

Sargent Public Schools Newsletter



September 2026



Reading Matters!

- Just 15–20 minutes of reading each day can make a big difference! Daily reading helps students build vocabulary, improve comprehension, strengthen confidence, and develop a lifelong love of learning.
- This September, make reading part of your family's routine. Read together, visit the library, or encourage your child to choose something they enjoy.
- A few minutes a day can help build a stronger reader! 

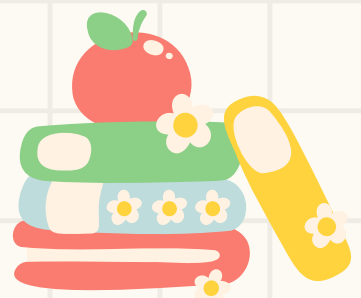
In this issue

- 2 Principal's Desk
- 3-4 Parent Institute Newsletter
- 5 September Menus
- 6 Loup Basin Information
- 7 September Calendar
- 8 Other Information
- 9 No School Early Out Days
- 10 Misc Photos
- 11 Communities for Kids



Upcoming Events

- September 7th: No School- Labor Day
- September 14th-19th Homecoming Week
- September 28th- No School Professional Development
- Oct 1st School Pictures





From the Principal's Desk

It has been great having our students back in the building and seeing the energy that comes with the start of a new school year. As everyone gets settled into their routines, we want to continue building positive habits that will help make this a successful year. The first few weeks are important for establishing expectations, staying organized, and getting off to a strong start. We appreciate the effort our students and staff have already shown.

As a reminder, school doors open at 7:30 a.m. each morning. For safety and supervision purposes, students should not be dropped off or arrive before 7:30 a.m. unless they are participating in a school-sponsored activity with adult supervision. Thank you to our families for helping us maintain a safe and supervised environment for all students.

Open House – September 1st -6:00pm

Due to ongoing construction, our Back-to-School Open House has been rescheduled for Tuesday, September 1st. We will begin with a meal at 6:00 p.m., followed by a general meeting and an opportunity for families to visit classrooms and teachers. We hope families will join us for the evening and take advantage of the opportunity to connect with our staff and see what is happening throughout the school.

Fall activities are also underway. Our volleyball team kicked things off by hosting a jamboree on Thursday, August 20th, giving our athletes an opportunity to compete and fans an early look at the team. The following evening, our football team hosted its annual Sports Drink Scrimmage on Friday, August 21st. Thank you to everyone who came out to support our student-athletes and help us start another exciting season of Twin Loup activities.

We are looking forward to a school year filled with learning, growth, involvement, and success. Thank you to our students, staff, families, and community for your continued support of Sargent Public Schools.

Here's to a great 2026–2027 school year—and as always, GO WOLVES!

Mr. Slingsby



Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10

Students do better when families and schools communicate

Two-way communication between families and schools supports academic success. When you and the school work together, it is easier to for everyone to identify and address what your child needs to do well in class.



To keep this productive communication flowing:

• Sign up to receive

communications from the school on all platforms—social media, parent portals, etc. If you aren't sure how, contact the office.

- **Reach out to your child's teachers** with questions or concerns about your child's learning. For questions about a school policy, ask the office who to contact.
- **Offer suggestions.** Explain factors that the teacher or the school may not know about and what you think would help your child most.
- **Keep an open mind.** A teacher's or staff member's view of a situation may be different from your child's or yours. Ask for clarification of anything that is confusing. Focus discussions on finding solutions.
- **Follow up** after meetings to see how things are going. If a plan of action for your child isn't working, discuss next steps for addressing the situation.



Make read-alouds an everyday thing

Elementary schoolers of every age benefit from hearing books read aloud. Reading aloud to your child not only supports literacy development—it also demonstrates that reading is an important and fun way to spend time.

For maximum results:

• Create a daily routine.

Choose a read-aloud time when your child will be most receptive, such as after playing outside or before bed.

- **Preview books.** Reading aloud is performing. You'll do a better job if you are familiar with what you are going to read. Previewing a book can also prevent getting

bogged down in a story neither you nor your child enjoys.

- **Get dramatic.** Emphasize the first line of the book to grab your child's attention. Use voices and facial expressions to bring characters and situations to life.
- **Prolong interest.** Stop reading for the day at a point where you and your child are both eager to hear what happens next.

Attendance is a foundation

One of the most important ways you can support school success is to make sure your child attends every day. Missing as few as six class days can harm academic performance. To keep attendance on track:

- **Prep for mornings** the night before—lay out clothes, pack schoolbags, etc.
- **Schedule appointments** and family trips for non-school times.
- **Reach out to school staff** for help finding solutions for attendance issues.

