

Blue's News

The Cat is Out of the Bag!

From the Principal's Desk

Coming up in December, we are going to be having our students in the elementary take the Dibels Test, which is a test to measure reading. Students in grades K-11 will be taking the MAPS test. This is an extremely important test for us to measure how your child is doing and how we are doing overall as a district. Please make sure on these days that your child gets a good night's rest the night before the test and please make sure they get a good breakfast that morning. They can also eat breakfast at school if they wish. Please talk to them about the importance of doing their best on these tests. We truly appreciate your cooperation!

Communication is extremely important in your child's education. We truly appreciate you keeping the school informed on illnesses, rides home after school, appointments and other important information that the school needs to know. In regards to sick kids, if your child has a fever or if they throw up please keep them home that day. This is our school policy. If they just aren't feeling the best or if they have a headache please send them so they don't miss out on instructional time as we feel every day at school is important and valuable! Thank you and Merry Christmas!





National FFA Convention

On October 23-27, four Callaway FFA members went to Indianapolis, Indiana, for the National FFA Convention. These students were Heidi Donegan, Emalee Glendy, CJ Arnold, and Tucker Kratzer. On this trip, they attended conventions, a college fair, a career expo. One of the conventions was for state and national degrees to get handed out. They also visited Churchill Downs, the Louisville Slugger Museum, and a winery and brewery in Southern Indiana. There was also a hotel dance. I talked to some of the students to get their insights and opinions on the trip. Heidi said her favorite thing about the trip was the first session which was about how one person can impact your whole life, with guest speaker Kyle Scheele. Emalee said her favorite thing was meeting new people that were also involved in FFA. Heidi and Emalee's least favorite thing was sleeping on the bus and the length of the bus ride. Heidi and Emalee would both consider going again next year for this experience. They both also highly recommend this trip because it gives you many opportunities in life and FFA.



10th Grade Reading

Monday, November 19, the Sophomore class, visited the first graders. The sophomores read "How To" books that they had written themselves and helped the first graders write letters to Santa.

The sophmores have spent over a week working on these "How To" books with them ranging from picking up your room and doing the dishes, to how to wash a calf. Tucker Kratzer's idea of how to milk a mouse was however thankfully vetoed.

Originally, the sophomores thought that they would end up reading their books in front of the entire first grade class, but instead, each sophomore read to two groups of one or two first graders.

After each sophomore read their books twice, they helped the first graders write their letters to Santa. All the sophomores did was write down exactly what the first graders said.

It sure seemed like the first graders enjoyed being visited by the sophomores. Perhaps, something like this can happen again sometime.

YLCC

By: Suzy Heusman

YLCC stands for Youth Leadership of Custer County. The members in the Callaway YLCC chapter this year are Natalie Trumbull, Delanie Pinkerton, Suzy Heusman, Kalie Glendy, Jessie Sallach, and Connor Rosfeld. For our school project, we are trying to bring back open campus for Callaway High School. Our first two meetings were in Broken Bow; the first at the library and the second at Kinkaider. Our third meeting was November 26 at Arnold Community Center. We explored their School House Graphics and they explained to us how the equipment works and who they sell their products too. The schools that come to the YLCC meetings are Callaway, Arnold, Anselmo-Merna, Broken Bow, Ansley, and Sagent.

One-Acts

By: Taylor Feddersen

This years One-Act play is *Once Upon A Grapevine*, with 36 students in the play. *Once Upon A Grapevine* shows how a story can be changed with the storyteller changing over time, using the story of Little Red and the Wolf. Little Red is played by Ellana Willis and the Wolf is portrayed by Dalton Kunkee. When they performed in Loup City for a meet, they got 4th place. Then in Minden, they also got 4th place. At Conference One-Acts, they got 2nd place. Districts was held on November 28, 2018 and they won, winning them a trip to state in Norfolk, next Wednesday at 5:15. Congrats on a great season and Good Luck!

Bobcat of the Month

By: Suzy Heusman

“Cole has enrolled in two science courses this semester and his attendance has been impeccable. Success in any part of life begins by first showing up for it.”

~Mrs. Svenson



“Josh always has a smile on his face and gets right to work. When others are chatty, he also tries to get them focused too. He is a positive influence on his peers and always gives full effort. Josh is a pleasure to have in class and a friend to everyone.”

~Miss Ord



“Tyra works hard to do her best in school. She listens and participates in class. Tyra is always willing to help others when help is needed. I appreciate her positive attitude and enjoy having her in my class.”

~Mrs. Sallach

Senior Spotlight

Name: Mattisen Stout

Parents: Grey Stout and AnnMarie Paulsen

High School Activities: Volleyball, Basketball, FCCLA, Art Club

Most Memorable Memory: Racing Garrett to third base in softball and getting him out.

Plans After Graduation: Attending College and becoming a teacher.

Best Advice From my Parents: Try your hardest.

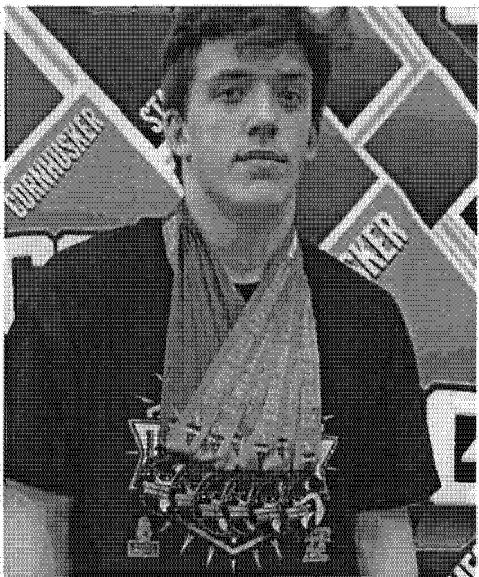
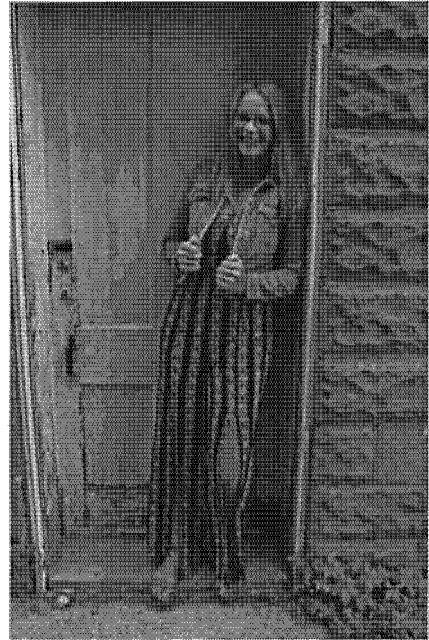
One Thing You are Proud of: Learning things.

