

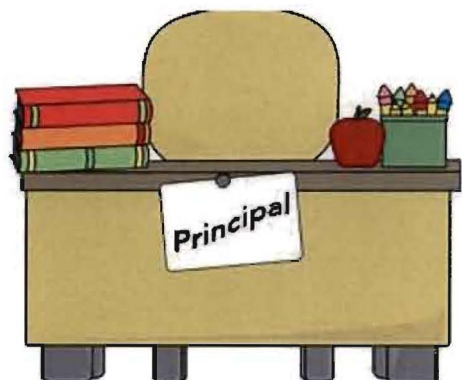
# Blue's News

The Cats Out of the Bag!

From the Principal's Desk

Just a reminder that we have some very important tests coming up in the near future. These tests include the ACT, a pre-ACT, Dibels (a reading test), MAPS and the NSCAS tests. Teachers will be keeping parents informed when these tests will be administered. We will also have testing dates on the calendar on the school website. When your child is taking these tests, please encourage them to take their time and to do their best. The night before make sure that they get to bed early and get a good breakfast, whether that is at home or at school. These tests are important for us to monitor individual student performance and growth and for us to analyze the programs and curriculum that we are using at Callaway Public Schools. Therefore, it is extremely important

that we work together to help ensure that your child is as prepared as they can be to do their best!

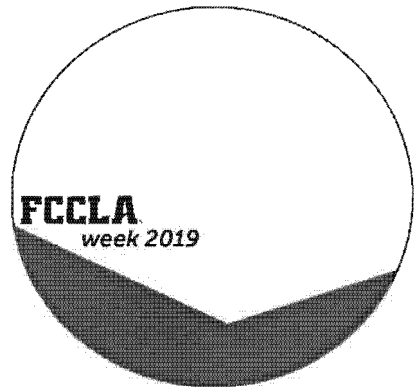


Thank you!!

## **FCCLA WEEK**

### **By: Taylor Feddersen**

National FCCLA Week took place on February 11 - 15, 2019. Each day of the week was something new. On Tuesday FCCLA members went to the FCS Room for Root beer Floats. Wednesday was be confident in you ability to succeed. On Thursday it was 'How has CPS paved a way for your future?' On Friday FCCLA members had to complete two candy-grams in the FCS Room throughout the day. Raffle tickets went out to students. Posters were hung up in the hall outside of the FCS room. Phrases were started and the students had to finish them, the students who wrote finished the phrase, their names were put into a raffle. Whoever's name was drawn got a box of Girl Scout Cookies. Two of the phrases were 'I am confident because...' the other was 'When I grow up I want to be a...'



## **MUFFINS WITH MOMS**

### **By: Taylor Feddersen**

Muffins With Moms was on March 21, 2019. This event was for the preschoolers and moms to spend time with each other. There was muffins, fruit, and drinks provided.

Pictures were taken for a nice memory, crafts were made, songs were sang, and muffins were eaten. There was two sessions for the preschoolers: one was for the Morning Class and the other was for the Afternoon Class.

## Callaway Speech Team Wins Runner-up at Districts



The speech team has been working hard this season. Our conference team placed second with Brady in first. We had 10 placers out of 15 members. Kaitlyn Pflaster placed 2nd in Informative, Josh McFate 2nd in Humorous, Jade Evens 4th in Humorous, Laykin Wilkins 2nd in Poetry,

Matti Stout and Brittany Ellison 4th in Duet, Natalie Trumbull and Brandi Coons 5th in Duet, Laney Badgley 2nd in Entertainment, Natalie Trumbull 3rd in Entertainment, Lila Bloomer 4th in Persuasive, and Jade Evens, Brandi Coons, Laney Badgley, and Lila Bloomer 6th in OID. On Saturday, March 16, 2019, our team traveled to North Platte to compete at districts. We competed in Class D1-5 against Anselmo-Merna, Ansley, Arnold, Bertrand, Brady, Elwood, Eustis-Farnam, and Sumner-Eddyville-Miller. We had 10 placers with two going to state. Our two state qualifiers are Laykin Wilkins placing 2nd in Poetry and Kaitlyn Pflaster 2nd in Informative. Our other competitors that placed are Josh McFate placing 4th in Humorous, Jade Evens 5th in Humorous, Laney Badgley 5th in Entertainment, Irelyn Rosfeld 4th in Serious, Hagen Ell 6th in Serious, Lila Bloomer 6th in Persuasive, Natalie Trumbull and Brandi Coons 4th in Duet, and Jade Evens, Brandi Coons, Laney Badgley, and Lila Bloomer 5th in OID. With all of our placing, our team was D1-5 District runner-ups. The state competition was held March 22.

## Believers and Achievers

One of our very own students is up to receive a scholarship from Believers and Achiever. Kalen Dockweiler is one of the people that could receive a \$500 scholarship. Eight of the Believers and Achievers will receive the scholarship at a banquet in Lincoln. Some of the criteria for the scholarship was their involvement in NSAA activities and their success in them. Those activities involved basketball, football, track and field, and play production. They also looked at him being in National Honor Society, FFA, HEROs, and youth group. They also recognized his academics and GPA. Kalen received his award during halftime of the Class B Boys State Basketball Championships. According to Dr. Beshaler, as long as she has been here, no one has received this prestigious award. Way to go Kalen!





# Senior Spotlight

By: Taylor Feddersen

Name: Brittany Ellison

Parents: John and Heather Ellison

High School Activities: FCCLA, Speech, Volleyball, Basketball, Track, Art Club, One Acts, and Cheerleading

Most Memorable Memory: Carolyn slamming the door out of Mrs. Svenson's room.

Plans after Graduation: Going to college.

Best Advice from My Parents: Be myself.

One Thing You're Proud of: All of the activities and competitions.

High School in Three Years: Busy, Exciting, Stressful

Most Embarrassing School Memory: Crying when Hannah yelled at Kaitlyn.

Most Challenging Task In-School: Procrastinating on homework assignments.

Advice to Freshmen: Be kind to one another, the one you pick on will probably end up being your boss.



Name: Atlynn Witthuhn

Parents: Jeff and Nicole Witthuhn

High School Activities: Volleyball, Basketball, Track, Hero's, FFA, One Acts

Most Memorable Memory: Being able to help underclassman.

Plans After Graduation: To attend a post-secondary college and major in Agronomy and Agriculture Business.

Best Advice from My Parents: To try your hardest even when no one is looking.

One Thing You're Proud of: I gave 110% on my grades.

High School in Three words: Exciting, Amusing, Reflecting

Most Embarrassing In-School Memory: When I spelled a word wrong on a test and got made fun of it for weeks.