Source: E. Blad, "Absenteeism May Hurt Academics Long Before It Becomes 'Chronic'," EducationWeek.

Foster friendship skills

Friends can make school life better—and more dramatic. To help your child navigate the ups and downs of friendship:



- **Listen.** Sometimes, children need a sympathetic ear more than a solution.
- **Ask questions.** "What do you think you could do about that?"
- **Tell stories** about your own social challenges and how you faced them.

Reinforce online safety

Millions of children go online every day to learn, create and socialize. Ensuring their safety is vital. To help protect your child:

- **Monitor** your child's online activities. Keep devices where you can see them and use parental controls.
- **Establish** rules—no playing online games with people not also known in real life, no underage social media use, etc.
- **Tell** your child to alert you to inappropriate content, messages or experiences online.





My child gives up too soon. What can I do to help?

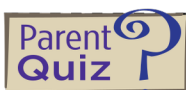
Q: My eight-year-old has recently begun responding to new challenges by saying "I can't"—without even trying. How can I help my child feel capable of learning hard things?



A: Your elementary schooler seems to be exhibiting a lack of self-confidence. One or more of these factors may be at work:

- **Fear of making mistakes.** Both adults and children tend to point out things kids do wrong more than things they do right. Fault-finding can lead children to doubt their abilities.
- **Perfectionism.** Children who feel a need to be perfect may give up rather than attempt a task they aren't sure they can do perfectly the first time.
- **Comparisons to others.** When children observe and negatively compare their performance to that of others'—or have the comparison pointed out to them—they may stop trying.
- **Too much "help."** When adults do things for children that they can do for themselves, the children may get the message they aren't capable.

Reassure your child that mistakes are a normal part of learning. Everyone makes them and can learn from them how to improve. Show that you know your child is a capable person, and eventually your child will believe it.



Will you give your child a boost this year?

The start of the school year is an ideal time to establish patterns of positive engagement in your child's education. Are you ready to set your child up for success in the new school year? Answer *yes* or *no* to the questions below:

1. **Will you explain** what you expect of your child in school attendance, cooperation, effort, persistence etc.?
2. **Will you establish** routines for bedtime, schoolwork, reading and other family times?
3. **Will you express** your confidence that your child can handle any changes or challenges this year might bring, and that you will help?
4. **Will you contact** your child's teacher early in the year?
5. **Will you participate** in events for families at school?

How well are you doing?

More yes answers mean you are getting off to a great start. For each no, try that idea.

"If parents want to give their children a gift, the best thing they can do is to teach them to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning."

—Carol Dweck

Review schoolwork daily

Reviewing and talking about schoolwork together shows your child that you think learning matters. It also gives you a window into what your child is learning. Each day:

- **Look over classwork** and assignments. Ask your child to tell you about the work. Before your child turns schoolwork in, check that it is complete.
- **Praise genuine effort** and progress.
- **Discuss upcoming projects.** What is your child looking forward to doing? Will the projects be easy or challenging?

Don't skip this smart start!

Healthy food is fuel for learning. Research shows that students who eat breakfast before school are more able to concentrate, manage tasks, regulate emotions, and remember things than those who go without it.

Make busy mornings easier by keeping a few grab and go options on hand, like peeled hard boiled eggs. In a pinch, even a piece of last night's pizza will do!



Source: K. Adolphus and others, "The Effects of Breakfast and Breakfast Composition on Cognition in Children and Adolescents: A Systematic Review," *Advances in Nutrition*, Elsevier.

Science skills apply to life

The science skills your child is learning—observing, asking questions, thinking and drawing conclusions—will also help in other school subjects and later in the workplace. To encourage interest in science:

- **Investigate together.** If your child has a question, say, "Let's find out!" Show how to look up answers. Help your child test an idea to learn if it is workable.
- **Watch science shows** for kids together and discuss them. "Wasn't it neat to see how fish breathe through their gills?"

Source: E. Finkel, "The scientific method: It's not just for science anymore," *K-12 Dive*.

Helping Children Learn®

Published in English and Spanish, September through May. Publisher: Doris McLaughlin. Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Alison McLean. Translations Editor: Victoria Gaviola.

Copyright © 2026, The Parent Institute®, a division of PaperClip Media, Inc.

