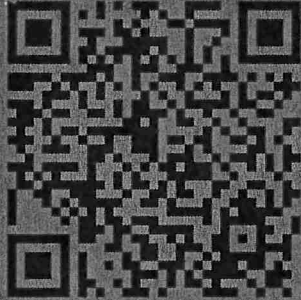
In this position, you'll be the program manager of the vaccine program. Which entails administering vaccines, scheduling, and hosting vaccination clinics throughout our 9-county district, including long-term care facilities, businesses, and schools. Training is provided on the job. Normal working hours are from 8:00 to 5:00 but may vary due to the clinic schedule. No weekends or holidays. Competitive wages.

Benefits include:

- Health, vision, and dental insurance
- Aflac
- Retirement plan
- Paid time off
- A wellness program and an allowance
- Paid continuing education and licensure renewal
- Clothing allowance

Healthy Families

"HFA works because we pay attention to each family's story and shape our work around their interests, questions, concerns, and cultural expectations and norms. We recognize that there is no one-size-fits-all approach to supporting families, so our focus on the relationship between the parent/caregiver and child means that we approach each family in a uniquely supportive way." Sign up today to join our HFA Loup Basin Program by scanning the QR code!



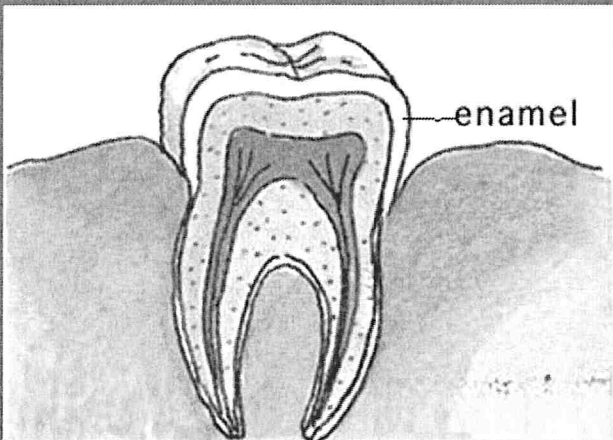
Fall is here and it's time to enjoy wrapping up in a blanket, but not in a car seat. **For proper harnessing, strap and then wrap.** Reminder: No puffy coats under the harness.



Blanket weather!

live + well award

Congratulations to LBPHD's Wellness Committee on receiving the 2023 Governor's Wellness Award. The Wellness Committee at LBPHD strives to keep our employees active and healthy, not only physically but also mentally! This award recognizes employers who have built a culture of wellness in their workplace. LBPHD received the "Sower Award" which recognizes workplaces that have an established wellness program. "An organization's people is its greatest assets, and it makes good business sense for companies to encourage good nutrition and healthy lifestyles through workplace programs. These programs encourage team members to take steps toward a healthier lifestyle."



TOOTH ENAMEL is mostly composed of hydroxyapatite (a naturally occurring mineral form of calcium apatite) and is one of four layers that a tooth is composed of.

Dental

Fluoride. What is it? Is it important? Fluoride is a mineral that occurs naturally in many foods and water. Every day, minerals are added to and lost from a tooth's enamel layer. We lose the enamel layer from acids, such as plaque, bacteria, and sugars. Fluoride can also be applied to the teeth through toothpastes and mouth rinses and of course at the dentist. Fluoride is very important for infants and children between the ages of 6 months and 16 years of age, however adults benefit from fluoride too to help keep our teeth strong! Did you know that LBPHD Smiles program offers Fluoride to your school age child? Next time you see our Smiles form come home, check dental exam **and** fluoride on the form! It is recommended to apply fluoride varnish 4 to 6 times per year to help decrease cavity development.



Cellphones and Devices: A Guide for Parents and Caregivers

How to help preteens and teens use their phones safely and responsibly.

Topics: Cellphones and Devices Screen Time

By age 11, about half of children in the U.S. own a smartphone. When you hand your child a cell phone, you're giving them a powerful tool for communication and entertainment. These devices become a constant companion in the lives of preteens and teens—a source of connection, creativity, and, yes, even distraction. Here are some ways for parents and caregivers to guide their children to use their phones in healthy and responsible ways.

What's the Right Age to Get Kids a Cell Phone?

The right age to give a child their first cellphone is really up to you. Age isn't as important as your kid's maturity level, their ability to follow rules at home and school, and their sense of responsibility, as well as your own family's needs. If you think your kids' tech skills are greater than their ability to use a phone wisely, pay attention to that gap. You may need to say, "No, not yet." Here are some questions to consider:

- Do your kids show a sense of responsibility, such as letting you know when they leave your home? Do they show up when they say they will?
- Do your kids tend to lose things, such as backpacks or homework folders? If so, expect they might lose a phone, too.
- Do your kids need to be in touch for safety reasons?
Would having easy access to friends benefit them for social reasons?
- Do you think they'll use a cellphone responsibly—for example, not texting during class or disturbing others with their phone conversations?
- How closely will they follow the boundaries you've set for when, where, and how long they can use their phone?
- Will they use text, photo, and video functions responsibly and not to embarrass or harass others?