Most Challenging Task In-School: Keeping my grades up so I could be in Honor Roll.

Advice for Freshmen: High school goes fast, make the most out of it everyday.





# FFA Activities and FFA Week

By: Suzy Heusman

FFA week was the 18-22 of February. Every day had a different theme or students to take part in. Monday was official dress day. Tuesday they went to the elementary and they had a coloring contest and the officers went down and played different FFA Trivia Games. Wednesday they had an animal/farmer/rancher dress up day. Thursday they had a teacher breakfast. Friday was Blue and Gold Day. They also had an FFA sign in the pit, where the students could take pictures in front of it and earj prizes fir sharing their photos.

State FFA is April 3-6. FFA went to Burwell to see a paralyzed barrel racer give a motivational speech on March 6. The FFA has their end of the year banquet on April 16. FFA is selling boot racks and they have plant sales currently going on. Plant sales are until April 1st and they will come in April 25. FFA also buy extra plants that the community can come in and look at them and they are able buy them as well. FFA officer applications are going to be available the week of the 18-22 of March, for the 2019-2020 FFA Officers. Those that are interested will be due the April 8<sup>th</sup> and interviews are April 9th.

Some seniors in FFA qualified for State Degrees. State Degrees are the highest award a high school member can receive. Weston, Atlynn, Kalen, Garret, are the four in the Callaway FFA Chapter to get theses based on their agricultural experiences and have to meet all of the state regulations and expectations.

FFA went to the CDE contest in Broken Bow March 13. They competed in Nursery & Landscape, Floriculture, Environmental & Natural Resources, Meats Evaluation, and Livestock Management. CDE Placements:

## **Nursery and Landscape-**

### **Individual Results:**

Weston Kunkee- 2nd place  
Kalen Dockweiler- 4th place  
Garrett Hrupek- 7th place  
Adrianna Hild- 9th place  
**2nd place as a team**

## **Floriculture-**

### **Individual Results:**

Addie Hild- 14th place  
Heidi Donegan- 16th place  
Atlynn Witthuhn- 18th place  
Cayln Laible- 38th place  
**14th place as a team**

## **Environmental & Natural Resources-**

Cody Erstrom- 4th place  
Addie Hild- 12th place  
Heidi Donegan- 30th place  
Atlynn Witthuhn- 40th place  
**2nd place as a team**

## **Meats Evaluation**

Trevor Ross- 12  
Dalton Kunkee- 17  
Weston Kunkee- 31  
Kalen Dockweiler- 34  
**6th place as a team**

## **Livestock Management**

(Trevor Ross, Atlynn Witthuhn, Dalton Kunkee, Weston Kunkee & Kalen Dockweiler)  
**14th as a team**

## **JH Quiz Bowl**

(Taylor, Lauryn, Abby, Grant, Matthew, Kaden, Jocelyn and Ava)  
**1st and 2nd place**

## **Teams Competing at State April 3-5**

Junior High Quiz Bowl  
Livestock Judging  
Nursery and Landscape  
Environmental & Natural Resources  
Meats Evaluation



# BOTM

By: Suzy Heusman



"Mikayla shows a high level of maturity and helpfulness in accounting class. She works hard in class and is always supporting and encourages her classmates. Mikayla's smile and attitude are contagious. Thank you, Mikayla!"

~Mr. Keeney

"Dalton takes his classes very seriously and is respectful in his interaction with his teachers and peers. He almost always has a good attitude every day!"

~Mr. Hinman



"Heidi has shown dedication and commitment inside and outside of class. She is always putting her best effort forward and is quick to help others. Heidi has also stepped out of her comfort zone and has tried new contests in FFA, which she was successful in. Her excellence in her education and extracurricular activities stands out and should be recognized"

Mrs. Chytka



# Daily Learning Planner

*Ideas parents can use to help children  
do well in school*

Title 1 Cooperative  
Educational Service Unit #10



THE  
**PARENT**  
INSTITUTE™

## April 2019

### Daily Learning Planner: Ideas Parents Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- ☐ 1. April is Math Awareness Month. Take time to review math with your child each day this month.
- ☐ 2. Make a costume box for your child. Fill it with hats, scarves and old clothes.
- ☐ 3. Test your child's knowledge. Who is the leader of the government in your state or province?
- ☐ 4. Ask your child to describe the most beautiful place she has ever seen.
- ☐ 5. Help your child plan ahead. Talk about next weekend. What needs to be done to prepare for a family activity?
- ☐ 6. Have each family member make a list of personal strengths. Read them aloud. Add to one another's lists.
- ☐ 7. Watch an age-appropriate movie about another country with your child.
- ☐ 8. Learn the sign language alphabet together. Then practice spelling words.
- ☐ 9. Ask your child to look for examples of *tolerance* and *intolerance* in the news today.
- ☐ 10. Have your child fill a tall glass with water. Pour the water into a shorter, wider container. Does the quantity look different?
- ☐ 11. How many times can your child jump rope? Hold a contest.
- ☐ 12. Talk about honesty and why it is so important. Discuss examples of people who demonstrate honesty.
- ☐ 13. Check out or download an audiobook to listen to with your child.
- ☐ 14. Create a family joke book. Have everyone write one or two jokes per page. Staple the pages together.
- ☐ 15. Talk with your child about ways you use math in your daily life.
- ☐ 16. Have your child paint to music. Play different types of songs for each painting. Compare how each looks.
- ☐ 17. Let your child put dry beans between damp paper towels. Keep them moist. In a few days, check to see if the beans have sprouted.
- ☐ 18. Check on your child's grades. If necessary, help him plan ways to raise them before the year ends.
- ☐ 19. Choose a recipe from another culture. Prepare it with your child.
- ☐ 20. Make a "family flag." Think of things that represent your family. Use fabric paints to draw these on a piece of cloth.
- ☐ 21. Let your child clean some dirty pennies with ketchup. Explain that this is a chemical reaction.
- ☐ 22. Frame some of your child's artwork. Rotate the art on display often.
- ☐ 23. Choose a Person of the Week. Read more about the person's character.
- ☐ 24. Have a 20-minute DEAR time (Drop Everything And Read).
- ☐ 25. Talk to your child about how recycling paper is one way to help save natural resources.
- ☐ 26. Make tonight a Device Free Night. Tell stories instead.
- ☐ 27. Do a crossword puzzle with your child.
- ☐ 28. Use chalk to trace your child's body on the sidewalk or a large piece of paper. Let her decorate it.
- ☐ 29. Have your child guess how many times he blinks in a minute. Then count to find out.
- ☐ 30. Play a game of charades with your child. Use hand gestures and motions to describe your word.