High School in Three Words: Fast, Crazy, and Memorable.

Most Embarrassing School Memory: Sophomore year I wore my shirt inside out all day without knowing.

Most Challenging Task In-School: Getting things done before the deadline and not procrastinating.

Advice for Freshmen: Work hard and don't worry about what other people think.



Name: Spencer Bloomer

Parents: Jeremy and Jessie Bloomer

High School Activities: Football, Wrestling, Track, FCCLA, Speech, One Acts, Art Club

Most Memorable Memory: Hannah and Mr. Glaze fighting.

Plans After Graduation: Not sure yet.

Best Advice From my Parents: Don't mess up.

One Thing You are Proud of: Making State Wrestling.

High School in Three Words: Faster and Faster.

Most Embarrassing School Memory: Snoring really loud during MAPs.

Most Challenging Task In-School: In School Suspension.

Advice for Freshmen: Juuls are for fools.

Callaway FCCLA Sells Homemade Cookies for the Holidays

Callaway FCCLA is at it again! The local Callaway FCCLA Chapter is taking orders for holiday cookies now through Monday, December 10th. Cookies will be ready for pick-up or delivery by December 21st. Individuals can place their cookie order with any FCCLA member or by calling Mrs. Walz at the school, (308) 836-2273. There are 11 varieties of cookies ranging from classic cookie jar cookies to gourmet truffles. The cookies will be sold in one dozen quantities and fall into 2 price tiers of \$5 and \$6. There is also a variety pack that includes a sample of cookies in $\frac{1}{2}$ dozen quantities for \$20. The funds that are raised will go towards activity costs including district STAR fees, registration for conferences and other chapter events. An order form is provided below.



Name: _____ Phone #: _____

Address: _____

Variety Pack \$20

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

December 2018

What to expect after you submit your FAFSA

The [FAFSA](#) opened October 1, so many of you have already completed and submitted your form. Here's what happens next:

Expect a Student Aid Report (SAR). You'll receive it via an email link if you provided an email address on your FAFSA. The SAR acknowledges that your FAFSA was received and lets you know if you need to take further action to process your FAFSA.

Make sure you applied for admission to colleges you listed on your FAFSA.

Colleges who receive your FAFSA results typically won't send you a financial aid package until you've applied and have been accepted to the school.

Watch for verification requests. The college(s) you listed on your FAFSA might request verification of your FAFSA information. If so, send the required documents to the colleges' financial aid office.

Watch for financial aid award notifications. The colleges you were accepted to – and listed on your FAFSA – will send you financial aid award notifications detailing the types and amounts of aid they're offering based on your financial need.

This [EducationQuest Blog article](#) has more details about what happens after you submit your FAFSA.

Haven't completed your FAFSA yet?

No problem! You and a parent can complete the form at [FAFSA.gov](#). Before you start, create an FSA ID for you and one for a parent at [fsaid.ed.gov](#). You'll need them to access and sign the form.

For free help with the FAFSA, watch these [FAFSA Demo videos](#), use our free [FAFSA Tools](#), or call EducationQuest to make an appointment:

Omaha – 888.357.6300

Lincoln – 800.303.3745

Kearney – 800.666.3721

Scottsbluff – 800.303.3745, ext. 6654

Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

Don't ever pay for scholarship searches! Use free resources such as [ScholarshipQuest](#) at EducationQuest.org with over 2,000 Nebraska-based scholarships, or free national sites like [Cappex](#), [GoodCall](#), and [Chegg](#).

Visit your school counselor often for information about local scholarships.

Focus on local and college-specific scholarships because you're more likely to earn them.

Update your activities, honors, community service or paid jobs using the [Activities Resume](#) at EducationQuest.org.

Earn the best possible ACT/SAT scores by taking the exam in the spring of your junior year and again in the fall of your senior year.

Use quality references such as a teacher, coach or counselor. Encourage them to write specific examples of your leadership skills. Give them a specific deadline, and a copy of your Activities Resume.

Tailor your essay to the scholarship. Ask an English teacher to read your essay and offer advice on making a big impact. Your essay will need to stand out from other applications.

Want more tips? [Click here!](#)

December "To Do" List

Complete these tasks during December to stay on the right college planning track.

Seniors:

- ___ If you haven't already, submit [college applications](#) and the [FAFSA](#).
- ___ Continue to apply for [scholarships](#).
- ___ Use this [College Timeline](#) to stay on track to college.
- ___ Follow EducationQuest on [Facebook](#), [Twitter](#), and [Instagram](#) for a chance to win a [\\$500 scholarship](#).

Juniors

- ___ Take an ACT prep course.
- ___ Set up a [ScholarshipQuest](#) profile and start searching for Nebraska-based scholarships.
- ___ Use this [College Timeline](#) to stay on track to college.
- ___ Follow EducationQuest on [Facebook](#), [Twitter](#), and [Instagram](#) for a chance to win a [\\$500 scholarship](#).

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](#)!