P.O. Box 7474, Fairfax Station, VA 22039-7474
1-800-756-5525 • www.parent-institute.com



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



BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Labor Day
No school

07

Biscuit and Gravy or Cereal
Yogurt, Fruit cup,
Juice and Milk

14

Biscuit and Gravy or Cereal
Yogurt, Fruit cup,
Juice and Milk

21

No School

28

Waffle with Egg or Sausage
Yogurt, Fruit cup,
Juice and Milk

01

International Literacy Day
French Toast with Egg or
Sausage
Yogurt, Fruit cup,
Juice and Milk

08

Pancake on a Stick or Omelet
Yogurt, Fruit cup,
Juice and Milk

15

Waffle with Egg or Sausage
Yogurt, Fruit cup,
Juice and Milk

22

French Toast with Egg or
Sausage
Yogurt, Fruit cup,
Juice and Milk

29

Protein Ball, Poptart or Cereal
Yogurt, Fruit cup,
Juice and Milk

02

Protein Ball, Poptart or Cereal
Yogurt, Fruit cup,
Juice and Milk

09

Protein ball, Poptart or Cereal
Yogurt, Fruit cup,
Juice and Milk

16

Protein Ball, Poptart or Cereal
Yogurt, Fruit cup,
Juice and Milk

23

Protein Ball, Poptart or Cereal
Yogurt, Fruit cup,
Juice and Milk

30

Breakfast Bagel, or PB&J
Yogurt, Fruit cup,
Juice and Milk

03

Breakfast Sandwich or PB&J
Yogurt, Fruit cup,
Juice and Milk

10

Breakfast Bagel or PB&J
Yogurt, Fruit cup,
Juice and Milk

17

Breakfast Sandwich or PB&J
Yogurt, Fruit cup,
Juice and Milk

24

Muffin or Cereal
Yogurt, Fruit cup,
Juice and Milk

04

Breakfast Pastry or Cereal
Yogurt, Fruit cup,
Juice and Milk

11

Muffin or Cereal
Yogurt, Fruit cup,
Juice and Milk

18

Breakfast Pastry or Cereal
Yogurt, Fruit cup,
Juice and Milk

25



School Information:

This Institution is an equal opportunity provider, employer. A variety of milks are offered at each meal.

SEPTEMBER 2026



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for whole grain as the first ingredient or the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide nutrients like fiber, iron, B vitamins, potassium, and magnesium.



LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Labor Day
No School

07

Mac'N'Cheese or Chicken
Alfredo with Broccoli, Fruit
cup and Milk

14

Spaghetti with Meat Sauce,
Garlic Bread, Green beans,
Fruit cup and Milk

21

No School

28

Meatballs, Mashed Potatoes,
Green Beans, Dinner Roll,
Fruit Cup and Milk

01

International Literacy Day
Walking Tacos with Lettuce,
Cheese and Salsa, Sweet
Corn, Fruit cup and Milk

08

Baked Tacos with Lettuce,
Tomato and Cheese,
Mexicorn, Fruit cup and Milk

15

Meatballs with Mashed
Potatoes, Green Beans,
Dinner Roll, Fruit cup and Milk

22

Walking Tacos with Lettuce,
Cheese and Salsa, Refried
Beans, Fruit cup and Milk

29

Orange Chicken or Nuggets
with Rice, Broccoli, Fruit Cup
and Milk

02

Pizza, with Salad, Fruit cup
and Milk

09

KFC Bowls or Chicken
Nuggets, Mashed Potatoes,
Gravy, Corn, Fruit cup and
Milk

16

Orange Chicken or Nuggets
with Rice, Broccoli, Fruit cup
and Milk

23

Homemade Pizza with Salad,
Sweet Corn, Fruit cup and
Milk

30

Lasagna or Plain Noodles with
Sweet Peas, Dinner Roll, Fruit
cup and Milk

03

Corn Dog or Plain Dog with
Glazed Carrots, Fruit cup and
Milk

10

Runza or Pig in a Blanket with
Carrots, Chips, Fruit cup and
Milk

17

Lasagna or Plain Noodles with
Sweet Peas, Dinner roll, Fruit
cup and Milk

24



Chicken Sandwich with
Lettuce and Tomato, Fries,
Fruit cup and Milk

04

Hot Ham and Cheese with
Baked Beans, Chips, Fruit cup
and Milk

11

Cheeseburger with Fries,
Green Beans, Fruit cup and
Milk

18

Chicken Sandwich with
Lettuce and Tomato, Baked
Beans, Chips, Fruit Cup and
Milk

25



School Information:

This Institution is an equal opportunity provider, employer. A variety of milks are offered at each meal.