**Helping Children Learn**

Tips Families Can Use to Help Children Do Better in School





# Daily Learning Planner

*Ideas parents can use to help students  
do well in school*

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## April 2019

### Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. April is Math Awareness Month. Take time to review math with your child each day.
- ☐ 2. Talk with your child about the qualities you each look for in a friend.
- ☐ 3. Keep a bowl of crunchy sliced vegetables in the refrigerator. If you make it easy, your child may eat more healthy foods.
- ☐ 4. Look at a road map together. Can your child find the shortest route between two particular cities?
- ☐ 5. Find a place for your child to display things she's proud of, such as awards and good grades.
- ☐ 6. Help your child think of tough situations he might face. How would he handle them?
- ☐ 7. Show your child photographs of you at her age.
- ☐ 8. Read a poem aloud. Stop to let your child guess what the next rhyming word will be.
- ☐ 9. Ask your child, "What's the most interesting thing you learned today?"
- ☐ 10. Try to eliminate pessimistic phrases. For example, replace "It won't work" with "Why not try it?"
- ☐ 11. Encourage your child to try a new sport.
- ☐ 12. Explain to your child the concept of banks charging interest for loans. Together, look up the current rates.
- ☐ 13. Help your child make a time line of his life.
- ☐ 14. Go through your cupboards. Have your child list the foods that were produced in other countries, then find those countries on a map.
- ☐ 15. Have family members name their heroes. What is it they admire?
- ☐ 16. Discuss your child's long-range goals and how education can help make them possible.
- ☐ 17. Teach your child a three-step process for any job: *Plan, Do, Finish*.
- ☐ 18. Encourage your child to act out historical events she's studying. It can bring lessons to life.
- ☐ 19. With your child, think of as many city nicknames as you can: City of Brotherly Love (Philadelphia), Mile High City (Denver).
- ☐ 20. Have your child write a letter to an author, lawmaker or celebrity.
- ☐ 21. Spend the afternoon reading the newspaper with your child.
- ☐ 22. Celebrate Earth Day by doing something together that is good for the environment, such as recycling.
- ☐ 23. Decide on a household rule as a family. Write it down, along with the consequence for breaking it.
- ☐ 24. Have everyone in the family spend a half hour cleaning up the house. Many hands make light work.
- ☐ 25. At the library, check out a book on simple science experiments you and your child can try at home.
- ☐ 26. Talk with your child about new words that should be in the dictionary.
- ☐ 27. Share a joke with your child today.
- ☐ 28. Learn the symptoms of eating disorders. Does your child have healthy eating habits?
- ☐ 29. Give your child the facts about sex. Discuss how values relate to them.
- ☐ 30. Don't label your child (Nathan is the shy one). Kids tend to live up to roles cast for them by their parents.

## Helping Students Learn

Tips Families Can Use to Help Students Do Better in School

MIDDLE SCHOOL

# Daily Learning Planner

*Ideas parents can use to help students  
do well in school*

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## April 2019

### Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Have breakfast with your teen today. Talk about what she likes best about her friends.
- ☐ 2. Check on your teen's grades. If necessary, help him plan ways to raise them before the school year ends.
- ☐ 3. Practice estimating with your teen. How many miles is your home from the school? Check to see how close her estimate was.
- ☐ 4. Make today dictionary day. Talk with your teen about new words that you each think should be in the dictionary.
- ☐ 5. Ask your teen, "If you could be the first person to do something, what would it be?"
- ☐ 6. Go on a "dream" shopping trip together—not to buy, just to look.
- ☐ 7. Compliment your teen on something responsible that he did today.
- ☐ 8. Does your teen study well with others? If so, let her start a study group.
- ☐ 9. With your teen, look for a book about a country he would like to visit.
- ☐ 10. Discuss the importance of laws with your teen. What if there were none? What if they were ignored?
- ☐ 11. Talk with your teen about the responsibilities of citizenship.
- ☐ 12. Give your teen today's newspaper. Have her report on a news item during dinner.
- ☐ 13. Cliques leave many teens on the sidelines. Talk to your teen about reaching out to include others.
- ☐ 14. Invent a recipe with your teen. If it doesn't work, can your teen fix it?
- ☐ 15. Ask your teen to help you develop a new family tradition.
- ☐ 16. Encourage your teen to start a diary or journal.
- ☐ 17. Make a rule: Family members eat at least one meal together every day.
- ☐ 18. Make plans to do something together with the family of one of your teen's friends.
- ☐ 19. Help your teen see that he can't control others, but he *can* control how he reacts to them.
- ☐ 20. Create a family joke book. Have everyone write one or two jokes on a sheet of paper. Staple the pages together.
- ☐ 21. Suggest your teen study in different places on occasion: Monday in the kitchen, Tuesday in the bedroom, etc.
- ☐ 22. Ask your teen for suggestions of nutritious snacks to have on hand.
- ☐ 23. Learn to play a new sport or game with your teen.
- ☐ 24. When was the last time you told your teen you love her? Say it today.
- ☐ 25. Brainstorm with your teen what your family could do to conserve energy and natural resources.
- ☐ 26. Together, think of ways to limit screen time. Help one another stick to your plan.
- ☐ 27. Ask your teen which class he feels he does best in and why.
- ☐ 28. Can your teen name all the planets? Have her look up their names if she can't.
- ☐ 29. Ask your teen to estimate how far he can drive with a full tank of gas until the gauge dips to the  $\frac{1}{4}$  mark.
- ☐ 30. Talk with your teen about what makes someone a hero. Look for real-life heroes in the news.

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TIPS Families Can Use to Help Students Do Better in School

HIGH SCHOOL



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Tips Families Can Use to Help Children Do Better in School



April 2019

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## High expectations can help your child's achievement soar

When families express high expectations for their children's academic achievement, the children's chances of success improve. Likewise, when families expect children to come up short, it is more likely that they will.

Kids are usually keenly aware of how their parents view them. So it's vital to set expectations that will motivate your child to be the best student he can be.

To make expectations effective:

- **Be realistic.** Make sure that what you expect is within your child's capabilities. Talk with your child's teacher if you are unsure.
- **Be clear.** To be sure your child understands, make a list—giving his best effort, completing work on time, etc.—and discuss it.
- **Be consistent.** Don't lower your expectations to make your child happy. Don't raise them because you've had a rough day.

Show your child how to set goals and work toward them, and remind him to take pride in his progress. Help him recognize his strengths and see himself as a student who can succeed.