Adding a family member to your service plan can get expensive. For your kids' first phone, consider these options:

- A smartwatch with limited features, like Verizon's GizmoWatch or the TickTalk.
- A prepaid phone that doesn't lock you into a long-term contract.
- A "feature" phone with large icons and a limited range of functions, such as the Nokia 225.
- A flip phone, like the Jitterbug Flip, which is designed for seniors but great for kids too because it has large numbers and GPS tracking.
- Low-cost, prepaid carriers, such as Boost, Mint, Twigby, and Tello.

What Are the Basic Safety Rules for Cellphones?

Discuss these rules before you give your kid a cellphone.

Texting

- Be respectful, both to the people you're texting with and those around you.
- Be careful. Assume that even private texts can become public.

Calling

- Verify the caller. Don't respond to numbers you don't know.
- Always answer the phone when it's a parent or caregiver!

Taking pictures and videos

- Ask permission before you snap someone's picture, take a video, or share anything.

- Don't publicly embarrass people. Don't post someone's photo or video—especially an unflattering one—without their permission.

Apps and downloads

- Apps, games, music, and in-app upgrades can cost real money. Follow your family's rules about what you can and can't buy, and whether you need permission to download.
- You may not be able to access everything if parental control settings are enabled. Depending on your family's rules, some content, downloads, and in-app purchases could be blocked.

Posting

- Think before you post. Be very choosy about what you post from your phone.
- Be safe. Sharing private information and using location services can be risky.

What Are the Rules About Using Phones at School?

Every school and teacher has different rules for cellphone use. However, most allow students to bring phones as long as they turn them off during class. Check the school's rules, and make sure your kids are mature enough to follow them. Here are some general rules for students:

- **Kids should use their phones infrequently and only when permitted.** This could be before and after—but not during—the school day, such as when they need a ride, their plans change, there's an emergency, or a parent or caregiver calls.
- Students have been known to misuse their phones at school. **Make sure they know not to use the phone for inappropriate purposes, such as cheating, taking pictures or videos of other people without their permission, and so on.** (You may also want to talk with them about how cell phones are occasionally used to capture serious moments of injustice.)

And for grown-ups, although it can be tempting to text your kid during the day, resist the urge unless it's truly urgent.

How Can I Get My Kids to Put Down Their Phones?

Constantly looking at phones—it may be annoying, but it's a normal part of life for many kids. Staying in touch with friends is important to preteens and teens. However, if phone use is getting in the way of family time, homework, and other responsibilities, it might be time to help your kid manage their phone use.

- **Help kids reflect on their phone habits by having open, nonjudgmental conversations.** Then give them a tool like a Family Tech Planner to suggest changes and set goals for themselves.
- **Help them find space for face-to-face conversations.** Put phones down during key conversation times such as mealtimes, car rides, or on public transportation.
- **Model the manners and behavior you want to see.** Avoid texting in the car. Consider describing your phone use ("I'm looking up directions to the party") so younger kids understand why you're using it. Make sure to excuse yourself if you have to interrupt a family moment to attend to your phone.
- **Charge kids' phones in a common area at night.** Removing their phones can give kids a needed break.
- **Establish consequences for problematic phone use.** If your kids are having trouble putting the phone away when you ask or are having other behavior problems with their phones, consider temporary time or location limits.
- **Understand the underlying reasons your child might be on their phone a lot.** They may have a friend who is distressed and texting them, a game or app that's pinging for their attention, or they may be avoiding what they see as stressful interactions with others at home. Talking about it can help clarify what drives your child's phone use.

Common Sense Media offers the largest, most trusted library of independent age-based ratings and reviews. Our timely parenting advice supports families as they navigate the challenges and possibilities of raising kids in the digital age.