SEPTEMBER 2026

Loup Basin Public Health Department

5 Ways to Improve Indoor Air Quality

YOUR HOME SHOULD BE A PLACE WHERE YOU CAN BREATHE EASY.

- 1 Let fresh air in.**
Open windows when outdoor air quality is good. Use fans in kitchens and bathrooms to move stale air outside.
- 2 Change your air filter.**
Replace your heating and cooling system's filter regularly to help remove dust, pollen, and other particles from the air.
- 3 Test for radon.**
Radon is a naturally occurring gas that can build up inside homes. Testing is the only way to know if radon levels are high.
- 4 Keep moisture under control.**
Fix leaks and use fans when cooking or showering to help prevent too much moisture and mold.
- 5 Keep your home clean.**
Dust and vacuum regularly to help reduce dust, pet hair, pollen, and other particles in the air.



Loup Basin 2026 Clinic Schedule

Clinics will run from 10 a.m. to 2 p.m. unless otherwise stated.

Broken Bow

Veteran's Memorial Building
416 S 1st Ave.

August 6 & 20
September 3 & 17
October 1 & 15
November 5 & 19
December 3 & 17

Ord

Ord Housing Authority
2410 K St.

July 23
September 24
November 25

St. Paul

Sts. Peter & Paul
Parish Center - North Entrance
713 Elm St.

August 13
September 10
October 8
November 12
December 10

Loup City

Immanuel Lutheran Church
205 N 1st St.

August 27
October 22
December 23

Burwell

Loup Basin Public Health Dept.
327 N. 8th Ave

Tuesdays
8:30 - 12 & 1 - 3
Fridays
8:30 - 12

Walk-ins Welcome!
Appointments preferred
but not required.

Services Available:
WIC
Immunizations
Limited Dental Services
Lactation Support

Call our office if you have any questions.
308-346-5795

We accept all major health insurance, including
Medicaid and Medicare, as well as options for
those who are uninsured or underinsured.

Looking to get CPR or First Aid Certified?

Loup Basin Public Health Department offers a variety of courses to help you on your journey supporting others.



Billie Pelster
LBPHD CPR Instructor

Contact me!

(308) 318-2234
bpelster@lbphd.ne.gov

BLS Provider

\$70

Heartsaver (Basic)
CPR & AED

\$80

Heartsaver (Comprehensive)
First Aid, CPR & AED

\$80

BLS Renewal

\$60

Heartsaver Renewal

\$60



Stay connected with Loup Basin WIC

Enroll to get appointment reminders sent directly to your phone!

Enroll by texting
WIC

OR

Scan the QR code



By scanning this QR code, you agree to receive recurring automated customer care and transactional text messages from Loup Basin Public Health Department. Message frequency may vary. Msg & data rates may apply. Reply STOP to cancel or HELP for assistance.

Benefits of text reminders:

- Get appt reminders
- Easy to enroll
- Secure enrollment
- Get program updates faster
- Cancel at anytime



From Picnic To Harvest:

Keep Food Safe



KEEP IT COLD

Keep perishable foods chilled until ready to eat.

PACK SMART

Use coolers and plenty of ice or cold packs.

CLEAN & SEPARATE

Wash hands and keep raw foods away from ready to eat foods.

WATCH THE CLOCK

Don't leave perishable food sitting out for too long.



For more information, visit www.lbphd.org



September 2026

-Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Open House Meal 6:00-7:00 Information meeting in gym 7:00</i>	2 District 10 South Range Judging @ Sargent	3 Cross Country Meet @ Ainsworth 4:00 VB Tri @ Litchfield vs Anselmo Mema & Ansley Litchfield 4/5 FB vs Overton @ Taylor 7:00	4	5
6	7 NO SCHOOL - Labor Day State Fair FFA	8 Cross Country Meet @ Centura 3:00	9	10 Area Range Judging @ Cherry County JV/Var VB Dual vs Arthur County @ Arthur County 4:00/5:00	11 FB vs Anselmo-Mema @ Anselmo-Mema 7:00	12 7 Valleys Volleyball Toumey @ Callaway 9:30
13	14 Cross Country @ Neligh 4:00 JH/JV FB vs Ravenna @ Taylor 4:30/6:00 School Board Meeting 7:00 Homecoming Week begins	15 VB Tri vs North Central & Pleasanton @ Taylor 5/6/7	16	17 JV/Var VB Dual vs CWC @ Bartlett 4:00-6:00	18 FB vs Mullen @ Taylor 7:00 Homecoming Coronation following game	19 JH Volleyball Tri @ Mema vs A-L & A-M 9:00 VB CWC Round Robin @ Bartlett 10:00 Homecoming Dance
20	21 JH VB & FB vs N.Central @ Sargent 4:00 JV VB & FB vs North Central @ Sargent 5:30	22 JV/Var VB Dual vs Central Valley @ Sargent 6/7	23 State Range Judging @ North Platte	24 JV/Var VB Dual vs. Palmer @ Taylor 5:00	25 Cross Country @ Ord 4:00 FB vs Central Valley @ Wolbach 7:00	26 VB Brady Tournament @ Brady 10:00
27	28 NO SCHOOL - Prof. Development JH VB & FB vs S. Loup @ Callaway 2:30/4:30 JV VB/FB vs South Loup @ Callaway 4:30-6:00	29	30			