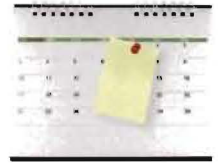
Source: J. Loughlin-Presnal and K.L. Bierman, "How do Parent Expectations Promote Child Academic Achievement in Early Elementary School? A Test of Three Mediators," *Developmental Psychology*, [nswc.com/soar](http://nswc.com/soar).



## Make time for family time

Frequent, meaningful, undivided attention from parents helps children do better in school. But life is busy, and time often seems to disappear.

To make family time a priority, treat it like an appointment. Write it on your calendar. Schedule some one-on-one activities that appeal to your child.



## Don't stop reading aloud

Reading aloud with your child supports her reading skills—even if she can read with ease to herself. To enrich your read-aloud time:

- **Choose books** sometimes that are a little above your child's reading level. This exposes her to ideas and vocabulary she would not otherwise get.
- **Define words** your child doesn't know. Then ask her to think of words that have a similar or opposite meaning.
- **Ask your child** to guess what an unknown word might mean by the way it's used in a sentence.



## Bolster basic math skills

To succeed with math in the future, your child must master the fundamentals now. Support him by promoting positive math habits. Encourage your child to:

- **Practice math facts.** Together, make flash cards with the facts he needs to know (12-4, 2x9, etc.). Your child has mastered a fact when he can give the correct answer in less than three seconds.
- **Try more problems** than the teacher assigns. Solid math skills take practice.
- **Use "mental math."** See if he can figure out an answer without using a pencil and paper or a calculator.



## Volunteering is a win/win activity

Learning improves for all the students at school when parents volunteer, and all parents have helpful skills to offer. National Volunteer Week, April 7-13, is a perfect time for you to give volunteering at school a try!

Here are five reasons to get involved now:

1. **Your child will benefit.** Even if you're not in her classroom, she will know you are at school. She'll feel important and know that you think education is important, too.
2. **You'll get to know** your child's teachers and other school staff. That makes it easier to ask for help when your child needs it.
3. **The school will benefit.** School staff will have more time to spend with students.
4. **It's easy!** And if you aren't available during school hours, there are jobs that can be done at home at night or on weekends.
5. **It's fun!** You can meet other parents. You may learn new skills. And you'll know you've done something really worthwhile.



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ELEMENTARY SCHOOL

April 2019



## How can I get my child to stop arguing all the time?

**Q:** My child won't take *no* for an answer. No matter how I say it, she argues, and I end up getting angry or giving in. What can I do?

**A:** Your child is clearly persistent and smart. Both these qualities will help her in school, but you are right to want to deal with her arguing in a more positive way.

The process begins before you say *no*. When your child makes a request:

1. **Ask her to tell you** her reasons.
2. **Tell her you need some time** to think about it. This allows you to consider your answer and your reasons. For a small request, say "I'd like to think it over for a few minutes." For a big one, tell her you're going to need a few days to make up your mind.

Then, if your answer is:

- **Yes**, you may want to tell her that her logic convinced you she was right.
- **No**, take a few minutes to explain why. This lets your child know you take her requests seriously. She'll probably start arguing. Stay calm, but firm. "I listened to your reasons, and I already told you no." If she keeps arguing, tell her the discussion is over. If necessary, leave the room.



## Are you an active listener?

Active listening means showing your child you care about what he's saying. In return, he's more likely to communicate openly with you. When your child talks, are you really listening? Answer *yes* or *no* below:

- \_\_\_ 1. **Do you make** time to listen to your child every day, without interruptions?
- \_\_\_ 2. **Do you wait** until your child has finished talking before you answer?
- \_\_\_ 3. **Do you ask** questions if you don't understand what your child is trying to say?
- \_\_\_ 4. **Do you rephrase** what your child says to confirm your understanding?
- \_\_\_ 5. **Do you set** a time in the near future to give your child

your full attention if you are unable to listen when he asks?

### How well are you doing?

*More yes answers mean you are strengthening communication between you and your child. For each no, try that idea.*

*"Information is giving out; communication is getting through."*  
—Sydney J. Harris

## Plan for learning in April

This month is full of learning opportunities for you and your child:

- **April 12** is National Grilled Cheese Day. Challenge your child to invent her own version of the classic sandwich, then prepare and enjoy it together.
- **April 23** is World Book and Copyright Day, created to honor books and authors. Enjoy some favorite books together.
- **April 26** is the birthday of naturalist and artist John James Audubon. Have your child draw pictures of the birds she sees.

## Foster self-determination

The best kind of encouragement helps your child rely on his own abilities, rather than on praise from you. When you encourage your child:

- **Notice effort** and progress. "It must feel good to know you worked so hard!"
- **Use descriptive words.** "Look at how organized your desk is!"
- **Don't focus** only on results. "I know you'll try again. What do you think you might do differently next time?"



## Give your child chances to make good decisions

How can you help your child learn to make wise decisions? By giving her opportunities to practice making them. Be sure to:

1. **Offer acceptable options.** Your child can decide whether to do her reading or her math homework first, but not whether to do homework or watch TV.
2. **Link outcomes to choices.** Discuss possible consequences of each option.
3. **Help your child think** about what she learned from past decisions.

### Helping Children Learn<sup>®</sup>

Published in English and Spanish, September through May.

Publisher: Doris McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Alison McLean.

Staff Editors: Rebecca Miyares & Erika Beasley.

Production Manager: Sara Amon.

Translations Editor: Victoria Gaviola.

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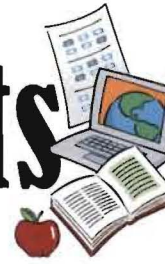
P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • www.parent-institute.com • ISSN 1527-1013



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April 2019

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## Prevent 'learned helplessness' if your child is struggling

Children learn at different rates, and a failure in school certainly doesn't mean that a child's academic career is doomed. But sometimes after a few failures in a row, students can become so afraid of failing again that they refuse to try new or challenging tasks. This crippling belief that they are unable to succeed is called *learned helplessness*.

To guard against learned helplessness after a setback, encourage your child to:

- **Be optimistic.** If she believes she can learn and improve, and concentrates on giving her best effort, she is more likely to succeed.
- **Tackle easier tasks first.** Students are often told to do their harder work first, to get it out of the way. But completing an easy task can give your child the confidence to keep going.
- **Give new learning strategies a try.** Would drawing pictures or graphs help her understand the material better? Does her comprehension improve if she records herself reading and plays it back?

Support your child by staying positive yourself. Tell her you know she can overcome this obstacle. And avoid speaking sarcastically or pointing out her faults. This won't motivate your child—it will hurt her.