November Breakfast and Lunch Menu

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>Pop Tart or PB&J or granola bar Juice-fruit Milk-yogurt</p> <p>Lasagna or cheeseburger mac Corn Salad bar Dinner roll Milk</p>	<p>2</p> <p>Biscuits Gravy or Omelet/Toast Juice-Fruit Milk-Yogurt</p> <p>Chicken and rice potato soup with crackers and cheese Fruit cup, Cookie Milk</p> <p style="text-align: right;">or</p>	<p>3</p> <p>Cereal or muffin Milk-yogurt Juice-fruit</p> <p>Sloppy joes Chips Baked beans Fruit cups Milk</p>
<p>6</p> <p>Cereal-toast or pancakes Juice-fruit Milk-yogurt</p> <p>Macho Nacho Corn Fruit Cup Cookie Milk</p>	<p>7</p> <p>French Toast Egg or Sausage Juice- Fruit Milk-Yogurt</p> <p>Chicken Noodle Mashed Potatoes Fruit cup or Banana Cake Dinner Roll Milk</p>	<p>8</p> <p>Pop Tart-PBJ's or granola bar Juice-fruit Milk-yogurt</p> <p>Hot Ham Cheese Sandwich Chips Baked Beans Fruit Cup Milk</p>	<p>9</p> <p>Sausage Gravy/ Biscuit or Omelet/ Toast Juice Fruit Milk Yogurt</p> <p>Chili with Crackers and Cheese Fruit Cup Cinnamon Roll Milk</p>	<p>10</p> <p>Cereal Toast or Muffin Juice- Fruit Milk-yogurt</p> <p>Chicken Nuggets Cheesy Green Beans Fruit Cup dinner roll Milk</p>
<p>13</p> <p>Cereal-Toast or Pancakes Juice or Fruit Milk or Yogurt</p> <p>Taco salad /w lettuce-cheese-salsa Corn Fruit Cup Dinner Roll Milk</p>	<p>14</p> <p>French Toast Sausage or Egg Juice or Fruit Milk or Yogurt</p> <p>Turkey or ham /w stuffing mashed potatoes /w gravy Fruit Cup/ punkin pie Dinner Roll Milk</p>	<p>15</p> <p>Pop-Tart or PB&J or Granola Bar Juice or Fruit Milk or Yogurt</p> <p>Grilled Chicken wrap /w lettuce-cheese-salsa refried beans or carrots Fruit Cup Milk</p>	<p>16</p> <p>Cereal-toast or muffin Juice-fruit Milk-yogurt</p> <p>Beef and noodle or cheesy broccoli /w cheese and crackers Fruit cup dinner roll Milk</p>	<p>17</p> <p>Cereal, Granola Bar, or Cinnamon Roll Juice-Fruit Milk-yogurt</p> <p>Hamburger Chips Baked Beans Fruit Cup Milk</p>
<p>20</p> <p>Cereal or Toast or Pancake Juice or Fruit Milk or Yogurt</p> <p>Burrito w/ lettuce and Cheese Green Beans Fruit Cup Milk</p>	<p>21</p> <p>French Toast Sausage or Egg Juice or Fruit Milk or Yogurt</p> <p>Homemade Pizza Corn Fruit Cup Cookie Milk</p>	<p>22</p> <p>Thanksgiving Holiday!!!</p>	<p>23</p> <p>Thanksgiving Holiday!!!</p>	<p>24</p> <p>Thanksgiving Holiday!!!</p> <p>Mrs. Delaney's Birthday!!!</p>
<p>27</p> <p>Cereal or Toast or Pancake Juice or Fruit Milk or Yogurt</p> <p>Corn Dog or Plain Dog Chips Baked Beans Fruit Cup Milk</p>	<p>28</p> <p>French Toast Egg or Sausage Juice or Fruit Milk or Yogurt</p> <p>Creamed Chicken w/ Biscuit Mashed Potatoes Fruit Cup/ Peach Pie Milk</p>	<p>29</p> <p>Pop Tart or PBJ or Granola Bar Juice or Fruit milk-Yogurt</p> <p>Chicken & Rice or Vegetable Soup Crackers and Cheese Fruit Cup Dinner Roll Milk</p>	<p>30</p> <p>Burrito or Omelet w/ Toast Juice or Fruit Milk or Yogurt</p> <p>Lasagna or Cheesy Potatoes w/ Ham Green Beans Fruit Salad Breadsticks Milk</p>	

November 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	30	31	1 State VB Tourney @Lincoln	2 State VB Tourney @Lincoln	3 State VB Tourney @Lincoln FB Qtr. Finals	4 State VB Tourney @Lincoln
5	6	7	8 JH District Livestock Judging @Atkinson	9 JH Wrestling Tournament v Loup City @Loup City	10 FB Semifinal Round	11 Veteran's Day
12	13	14	15	16	17 JH Wrestling Invitational @Mullen 11am	18
19	20 State FB Finals @Lincoln	21 Thanksgiving Break 1pm Dismissal JH Wrestling Tournament @Ainsworth 4:30pm	22 NO SCHOOL Thanksgiving Break	23 NO SCHOOL Thanksgiving Break	24 NO SCHOOL Thanksgiving Break	25
26	27	28 JH Wrestling Tournament @Sandhills 1pm	29	30	Dec 1	2