Daily Learning Planner

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

Title 1 Cooperative
Educational Service Unit #10



THE
PARENT
INSTITUTE

December 2018

- 1. Share the responsibility for holiday preparations. As kids help, they appreciate holidays even more.
- 2. Set aside time today to work on a craft project with your child. Handmade items make great gifts!
- 3. Give your child a magnet. Have her use it to find out which things in your house contain iron.
- 4. Talk with your child about a choice you made and its consequences.
- 5. Put on some music and have your child spend 15 minutes drawing how it makes him feel.
- 6. Ask your child, "If you could have any animal as a pet, which would it be? Why?"
- 7. Make a jigsaw puzzle together. Glue a picture from a magazine onto cardboard. Cut it into puzzle pieces.
- 8. Help your child research what happened on the day she was born.
- 9. At the grocery store, ask your child to estimate the weights of different vegetables and fruits. Then weigh them.
- 10. Give your child a plant to care for. Put him in charge of watering it.
- 11. Hold a family meeting. Decide on some goals as a family.
- 12. Post a new vocabulary word and its definition on the bathroom mirror. Change it every three or four days.
- 13. Talk with your child about times when it's important to say *no*, even to an adult.
- 14. Look at a weather map. What is the coldest place in the nation today? The warmest? Have your child calculate the difference in temperature.
- 15. Exercise as a family. Choose an activity everyone will enjoy.

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

- 16. Have a family sing-along. Ask everyone to share their favorite songs.
- 17. Make a "clock" by using a fastener to attach two strips of paper to a paper plate. Help your child practice telling time.
- 18. Have your child track the amount of time she spends reading this week. Help her figure out the average time she spent reading per day.
- 19. Talk with your child about how animals survive the winter months.
- 20. Recreate a favorite tradition from your youth. Share it with your child.
- 21. Have your child make a list of things he can do when he's bored.
- 22. Bake cookies with your child. Have her do the math to find out the amounts of ingredients you'd need if you doubled the recipe.
- 23. Share a favorite quote with your child.
- 24. Talk with your child about *courage*. Point out examples of people who demonstrate courage.
- 25. Ask your child to tell you a bedtime story tonight.
- 26. Take a walk with your child. Look for things you see only in winter.
- 27. Help your child think of something nice he can do for a neighbor.
- 28. Ask your child about the best gift she ever got. What made it special?
- 29. Remove the headline of a news article. Have your child read the article and write a headline. Compare the two headlines.
- 30. Tell your child you love him today and every day.
- 31. Help your child create a time line of the last year.

Helping Children Learn
ELEMENTARY SCHOOL

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*

Title 1 Cooperative
Educational Service Unit #10



THE
PARENT
INSTITUTE

December 2018

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

- 1. Bake cookies with your child. Let her decorate them creatively.
- 2. Is your family celebrating a holiday this month? Ask your child to take over responsibility for one or two holiday traditions.
- 3. Ask your child about a book he is reading. Are the characters realistic?
- 4. Look in the newspaper or online for a list of upcoming festive events. Plan to attend one as a family.
- 5. Check on your child's goals for the school year. Is she making progress?
- 6. What is the coldest place in the nation today? The hottest? Have your child calculate the difference between the two temperatures.
- 7. Encourage your child to eat a healthy breakfast every day.
- 8. Play a game with your child—cards, charades, a board game—whatever he'd like.
- 9. Suggest that your child donate some of her time over winter break. Look for volunteering activities you can do together.
- 10. Books are great gifts for kids. Ask your librarian to recommend some.
- 11. Meet the parents of your child's friends. Work as a team to keep your kids safe.
- 12. When helping your child with schoolwork, be positive, even if he gets discouraged.
- 13. Do something the "old-fashioned" way with your child.
- 14. Play Alphabet Mix-Up. Choose a word, then rearrange the letters in alphabetical order. Can your child figure out the word?
- 15. Have your child estimate how long an assignment will take. Write her estimate down. Then have her time how long it really takes.
- 16. Ask your child to teach you something he's learning in school. Let him explain it (even if you already know the material). Ask questions.

- 17. Discuss the importance of regular school attendance with your child.
- 18. Talk to your child about people she admires. What does she like about them?
- 19. Give your child stress-relief tips, such as taking deep breaths.
- 20. Ask your child to take photos during family events. This may increase his interest in participating.
- 21. Learn a magic trick with your child.
- 22. Have your child interview older relatives about their childhood days.
- 23. Ask your child what she feels is the most important thing she has learned at school so far this year.
- 24. Encourage your child to make lists to help him remember things.
- 25. Give your child a hug today.
- 26. Expect your child to write thank-you notes for gifts. It's polite and it builds writing skills.
- 27. Take turns calling out names of famous people and guessing what the people named did. Then look it up.
- 28. Let your child overhear you say something good about her.
- 29. Offer to drive your child and his friends somewhere. In the car, listen.
- 30. Suggest that your child play archeologist. What could she say about the people in your home, based on what she finds there?
- 31. Help your child create a time line of the past year.

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*

Title 1 Cooperative
Educational Service Unit #10



THE
PARENT
INSTITUTE

December 2018

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

- 1. Many college applications are due next month. Make sure your senior is making progress on hers.
- 2. If your family will celebrate a holiday this month, ask your teen to take responsibility for one or two traditions.
- 3. As you shop with your teen, point out what makes one item higher in quality than a similar item.
- 4. Some teen parties involve alcohol. Talk with the host's parents to make sure no alcohol will be served before you allow your teen to attend.
- 5. Find a map of Europe from the 1950s. Have your teen compare it to a current map. How many changes can he find?
- 6. Ask your teen: "Is honesty always the best policy? Why or why not?"
- 7. If your teen has a decision to make, have her list every option, then write down the pros and cons of each one.
- 8. Encourage your teen to listen to music he doesn't normally listen to.
- 9. Ask your child what she thinks of each of her classes.
- 10. Help your teen set priorities when studying. Which assignment is most important? Due first? Most difficult?
- 11. Offer to help your teen review for a test. Call out vocabulary words or time him as he takes a practice test.
- 12. Review your teen's homework. Offer compliments before criticism.
- 13. Look for a community service project to do as a family.
- 14. Ask your teen to imagine life 150 years ago. How about 150 years in the future?
- 15. At the grocery store, have your teen compare two sizes of the same product. Which is the better buy?