## Spring fever is not a valid reason to skip school

Your child's success in school depends on her attendance—even on warm spring days when she'd rather be doing something else. Be sure to:

- **Remind your child** that you expect her to attend every class, every day.
- **Forbid absences** for reasons such as being bored, tired or unprepared.
- **Work with the school** if you discover your child has been skipping classes or entire school days. Most problems can be solved when parents, students and schools work together.

## Promote healthy changes

Small changes can make a big difference in your child's health—and his ability to think. Here are two he can make now:

1. **Drink water**—and plenty of it. Your child's brain is 75 percent water. It needs to be hydrated to function well.
2. **Exercise more.** PE class isn't enough. Adolescents need at least an hour of exercise daily.



## Use variety to boost reading skills

Even if your child would never pick up a novel by choice, don't make the mistake of labeling him a nonreader—he may just believe you. Instead, recognise the value in other kinds of reading. Encourage your child to read:

- **Magazines.** Short, easy-to-read articles can teach your middle schooler the fun of reading for interest. As long as the material is age-appropriate, this is constructive reading.
- **Sports scores.** Following teams teaches your child to read newspapers or websites for information. Ask him questions that require him to do a bit of research.
- **Nonfiction books.** These can build your child's fluency, comprehension and vocabulary skills.
- **Instruction manuals.** Your child will learn that reading can teach him a practical skill.
- **Text messages.** Texting is reading for communication. But if texts are the only thing your child reads, it's time to set limits and introduce some variety!

## Share a writing checklist

Middle schoolers can be very sensitive to criticism of their work. So turn the task of improving your child's writing over to her, and have her complete this checklist:

- **I've read through** the entire piece to see if it makes sense.
- **The introduction** clearly states the main idea of the paper.
- **My points flow** logically from one to the next.
- **I replaced vague words** with specific ones.
- **I shortened sentences** that were too long and wordy.





# Helping Students Learn<sup>®</sup>

Tips Families Can Use to Help Students Do Better in School

MIDDLE SCHOOL

April 2019



## How can I get my child to buckle down to homework?

**Q:** My child always studies for tests and quizzes, but he often skips doing his homework. How can I help him to take responsibility for his daily assignments?

**A:** Quizzes and tests may seem more significant to your child, but it's homework that reinforces his learning on a daily basis.



To help him take homework seriously:

- **Discuss the problem.** If you haven't spelled it out yet, do so now. "I've noticed that you are letting a lot of homework slide. That's not OK, so let's figure out how to change the situation."
- **Enforce a daily homework time.** Find a time that works for your child and stick to it. If he doesn't have any homework, he can use the time to review, work on a long-term project or read.
- **Connect homework to privileges.** "When you've finished your homework, you may watch TV." Check his work to make sure it's complete when he says it is.
- **Follow up.** If your strategies aren't working, get teachers involved. Let your child know you will be checking weekly to see whether he is turning in completed assignments. Decide what the consequence will be if you find he isn't. Then be sure to follow through.



## Are you focusing on after-school time?

Many middle schoolers spend hours after school on their own. For some, lack of adult supervision means more opportunities to get into trouble. Are you monitoring your child's time after school? Answer *yes* or *no* below.

- \_\_\_ **1. Do you keep** in touch with your child by phone when she is out of school and you are not with her?
- \_\_\_ **2. Do you make sure** your child has an adult contact after school, such as a relative, neighbor or sitter?
- \_\_\_ **3. Do you encourage** your child to participate in supervised extracurricular activities?
- \_\_\_ **4. Do you have** rules about who may be in the house when you are not home?

- \_\_\_ **5. Do you discuss** the dangers that kids face after school and how to avoid them?

### How well are you doing?

*More yes answers mean you are acting to keep your child safe and productive after school. For each no, try that idea.*

*"In automobile terms, the child supplies the power but the parents have to do the steering."*  
—Dr. Benjamin Spock

## You are still in charge

Your child is growing up. He understands more complex ideas. You may be allowing him more freedom, too. But your child still needs parenting, and he should respect you and other adults. Be sure to:

- **Insist on polite talk.** Don't tolerate rudeness. Tell your child you will respond when he speaks politely.
- **Enforce rules** and consequences.
- **Be kind** to your child and his friends, but don't try to be "one of the gang."
- **Base parenting decisions** on your judgment, not on what might please your child or his friends.

## Maintain motivation until the last bell rings

To keep your child focused until the final day of school:



- **Recognize** her progress and successes. Let her know how proud you are. Middle schoolers may act like they don't want your approval, but they really do.
- **Encourage** her to challenge herself.
- **Discuss** ways the skills she's learning will help her in the future.

## Enforce drug & alcohol rules

Alcohol and drug experimentation is *not* a normal rite of passage for young people. Just one use can harm your child. Make it clear that you expect him not to take the risk:

- **Be explicit.** Don't say "Be careful." Say, "You are never allowed to participate in these behaviors."
- **Give reasons.** "Underage drinking and illegal drug use are against the law. Both are also harmful to your health."
- **Do not allow** your child to socialize with known users without supervision.

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P.O. Box 7474, Fairfax Station, VA 22039-7474

1-800-756-5525 • [www.parent-institute.com](http://www.parent-institute.com) • ISSN 1527-1021



# Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



April 2019

Title 1 Cooperative  
Educational Service Unit #10

## Find ways for your high schooler to apply learning skills at home

Don't worry if you can't make heads or tails of your teen's homework assignments. One of the best things you can do to support her education is simply to create everyday opportunities that make learning possible.

Here are a few simple ways:

- **Let your teen know** you are interested in anything new she learns in school. Tell her you'd love to have her explain the concepts to you.
- **Plan some family projects** that involve math skills, such as painting a room or planting a garden. Get your teen involved in figuring out how many gallons of paint, feet of fencing or bags of mulch you'll need.
- **Encourage your teen to research** and explore. For example, ask her to look up the answers to questions that come up in family conversations, or to find a historic place within driving distance for your family to visit.
- **Ask for her opinions** on everything. Encourage your teen to think about current events, for example. Make sure she knows you value her opinions—whether you agree with them or not.
- **Foster your teen's talents**, even if they are in areas you wouldn't have chosen. They may become the foundation of her future career.



## Is your home teen-friendly?

In the high school years, friends have an increasing influence on teens' opinions and decisions. So it is worth the effort to get to know your teen's friends. Make your home a place where teens will feel comfortable hanging out.

You'll get to know the people who matter to your teen—and know she's in a safe place.



## Inspire your teen to feel motivated from within

Most students are motivated by both external and internal factors. Your teen may want to receive a good grade (external). He may also be curious and enjoy learning something (internal). It is your teen's internal motivation, however, that will propel him to be a lifelong learner. To reinforce it:

- **Praise your teen** for his grasp of the material, not for his grades.
- **Have him set goals** and evaluate for himself how well he is meeting them.
- **Tell him you believe** in him. Don't let your teen put himself down. Say "This is hard, but I know you can figure it out."