Our court. Our community.
Our kids. Twin Loup is going
gold.

Mark your calendar (DATE)
as we go gold with the
volleyball state to raise
awareness and support for
pediatric cancer.

#GoGold #VolleyballState
#GoGoldNebraska

Learn more

<https://myangelsamongus.org/gogold>



Back-to-School Reminder:

MORNING ARRIVAL PROCEDURES

Let's start the day the safe and right way!

7:30 A.M. SCHOOL DOORS OPEN AT 7:30 A.M. so students may enter for breakfast.

7:40-8:00 A.M. BREAKFAST IS SERVED FROM 7:40 A.M. TO 8:00 A.M.

STUDENTS SHOULD NOT ARRIVE BEFORE 7:40 A.M. UNLESS THEY ARE:

- Entering the building for breakfast after 7:30 a.m.
- Participating in a school-sponsored activity supervised by a staff member.

BEFORE 7:40 A.M., SARGENT PUBLIC SCHOOLS is not responsible for supervising students unless they are participating in a school-sponsored activity under the supervision of a staff member.

STUDENTS WILL NOT BE ALLOWED TO ENTER THE BUILDING BEFORE 7:30 A.M. unless the Principal determines it is necessary because of severe weather or other special circumstances.

Thank you for helping us provide a safe and organized start to each school day. We appreciate your partnership!

SARGENT PUBLIC SCHOOLS

Student First. INVESTING IN THE FUTURE.

HELP US GROW **HEALTHY MEALS** FOR OUR STUDENTS!

If you have any **extra produce** and would like to donate to the school lunch program you can drop off at the school on **Tues and Thursday afternoons.**

FRESH PRODUCE MAKES A BIG DIFFERENCE!

If you have **beef or pork** you would like to have processed in a USDA facility for use in the school lunch program please call **Byron Olsen or Heather Grizzle** 308-527-4119

Thank you!

Thank you for supporting **our students!**



2026-2027 SCHOOL CALENDAR

IMPORTANT NO SCHOOL DAYS & EARLY DISMISSALS



NO SCHOOL DAYS ★ FOR STUDENTS ★



SEPTEMBER 2026

- Sept. 7 – Labor Day
- Sept. 28 – No School
(Professional Development)



OCTOBER 2026

- Oct. 7 – No School
(P/T Conferences/Professional Development)
- Oct. 30 – K-6 No School
(Elementary Teacher Work Day)



NOVEMBER 2026

- Nov. 25-27 – Thanksgiving Break
- Nov. 30 – No School
(Professional Development)



DECEMBER 2026

- Dec. 11 – No School
(Teacher Work Time)
- Dec. 21-31 – Christmas Break



JANUARY 2027

- Jan. 1 – New Year's Day
- Jan. 4 – No School
(Teacher Work Time)



FEBRUARY 2027

- Feb. 18-19 – No School
- Feb. 22 – No School
(Professional Development)



MARCH 2027

- Mar. 12 – No School
(Comp Day after P/T Conferences)
- Mar. 26-29 – Spring Break



EARLY DISMISSALS ★ FOR STUDENTS ★



Wednesday, August 19, 2026
1:00 PM Dismissal
First Day of School



Tuesday, November 24, 2026
2:30 PM Dismissal



Friday, December 18, 2026
1:00 PM Dismissal
End of Semester



Wednesday, February 17, 2027
2:30 PM Dismissal



Thursday, March 11, 2027
1:00 PM Dismissal
2:00 PM Parent-Teacher Conferences



Friday, May 14, 2027
11:00 AM Dismissal
Last Day of School



REGULAR SCHOOL DAY TIMES

Elementary: 8:00 a.m. – 3:25 p.m.



Middle/High School: 8:00 a.m. – 3:30 p.m.

Thank you for partnering with us!



STUDENT FIRST, INVESTING IN THE FUTURE