- 16. Enjoy an outdoor activity with your teen.
- 17. Remind your teen that swearing offends many people.
- 18. Have your teen look online for free audiobooks to listen to in the car.
- 19. Encourage your teen to use big colorful letters to write a math formula he's trying to learn. This can make it easier to picture it in his mind.
- 20. Take turns making statements with your teen. Identify each one as either *fact* or *opinion*.
- 21. What is the coldest place in the nation today? The warmest? Have your teen calculate the difference between the two temperatures.
- 22. Go to the library. Check out a best seller for you and your teen to read.
- 23. Talk with your teen about the dangers of steroid use.
- 24. Give your teen a hug today.
- 25. At dinner, have each family member say something nice about every person at the table.
- 26. Talk with your teen about the very best present she ever received. What made it special?
- 27. Pretend you are tourists in your town. Visit local attractions together.
- 28. Help your teen find books on his special interests.
- 29. Urge your teen not to compare herself to others.
- 30. Do a crossword puzzle together.
- 31. Help your teen think about what he's learned in 2018.

Helping Students Learn®
Tips Families Can Use to Help Students Do Better in School

HIGH SCHOOL

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL



December 2018

Title 1 Cooperative
Educational Service Unit #10

Don't let your child miss out on the advantages of attendance

December is a busy month for schools, students and families. There's a lot to fit in before winter break arrives. And with so many festive activities going on, you may even be planning to take your child out of school for an extra day or two.

But absences can matter a lot. As early as kindergarten, absenteeism is linked to lower academic achievement. Even if your child can make up the homework assignments, he'll still miss learning that *can't* be made up, such as:

- **Class discussions.** The conversation about the book everyone is reading can't be captured by doing homework.
- **Science demonstrations.** Doing a worksheet or reading a textbook is not the same as seeing science in action.
- **Group projects.** Interaction with peers is a key part of the lesson.
- **Math explanations.** Math builds on previous lessons. Missing any of those lessons may leave your child confused going forward.

Avoid unnecessary absences and help your child establish positive attendance habits. He'll reap the benefits throughout his school years.

Source: A. Ginsburg and others, "Absences Add Up: How School Attendance Influences Student Success," Attendance Works, niswc.com/nomiss.



Study skills at home pay off in school

As students reach the upper elementary grades, their study skills become more important to their academic success. Encourage your child to:

- **Use time wisely.** Show your child how to use short periods of time productively. She could flip through flash cards on the way to an activity, or solve a few math problems on the bus ride home.
- **Get organized.** Help her use a planner to keep track of her assignments. Have her clean out her backpack once a week and file returned papers with her other schoolwork for that subject.

- **Take notes.** Your child may not practice this skill at school yet, but she can try it at home when she reads. Help her write down key words and facts. Then she can summarize the main points.
- **Think ahead.** Have your child make a to-do list for her study time before a test: Take notes, review, do practice problems. Show her how to make a study schedule, and help her stick to it.

Hunt for fun at the library

To have some reading fun with your child, go on a library scavenger hunt. Make up a list of facts to find—the world record number of hot dogs eaten in a contest, the average temperature at the South Pole, the country with the largest zebra population—then help your child use the library's reference tools to find them. Offer a small reward for finding them all.



Steer your child's character

Your child's teachers will guide her academic growth. But you are in the best position to teach her the values that will help her learn. To provide a moral compass:

1. **Discuss the values** that are important to your family—honesty, responsibility, consideration, etc.
2. **Be a role model.** Ask, "What lessons is my child learning from my behavior?"
3. **Set high standards.** Expect your child to tell the truth, live up to commitments and cooperate with others.

Celebrate to motivate

Reaching a challenging goal feels wonderful, and that feeling can be a powerful motivator for your child to tackle other challenges. So when he sets and reaches a major goal, help him celebrate it!



One fun way is to "frame the occasion." Get a snapshot of your child holding that improved report card. Or have him draw a picture of himself and his accomplishment. Put the picture in a frame by his bed. Every time he wakes up, he'll see an image of himself as an achiever.

Source: M. Borba, Ed.D., "Helping Kids Be Goal-Setters," Micheleborba.com, niswc.com/celebrate.

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School



December 2018



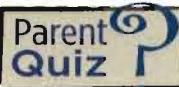
My child has become a 'mean girl.' What can I do?

Q: My fifth-grader was picked on by a group of girls last year. She was miserable. So I was horrified when her teacher told me that my daughter is now part of a group who is being mean to another girl. What should I do to stop this behavior?

A: It can be just as painful to watch your child being mean as it is to watch her be a victim. While your situation is not uncommon, particularly with girls at this age, it's important to take action.

Here are some things to do:

- **Talk with your child.** Say you understand that she's happy to be part of a group again. But be clear that just as it was wrong for the other girls to be mean to her last year, it is wrong for her to do it now. She knows how it feels to be teased—she should take a stand against such behavior.
- **Review the school's policy on bullying** with your child. She may face consequences if her mean behavior continues. Bullying does not only refer to physical violence—mean words and exclusion count as well.
- **Let the teacher know** what you are doing at home. Ask what the classroom rules are about this type of behavior. Work together to get your child's focus back on learning—and away from being mean to others.



Are you encouraging reading fluency?

Reading with *fluency* means reading aloud quickly, smoothly and with expression. Fluency helps students understand what they read. Are you helping your child improve his reading fluency? Answer *yes* or *no* below:

- **1. Do you ask** your child to read to you regularly?
- **2. Do you let** your child choose what to read aloud, even if you think his choice is too easy?
- **3. Do you avoid** interrupting when your child reads a word incorrectly?
- **4. Do you offer** help if your child asks what a word is, and then encourage him to keep reading?
- **5. Do you discuss** the reading with your child?

How well are you doing?

More yes answers mean you are helping your child build reading fluency. For each no, try that idea.

"So it is with children who learn to read fluently and well: They begin to take flight into whole new worlds as effortlessly as young birds take to the sky."
—William James

Home can be a science lab

Turn your child on to the science happening all around her in your home. To help her investigate:

- **Give her a magnifying glass.** Ask what she sees. What's similar and what's different?
- **Ask questions** and help her look for answers: Which cereals get soggy? Why do foods get moldy? Why do some plants need more water than others?
- **Experiment.** Which weighs more, a cup of water or a cup of snow? Why? What if the snow melts?