## Use the news to spark a reading habit

Reading the newspaper every day, even just an article or two, can strengthen your teen's reading and thinking skills. And newspaper articles are shorter than books, which makes it easier for him to find time to read them.

To use the newspaper to get your teen reading and thinking:

1. **Scan the paper.** Look for at least one story your teen might find interesting.
2. **Clip or download** the story and read it yourself.
3. **Ask your teen** to read it.
4. **Ask what he thought** of the article. Did he learn anything?

Can he think of anything the writer should have included?

To really sharpen your teen's skills:

1. **Have him read** the editorial page every day for a week.
2. **Discuss it.** Talk about why you each think as you do.
3. **Encourage your teen** to write a letter to the editor to express his views on one of the topics.

## Share tips for team success

Collaborating with other students on projects or in study groups teaches teens how to work as part of a team—a valuable workplace skill. Share these tips when your teen is working with others:

- **Consider strengths.** When dividing the work, it is helpful if members select tasks that play to their strengths. Then they can share more easily and explain their part to the rest of the group.
- **Be professional.** Schedule meetings and due dates—and stick to them.





# Helping Students Learn<sup>®</sup>

Tips Families Can Use to Help Students Do Better in School

HIGH SCHOOL

April 2019



## My tenth grader is so shy. What can I do to help?

**Q:** I thought my son would outgrow his shyness, but it's getting worse. He's a good student, especially in art. But put him with other teens, and he freezes. How can I help him build social skills?

**A:** Experts tell us that shyness doesn't go away. But you can help your teen learn to manage it so he can participate actively in school and with his peers.



To help your teen learn to interact with confidence:

- **Reassure him.** Shy kids often think they're the only ones having trouble in social situations. But most students are shy—at least in some situations.
- **Emphasize his strengths.** If he's an artist, he's probably a great observer. He may have interesting insights into people.
- **Encourage him to share** his views and be more vocal in family settings. This is great practice for speaking up in groups.
- **Suggest that he prepare** a question or two to ask when he meets someone new. "What do you think about the new teacher?" Have him practice looking people in the eye and smiling.
- **Find ways for him to work** with other teens in small groups. Is there an art club he can join? Could he paint sets for the play?



## Do you promote planning for the future?

Does your teen have a plan for life after high school? What careers might she be interested in? Will she go to college? What will she study? Are you helping your teen consider and plan for the future? Answer *yes* or *no* below:

1. **Do you talk** with your teen about careers she might like and the education or training required to enter them?
2. **Do you encourage** her to explore the career planning resources at school?
3. **Do you help** your teen find people in fields of interest that she could shadow at work?
4. **Have you helped** your teen develop a résumé?
5. **Do you help** her think about ways to gain skills and experience—such as by taking

a community college class or starting a small business?

### How well are you doing?

*More yes answers mean you are helping your teen focus on the future. For each no, try that idea.*

*"Your task is not to foresee the future, but to enable it."*  
—Antoine de Saint Exupéry

## Take a closer look if your teen is slacking off

A lack of effort in school can actually be a cover-up for a more serious problem. Some teens will pretend they don't care in order to keep parents and teachers from figuring out that they are having trouble with a subject.

Talk with the teacher if your teen seems to be giving up in a class. If you discover he is struggling, ask if he can stay after school for extra help. Perhaps he can work with a tutor or take a summer class. Identifying the *real* problem is the first step to a solution.

## Encourage summer growth

It's time to help your teen think about productive ways to spend the summer. Volunteering for a cause she cares about is a great way for her to identify career interests and build job skills while contributing to society. Encourage your teen to find a volunteer opportunity that interests her. She can check online, ask a teacher or even spearhead a project of her own.



## Support independence by boosting responsibility

Developing self-sufficiency and the ability to make wise decisions will help your teen throughout high school—and prepare him for adulthood.

To encourage responsible independence:

- **Connect choices to results.** Help your teen think about what could happen as a consequence of his decisions.
- **Help him brainstorm** ways he could solve his own problems.
- **Don't redo things** for him. His paper may not be as organized as you think it should be, but fixing it is up to him.

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P.O. Box 7474, Fairfax Station, VA 22039-7474

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# School, Family, & Community Engagement Input Session

This session will focus on school, family, community engagement co-hosted by the NDE and ESU 10.

When: April 17, 2019 9am - 1pm  
light lunch provided

Where: ESU 10 Rm. B 76 Plaza Blvd Kearney, NE

Please visit this link to register  
[bit.ly/familyengage](http://bit.ly/familyengage)

The purpose of the meeting is to begin discussions that will serve as a foundation for building a NE PK-12 School, Family, Community Framework and support schools in strengthening school-family partnerships.

Participants will include family members, educators, and community members. You were recommended to participate in this discussion because of your expertise and the unique perspective you can bring to the group.

If possible please bring a computer to the meeting to access the materials.

Questions about the meeting should be directed  
to Kim Larson, NDE, [kim.larson@nebraska.gov](mailto:kim.larson@nebraska.gov) OR  
Susan Evans, ESU 10, [suevans@esu10.org](mailto:suevans@esu10.org)

**April 17, 2019 9:00 - 1:00**

**ESU 10 Kearney**

**76 Plaza Blvd**



# School, Family, & Community Engagement Input Session



Come one come all; check your calendars! Are you available to attend a school, family, and community engagement input session on Wednesday April 17, 2019 from 9:00-1:00 in Kearney? Join Mrs. Dockweiler at the ESU!



As a stakeholder in Callaway we would like to invite YOU to help us write a positive chapter in our story at CPS! Step up and support our community by being a voice to strengthen school-family partnerships.

Please contact the school at (309) 836-2272 to register for the session, by Monday April 15, 2019!!!! There is NO limit on the number of registrations.

See the attached fliers for more information!



# EducationQuest Foundation

# College Planning Bulletin

*A monthly college planning guide for Nebraska high school students*

April 2019

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## **Seniors...It's decision time!**

Here's how to make your final college decision.

Compare your college acceptance letters, financial aid award notifications, and campus visit notes. List the pros and cons of each school using the following criteria:

**Location** – Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If so, you may not make it home as often as you'd like.

**Cost** – Can your family afford the school? What can you expect for financial aid beyond your freshman year? Did you receive renewable scholarships? How much in [student and parent loans](#) will you need to borrow to cover expenses?

**Academic program** – Which college offers the degree program that best fits your career interests? What happens if you change majors? Does the college offer other degree programs that interest you?