Don't give your child a reason to cheat

Some children cheat in school because they are afraid of what their parents will do if they come home with a bad grade. Make sure your child knows that a low grade would never affect your love for him. Tell him you would be concerned, but you would not be angry. Remind him that learning is a process, and he will get better at it.

Successful students do more than the minimum

When your child is doing homework or studying, encourage her to ask herself what more she could do. For example, she could:

- **Reread the chapter** if she doesn't understand it the first time.
- **Take time to write** out her report neatly, instead of turning in sloppy work.
- **Start on projects early**, rather than waiting until the last minute. Then she'll have time to add an illustration or practice her presentation before delivering it.

Helping Children Learn®

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.

Copyright © 2018, 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 • ISSN 1527-1013

Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

MIDDLE SCHOOL



December 2018

Title 1 Cooperative
Educational Service Unit #10

Encourage estimating to give your child real-world math practice

Making a connection to real world uses for subjects your child is studying can stimulate her interest in them. Estimation, for example, is a math skill that most adults use on a regular basis. And it is often the first step to finding a precise answer to a mathematical problem.

Offer your child frequent estimation challenges using ideas from daily life. Then encourage her to check her answers by working the problems through, or by comparing a "real life" answer to her estimate.



Here are some examples to get you started:

- **How many times** will she have to shovel snow off the neighbor's driveway to earn \$1,000 if she gets paid \$18 every time?
- **How long does she think it will take** her to finish the book she's reading if she reads about 10 pages an hour?
- **How many chocolate chips** does she think fit in a quarter cup?
- **How long will it take** to get to Grandma's house if the car is going 27 miles an hour and Grandma lives 5 miles away?
- **How many shoebox-sized packages** can she wrap with one roll of wrapping paper?

Source: B. Hoffman, M.S.Ed, "Why Teaching Both Estimation and Accuracy is Important," My Learning Springboard, niswc.com/estimate.



How to listen to your middle schooler

Open communication between parents and children can be a challenge. For many parents, talking with their adolescent seems like talking to the wall. But often, it's because the parents are talking more than listening.

To improve communication with your middle schooler:

- **Create times** when your child can have a chance to say what he wants. Time in the car is ideal. Be quiet and give him an opportunity to break the silence.
- **Let him finish.** Don't assume you know what your child was going to say. Allow him time to pause and think.

- **Don't hijack** the conversation. Your child begins talking about the new kid in school. You jump in to say that you met his parents and they . . . Your child may have been about to share something with you. But now, he may not.
- **Don't always delay.** You may be busy when your child wants to talk. But if you always put him off, he may save his news forever.

Parenting instills respect

Your child needs you to be her parent, not her friend. Friends have equal power in a relationship; parents and children do not. Be firm and consistent when dealing with your child. Treat her fairly and you'll demonstrate respect. Be reliable and set a good example, and you'll earn it.

Keep attendance strong

How was your child's attendance this fall? Was he in school every day? Did he make it to every class?

If so, congratulate him and help him keep up the good work. If not:

- **Emphasize** that attending every class every day is your child's top priority.
- **Make sure** he gets the rest, nutrition and exercise he needs to stay healthy, alert and in school.
- **Establish** consequences for missing school. Now he'll have to miss activities he likes and use the time to study material he missed.



Get set for group study

Working in groups can teach students to collaborate and reinforce learning. When your child sets up a study group, help him:

- **Choose participants carefully.** They should all want to do well in school and be comfortable with one another. Students should take turns leading so one member doesn't dominate the group.
- **Be clear about the purpose.** Structure and routines make study groups productive.

Source: K. Eckart, "Group project? Taking turns, working with friends may improve grades," Science Daily, niswc.com/group.





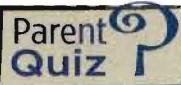
How can I help my child handle a bigger workload?

Q: Now that my son is in middle school, he has a lot more homework. He seems a bit intimidated. How can I keep him from being overwhelmed?

A: Keeping up with the demands of six or seven classes can make even confident students worry sometimes. The key is to help your child see his assignments as a series of small, manageable tasks, rather than as one giant workload.

To help him break things down:

- **Give your child a calendar.** He should note when assignments are due. Have him block out times, such as school hours and sports practices, when he won't be able to do homework. Now he can see the tasks he has to do, and the time available in which to do them. That puts your child in control.
- **Divide up big assignments.** If he has a research project to do, explain that he should do it in steps: Choose a topic, gather research materials, write an outline, etc. Have him set a deadline for completing each step. Then encourage him to make daily to-do lists.
- **Regroup each week.** Every Friday, review assignments with your child. What has he completed? What's on for next week? Is his calendar up to date? The last week of the month, have him flip the calendar page to see what's coming up. Then compliment him on his organizational skills!



Are you unlocking your child's potential?

What does it mean to be a success in school? Successful students work to the best of their abilities to reach their own potential. Are you encouraging your child to be all she can be? Answer *yes* or *no* to the questions below:

1. **Do you compliment** your child's positive study habits? "Your binder is so organized—I'm impressed."
2. **Do you point out** how much your child has learned? "You knew no Spanish in September, and you can say whole sentences now!"
3. **Do you model** a strong work ethic? "I'm going to edit my report; I can make it better."
4. **Do you help** your child focus on what she can learn from the mistakes she makes?

5. **Do you tell** your child that all you ask is that she *do* her best, not that she *be* the best?

How well are you doing?

More yes answers mean you are helping your child do her best. For each no, try that idea.

"With realization of one's own potential and self-confidence in one's ability, one can build a better world." —Dalai Lama XIV

Honesty matters in school

Honesty is a defining characteristic of good students—and good citizens. Stress to your child that cheating is wrong, and it won't help him learn or get smarter. Remind him that honest people:

- **Have self-respect.** They don't have to worry about being caught in a lie.
- **Are respected by others**, who know they can count on them.
- **Earn more freedom.** Parents—and teachers—give more freedom to students they can trust.

Energize your child's efforts

Does your child have an early case of the winter blahs? To recharge her motivation:

- **Praise and encourage.** Say three positive things to your child for every one correction. "You've turned in your homework on time all month. I bet that feels great!"
- **Offer specific suggestions** to make her efforts more effective. "Taking notes while you read will help the material stick in your mind."



Neglect is more than an honest mistake

When your child makes an honest mistake—in school or at home—the best response is to help him think of ways to avoid making it again. But if he neglects his responsibilities and doesn't do work he is expected to do:

1. **Talk to your child** about where he fell short and why.
2. **Remind him** that his contributions as a student and a family member count.
3. **Impose a consequence** that relates to the responsibility he neglected.

Source: K. Thomsen, M.S., *Parenting Preteens with a Purpose: Navigating the Middle Years*, Search Institute Press.

Helping Students Learn®

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.

Copyright © 2018, 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 • ISSN 1527-1021



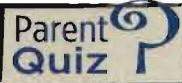
Should I encourage my teen to take a harder class?

Q: It's clear that my son is not being challenged in his math class. He likes getting good grades without working very hard, and he says he needs them to get into college. But I want him to strive. What should we do?

A: This situation calls for careful thought. Schedule a conference for you, your teen and his school counselor. Plan to discuss:

- **Grades.** It's true that colleges look for good grades. But they prefer to see good grades in rigorous courses. How are the rest of your teen's grades?
- **Your teen's course load.** Is he taking other challenging classes? If he has a heavy workload in those courses, he may want to stay where he is in math. But if he is taking it easy, he'll benefit from more of a challenge.
- **Your teen's goals.** Will his current class prepare your son for a class he may want to take next year? More long term, will he be able to enter college with the skills necessary to pursue the studies that interest him?
- **Your teen's schedule.** Could he switch math classes but keep most of his schedule the same? Could he try the advanced class and move back to his current class if he's overwhelmed?

Getting the bigger picture from the counselor will help you and your son think through which classes are appropriate for him.



Are you focused on time after school?

The ways your teen uses the hours after she leaves the school building in the afternoon can make a difference to her performance in school. Are you helping her make the most of her time after school? Answer yes or no:

- **1. Do you make sure** you know where your teen is after school?
- **2. Do you insist** that your teen check in with you when she gets home from school?
- **3. Do you encourage** your teen to participate in school-sponsored clubs and sports in the afternoon?
- **4. Do you set limits** on your teen's recreational screen time?
- **5. Does your teen** have a regular homework and study time? Do you confirm that she

has finished her assignments each day?

How well are you doing?

More yes answers mean you are encouraging your teen to use time after school in ways that benefit learning. For each no, try that idea.

"Lost time is never found again."
—Benjamin Franklin

Break down big decisions

Breaking large projects down into small parts makes them easier to tackle. The same is true for decisions. When your teen faces a hard choice, teach him to:

1. **Discuss the issue.**
2. **Gather relevant information.**
3. **List all the alternatives.**
4. **Consider the consequences** of each alternative, both positive and negative.
5. **Think about his values.**
6. **Choose the best course** of action. This is the most critical step to turn over to your teen. Making decisions and living with them is how he will learn.

Encourage a bright outlook

Developing your teen's positive attitude will go a long way toward helping her meet and overcome challenges in school. If something doesn't go her way, acknowledge her disappointment. Then encourage her to focus on the things she can do *now* to make sure things go right next time!

Don't let your teen take a break from reading

It's important for your teen to read daily, even over winter break. To encourage him:

- **Ask your teen to read aloud.** He could read to you while you do a chore, to a younger sibling who is bored or to an older relative who doesn't see well.
- **Give reading gifts.** If your family will exchange gifts this month, give your teen a book, magazine or audiobook.
- **Get cooking.** Put your teen in charge of making a special meal. He'll have to read recipes and follow directions to produce something tasty.



Helping Students Learn®

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.

Copyright © 2018, 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 • ISSN 1527-103x

Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

HIGH SCHOOL



December 2018

Title 1 Cooperative
Educational Service Unit #10

Three strategies help students boost long-term memory

Education gives students a body of knowledge they can draw on in the future. That's why your teen's memory skills—particularly long-term memory—are so critical to her academic success.

To help your teen increase her long-term memory power, share these strategies:

- **Practice recalling information.**

Retrieving the information she has studied—without referring back to her notes—can help your teen remember it better long-term. Suggest that she teach the material she is memorizing to someone else, or write down everything she can remember about it.



- **Put it into context.** When your teen knows that an upcoming test will be on Chapter Four, spending a few minutes looking at the summaries of surrounding chapters will tell her how Chapter Four relates to the whole unit. Understanding that relationship can improve her memory of the information in the chapter.

- **Make it meaningful.** Research has shown that relating information to something meaningful is a more effective way to memorize it for the long-term than simply repeating it over and over. To memorize vocabulary words, for example, your teen could write a story using those words.

Source: C. Jarrett, "Learning by teaching others is extremely effective—a new study tested a key reason why," The British Psychological Society Research Digest, niswc.com/teachtoremember.



Respectful behavior enhances learning

Bad behavior at school is distracting. When everyone behaves respectfully, students can concentrate on learning. Expect your teen to show respect to teachers, staff and classmates. He should:

- **Listen politely** when others speak, without interrupting.

- **Show up on time.** Whether it's to his first period class, a meeting with a teacher or a sports practice, your teen should make an effort to arrive on time.

- **Use manners.** Saying *please* and *thank you* and waiting his turn shows that your teen is considerate and appreciative.

- **Be aware of tone** of voice. Remind your teen that *how* he says something is just as important as *what* he says.

- **React with civility** to the ideas and opinions of others. Your teen doesn't have to agree with them, but he should express his own opinion calmly, without resorting to namecalling or other personal attacks.

Address your teen's stress

Experts studying school absenteeism have found that stress at home contributes to student attendance problems and makes learning more difficult. To help your teen cope with stress, encourage her to:

- **Slow down** and take some deep breaths. Pausing to relax and think may help her see solutions.
- **Exercise.** Twenty to 30 minutes of exercise can reduce tension and help your teen clear her head.
- **Write.** Putting down her feelings in a journal may help her control them.

Source: L. Flook and A.J. Fuligni, "Family and School Spillover in Adolescents' Daily Lives," *Child Development*.