**Student life** – Does the school offer activities you will enjoy? If you plan to live on campus, do you like the housing arrangements provided by the school? Will you have an opportunity to work on or near campus?

Make your final decision by **May 1** and then notify the colleges you're rejecting so they can offer your spot, and financial aid, to another student.

---

## **Juniors... these questions will help you narrow your college choices**

By picking your top colleges now, you'll be better prepared to apply for financial aid and college admission early next fall. Start by answering these questions:

### **What do you want to study?**

Explore your [career interests](#) and then research colleges that offer programs in areas you may want to pursue. Use college selection tools like [College Profiles](#) at [EducationQuest.org](#).

### **What kind of school do you want to attend?**

Do you prefer a large university or a small college? Are you interested in a community college? What kind of student/teacher ratio do you want?

### **Where do you want to go to college?**

Do you want to live close to home or far away? Do you want to be in a major city or a small town? How big of a factor is out-of-state or private school tuition? If you want to go out of state, investigate programs like the [Midwest Student Exchange Program](#) which may provide discounted tuition.



### What can you afford?

Consider overall costs: tuition, room and board, books, transportation, and personal expenses. (See [“About Nebraska Colleges”](#) for costs.) Determine what you and your parents can afford to pay out-of-pocket and plan to apply for financial aid to help make up the difference. Calculate [the loan debt](#) you and your parents may need to incur to pay for your college education.

For more details, see [Selecting a College](#) at [EducationQuest.org](#).

---

### College fairs coming up in South Sioux City, Lincoln, and Omaha

Talk to representatives from colleges across the state, region, and nation during upcoming college fairs.

[Tri-State Area College Fair](#) (South Sioux City) – Sunday, April 7, 1-3 p.m., Delta Hotel Center

[Omaha Area College Fair](#) – Sunday, April 14, 1-3 p.m., University of Nebraska at Omaha Sapp Fieldhouse

[Lincoln Area College Fair](#) – Sunday, April 28, 1-3 p.m., Southeast Community College, 8800 O Street

Before you attend, get a barcode at [NebraskaCollegeFairs.org](#). Print the barcode (or download it to your smartphone) and take it to the fair so college reps can scan it.

---

### April “To Do” List

#### Seniors

- \_\_\_ Continue applying for [scholarships](#).
- \_\_\_ Make your final college decision.
- \_\_\_ Start purchasing dorm essentials.
- \_\_\_ Start looking for a summer job.

#### Juniors

- \_\_\_ Attend a [college fair](#) in your area.
- \_\_\_ Schedule [campus visits](#) while colleges are still in session.
- \_\_\_ [Register](#) by April 5 for the May 4 SAT.
- \_\_\_ [Register](#) by May 3 for the June 8 ACT.
- \_\_\_ Start looking for [scholarships](#).

---

For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	800-303-3745 ext. 6654
888-357-6300	800-303-3745	800-666-3721	

[EducationQuest.org](#)

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#)!

*Your Journey to College Begins with Us*

## Callaway HS (South Loup) - April 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 LB Smiles 10:30am	2 8:00 AM Pre-ACT for sophomores 8:00 PM ACT - Periods 1-5	3 State FFA in Lincoln 3-5th	4 State FFA in Lincoln 3-5th Juniors Decorate for Prom @ Arnold All Day	5 No School State FFA in Lincoln 3-5th 10:00 AM B V GLF South Loup Golf Invite 10:00 AM C V TR South Loup Invite	6 7:15 PM Prom in Arnold (Grand March Starts 7:15)
7 8:00 AM FCCLA State Leadership Conference in Lincoln	8 8:00 AM FCCLA State Leadership Conference in Lincoln 8:00 PM Board Meeting	9 8:00 AM FCCLA State Leadership Conference in Lincoln	10 A&P UNK Human Performance Lab Tour 10:00AM C JH TR @ St. Pats INV at Hershey	11 10:00 AM B V GLF @ Hershey Invite at Sutherland 2:45 PM Dare Graduation 2:45 pm in Learning Center	12 TBA MNAC Golf at Hyannis 10:00 AM C V TR @ Burwell Junior-Senior High School	13
14	15 FFA - State Fair Market Beef ID Due	16 7:00 PM FFA End of Year Banquet	17 TBA District Music in Broken Bow 10:00 AM C JH TR @ Sutherland Invite at Sutherland	18 10:00 AM B V GLF @ Sandhills Thedford Knights 10:00 AM C V TR @ Hershey Invite	19 No School - Good Friday	20
21	22 No School - Easter Break	23 10:00 AM C JH TR South Loup Invite at Arnold 7:00 PM PK-5 Spring Concert	24	25 TBA B V GLF @ MNAC Conference Golf at Hyannis 8:30 AM 3rd & 4th Grades Stuhr HAT Program 9:00 AM Civil War Demonstration 9:00am 2:00 PM Kindergarten Round-Up 2:00pm 6:00 PM Pre-School Open House 6-7pm 7:00 PM Kindergarten Round Up Parents Night 7:00pm	26 9:00 AM B V GLF @ Overton High School 10:00AM C V TR Sr. High Conference Track Meet at Arnold	27 7:30 AM Cheerleader tryouts in Callaway 10:00 AM C JH TR MNAC Jr. High Conference Track at Arnold
28	29 7:30 PM FCCLA Banquet - 7:30pm	30 TBA C V TR @ Best in the Mid-West @ Sutherland				



## Callaway HS (South Loup) - May 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 9:30 AM C JH TR @ Brady High School	2 9:00 AM B V GLF @ NP St. Pats 6:30 PM South Loup Sports Banquet - in Callaway	3 9:00 AM C V TR Stapleton Invite at Arnold	4
5	6 Senior Tea - 1:30 Callaway Community Church 7:00 PM 7-12 Spring Concert	7 1:00 PM Elementary Track Meet 7:30 PM Callaway Honors Night	8 11:00 AM B V GLF @ Mullen High School	9 TBA C V TR @ Class C District Track - Southern Valley 8:00 AM 2nd & 3rd grade Field Trip to Hastings	10	11
12 2:00 PM Graduation in Callaway	13 8:00 PM Board Meeting	14 TBA B V GLF @ Class C Golf - GICC - Indianhead 8:15 AM 4th - 5th Pioneer Village Field Trip 6:30 PM Preschool Graduation 6:30	15	16 11:00 Dismissal For Students - End of 4th Quarter and 2nd Semester	17 State Track	18 State Track
19	20	21 State Golf	22 State Golf	23	24 TBA Music- Band & Choir, 9-12- Denver Trip	25
26	27	28	29	30	31	