Help your teen plan a week in advance

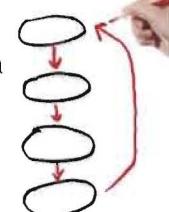
Teach your teen to start each week by scheduling his time for the next seven days on a calendar.

He should note classes, tests, activities, family dinners, etc., then fill in his homework and study times. Seeing that he has to stick to his schedule to complete tasks on time can help him stay focused.



Offer tips for better notes

Whether your teen is taking notes in class or adding notes to a handout, she'll find them more useful if she:



- **Uses visuals.** A quick sketch or diagram can make a concept clearer.

- **Uses shapes and colors.** Your teen can put a star by the main idea, and use colored pens to show how ideas relate.

- **Leaves some blank space** on each page. She'll have room to clarify ideas or write questions later when studying.

Callaway HS (South Loup) - December 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 9:30 AM B V WR @ Broken Bow Invite 1:00 PM Basketball @ Callaway 1:00 PM G JV BKB Amherst High School 2:00 PM B JV BKB Amherst High School 3:00 PM G V BKB Amherst High School 4:30 PM B V BKB Amherst High School
2	3 11:00 AM B JH WR @ Anselmo-Merna High School	4 5:00 PM G JV BKB @ Hershey HS 6:30 PM G V BKB @ Hershey HS	5 TBA State One Acts	6 6:30 PM PreK-6 Band & Choir Concert	7 1:00 PM B V WR @ CO-OP Twin Loup 4:00 PM G JV BKB @ Cambridge High School 4:30 PM B JV BKB @ Cambridge High School 6:00 PM G V BKB @ Cambridge High School 7:30 PM B V BKB @ Cambridge High School	8 10:00 AM B V WR @ Anselmo-Merna High School 4:30 PM B JV BKB @ Pleasanton High School 4:30 PM G JV BKB @ Pleasanton High School 6:00 PM G V BKB @ Pleasanton High School 7:30 PM B V BKB @ Pleasanton High School
9 7:00 PM Thesbians Christmas Play	10 8:00 AM Elementary MAPS 8:00 AM Broken Bow Healthcare Career Day 8:15-2:30 Freshman and Sophomores 7:00 PM Board Meeting	11 8:00 AM Elementary MAPS 5:30 PM Basketball @ Callaway 5:30 PM G JV BKB Sumner-Eddyville-Miller High School 7:00 PM G V BKB Sumner-Eddyville-Miller High School	12 TBA FFA- LDE's @ Ravenna 7:15 AM FFA all member member 8:00 AM 7-12 Maps testing	13 8:00 AM Elementary MAPS 7:00 PM 7-12 Christmas Concert	14 8:00 AM Elementary MAPS 4:00 PM G JV BKB @ Medicine Valley High School 5:00 PM B JV BKB @ Medicine Valley High School 5:30 PM G V BKB @ Medicine Valley High School 7:00 PM B V BKB @ Medicine Valley High School	15 10:00 AM B V WR @ Sutherland High School
16	17 TBA B V BKB @ Maxwell Holiday Tournament TBA G V BKB @ Maxwell Holiday Tournament 8:00 AM Elementary MAPS 8:00 AM Elementary Dibels	18 TBA B V BKB @ Maxwell Holiday Tourn. TBA G V BKB @ Maxwell Holiday Tournament 8:00 AM Elementary MAPS 8:00 AM Elementary Dibels	19 8:00 AM Elementary Dibels	20 8:00 AM Elementary Dibels	21 12:00 Dismissal End of 2nd Quarter and 1st Semester 12:00 PM FFA Christmas Party	22 Start of five day moratorium - No Practices
23	24	25	26	27 Basketball and Wrestling Practices may resume	28	29
30	31					