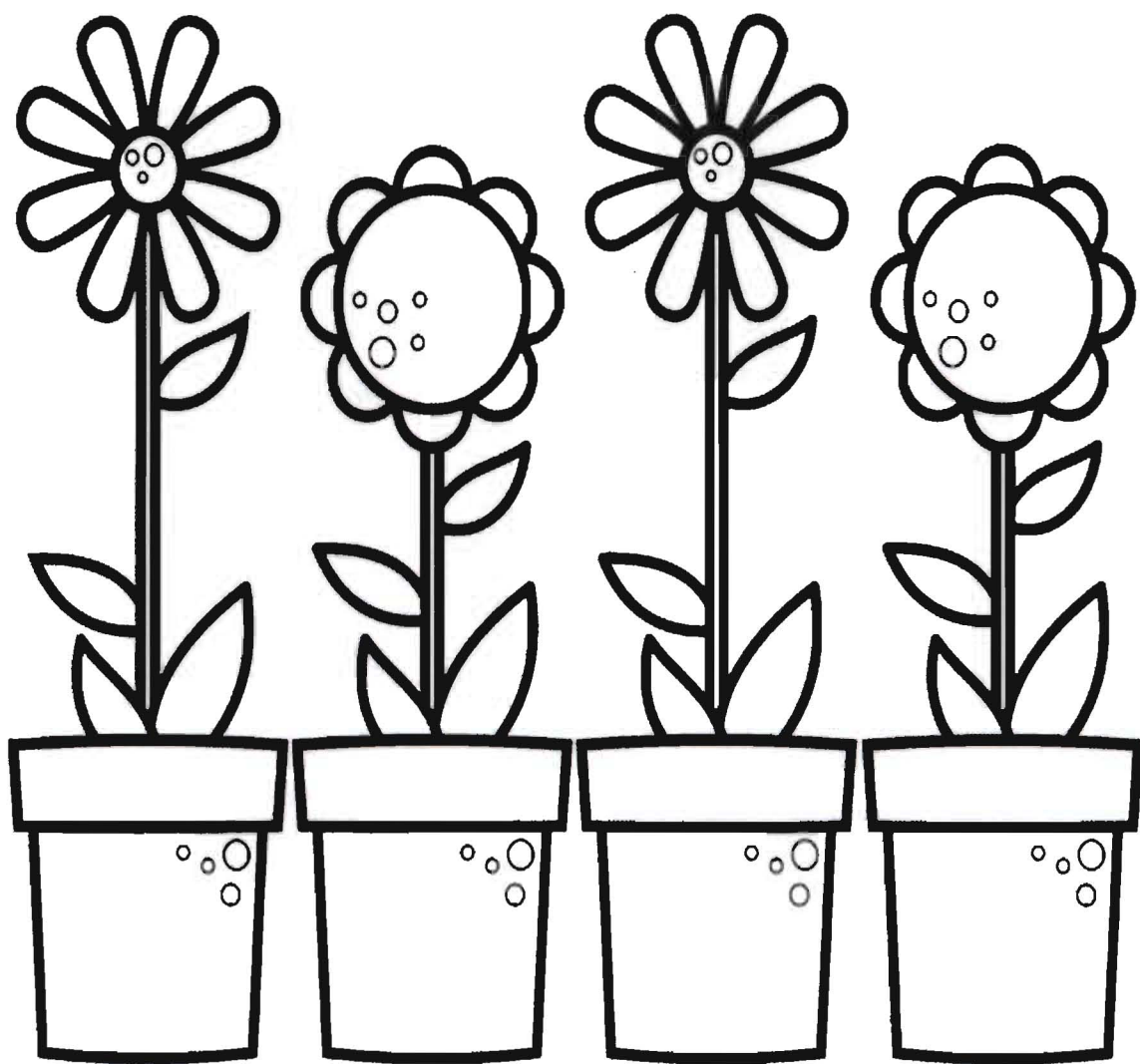
# CALLAWAY PUBLIC SCHOOLS LUNCH MENU

## APRIL 2019

Monday 1 Muffins  Chicken Nuggets	Tuesday 2 Tornados  Hamburgers	Wednesday 3 Egg Stravaganza  Turkey	Thursday 4 Breakfast Bars  Spaghetti	Friday 5  NO SCHOOL!
8 Long Johns  Pork Patty	9 Breakfast Burritos  Tater Tot Casserole	10 Frudels  Pizza	11 Pancakes  Chicken Strips	12 Tornados  Mini Corndogs
15 Omlets & Bagels  Pigs in a Blanket	16 Biscuits & Gravy  Chicken Bowl	17 Donuts  Pork Patty	18 Breakfast Sandwich  Chicken & Noodles	19 EASTER BREAK!  NO SCHOOL!
22 EASTER BREAK!  NO SCHOOL!	23 Egg Stravaganza  Italian Chicken Tri Tators	24 Cini Minies  Turkey & Cheese Sandwich	25 Breakfast Pizza  Runza's	26 Tornados  Pizza Cheese Sticks
29 Donuts  Hamburgers	30 Turnovers  Chicken Alfredo	Breakfast includes: Low fat and fat free flavored milk, 100% juice or fruit cup Choice of whole grain cereal or whole grain Poptarts available everyday	Lunch: Fresh Fruit and Veggie bar and low fat and fat free milks	Breakfast: \$2.25 K-6: \$2.60 7-12: \$2.75 Adults: \$3.95  Extras: Milk- \$0.40; Juice- \$0.25; Seconds- \$0.40

- Callaway Public Schools is an equal opportunity provider
- Fruit and Vegetable bar is offered daily
- All grains are whole grain rich and a variety of low fat and fat free milks are offered daily





The Bobcat  
Callaway Public Schools  
P.O. Box 280  
101 N. Needham  
Callaway, NE 68825  
Phone: 308-836-2273  
Website: callawaypublicschools.org

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Homepage



Calendars

# BOXHOLDER

## Callaway FFA Chapter 3rd Annual End of the Year Banquet & Labor Auction



*Callaway Community Center*

April 16th, 2019 @ 7:00 P.M.

*For the Callaway community &  
surrounding areas*

**BEST PART OF THE EVENING:**

★ **Labor Auction \*\*\*NEW\*\*\***

Grab your checkbooks and bid on some hard  
working FFA members to work for you for 8 hours.

★ **FOOD!**

○ Grilled Hamburgers, Cheesy Potatoes & Baked Beans

★ **Retiring of Senior Jackets**

★ **2019 - 2020 New Officer Election**

★ **Guest Speakers**



Please **RSVP** by Friday, April 12th to: (308) 836-2272  
ask for Amanda Chytka. Thank you!