Callaway HS (South Loup) - January 2019

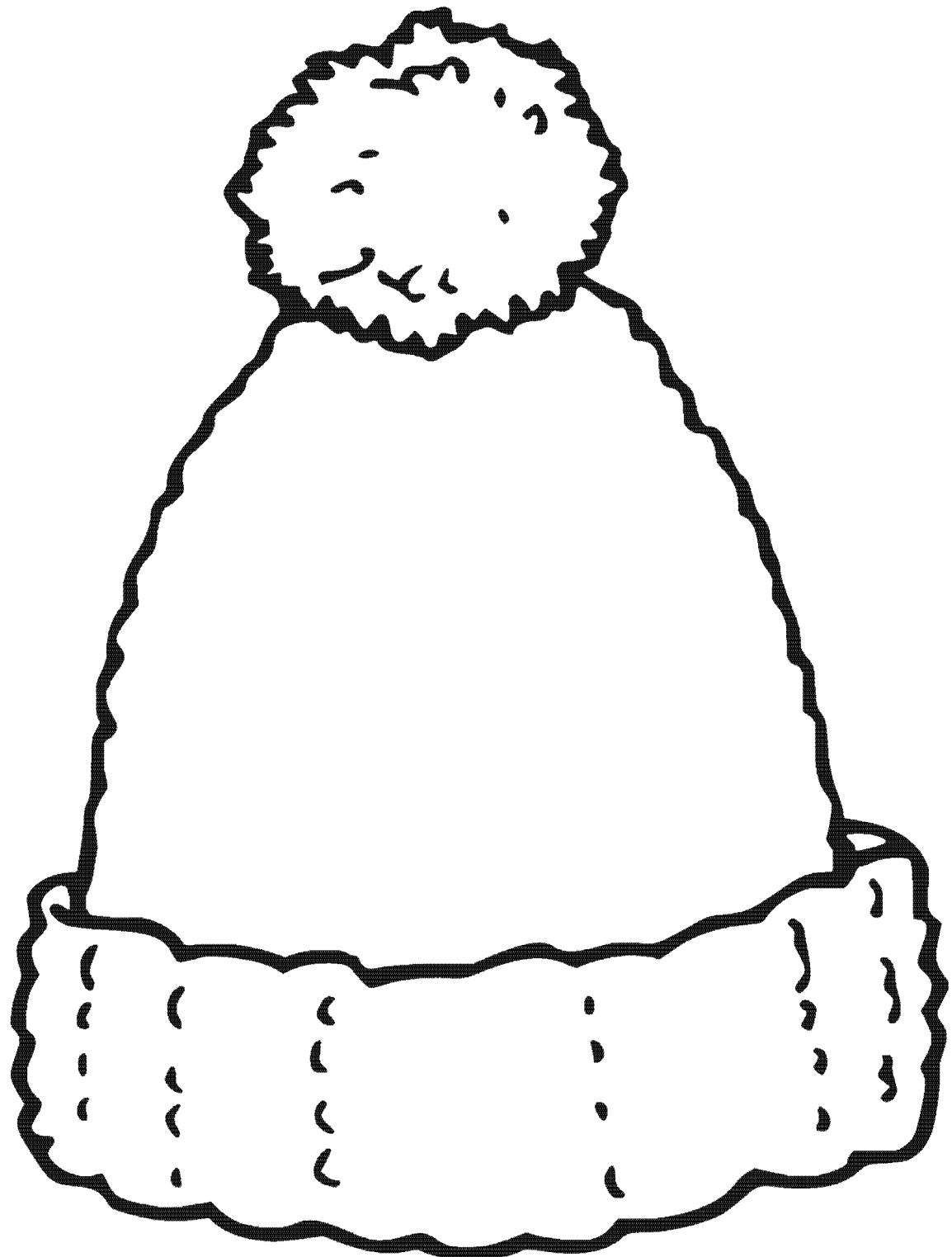
Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
			School Resumes for Students	TBA Basketball @ Arnold 2:00 PM B JH BKB Sandhills Theford Knights 2:00 PM G JH BKB Sandhills Theford Knights 4:00 PM G JV BKB Sandhills Theford Knights 5:00 PM B JV BKB Sandhills Theford Knights 6:00 PM G V BKB Sandhills Theford Knights 7:30 PM B V BKB Sandhills Theford Knights		Booster Bash TBA Basketball @ Callaway 9:00 AM Little Girls Cheer Camp in Arnold 9-11am 10:00 AM B V WR @ Amherst High School 3:00 PM G JV BKB Bertrand High School 4:00 PM B JV BKB Bertrand High School 5:30 PM G V BKB Bertrand High School 7:00 PM Little girls cheer at half time of boys game in Callaway 7:00 PM B V BKB Bertrand High School
6	7	8	9	10	11	12
		1:00 PM B JH BKB @ Anselmo-Merna High School 1:00 PM G JH BKB @ Anselmo-Merna High School	10:30 AM YLCC - leave @ 10:30am		TBA Basketball @ Arnold 12:00 PM B V WR @ Sumner-Eddyville-Miller High School 4:00 PM G JV BKB Maxwell High School 5:00 PM B JV BKB Maxwell High School 6:00 PM G V BKB Maxwell High School 7:30 PM B V BKB Maxwell High School	TBA Basketball @ Arnold 10:00 AM B V WR @ Shelton High School 2:00 PM G JV BKB Brady High School 3:00 PM B JV BKB Brady High School 5:00 PM G V BKB Brady High School 6:30 PM Little girls cheer at half time of boys game in Arnold 6:30 PM B V BKB Brady High School
13	14	15	16	17	18	19
		Basketball Rosters Due Basketball All-Conference Nominations due 1:00 PM B JH BKB @ CO-OP Ansley-Litchfield 1:00 PM G JH BKB @ CO-OP Ansley-Litchfield 8:00 PM Board Meeting	TBA Basketball @ Arnold 4:00 PM G JV BKB CO-OP Arcadia / Loup City 5:00 PM B JV BKB CO-OP Arcadia / Loup City 6:00 PM G V BKB CO-OP Arcadia / Loup City 7:30 PM B V BKB CO-OP Arcadia / Loup City	TBA Basketball @ Arnold 4:00 PM G JV BKB CO-OP Ansley-Litchfield 5:00 PM B JV BKB CO-OP Ansley-Litchfield 6:00 PM G V BKB CO-OP Ansley-Litchfield 7:00 PM FFA Christmas Party Snow Date 7:30 PM B V BKB CO-OP Ansley-Litchfield	No School- Winter Break 12:30 PM B V WR South Loup Invite	South Loup Youth Wrestling 8:00 AM Broken Bow Speech Meet
20	21	22	23	24	25	26
	TBA B V BKB Conference Round 1 at Callaway TBA G V BKB Conference Round 1 at Callaway	TBA B V BKB @ Conference Quarter Finals Basketball Tourn. TBA G V BKB @ Conference Quarter Finals Basketball Tourn.	8:00 AM FCCLA District STAR 1:00 PM B JH BKB @ Brady High School 1:00 PM G JH BKB @ Brady High School	TBA B V BKB @ Conference Basketball Semi Finals at N. Platte TBA G V BKB @ Conference Basketball Semi Finals at North Platte	Basketball Consolation games at Merna 1:00 PM B V WR @ Central Valley Invite at Greeley	MNAC Art Contest at N. Platte TBA B V BKB @ Conference Finals/Consolation at N. Platte TBA G V BKB @ Conference Finals/Consolation -at North Platte 8:00 AM Ord Speech Meet
27	28	29	30	31		
			8:00 AM Healthcare Career Day			

CALLAWAY PUBLIC SCHOOLS LUNCH MENU

DECEMBER 2018

Monday 3 Biscuits & Gravy Spaghetti	Tuesday 4 Turnovers Hamburgers	Wednesday 5 Brk Bar Beef & Noodles	Thursday 6 Egg Stravaganza Tacos	Friday 7 Frudels Chicken Patty Sandwich
10 French Toast Sticks Mini Corndogs	11 Omelettes & Bagels Chili	12 Brk. Sandwiches Potato Bar	13 Pancakes Christmas Dinner	14 Tornados Pizza Cheese Sticks
17 Cini Minis Hot Ham & Cheese Sandwich	18 Long Johns Tator Tot Casserole	19 Brk. Burritos Chicken Alfredo	20 Waffles Hamburgers	21 Donuts Chicken Nuggets Noon Dismissal
24 No School Christmas Eve	25 No School Christmas Day	26 No School	27 No School	28 No School
31 No School New Years Eve		Breakfast includes: Lowfat 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 lowfat 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



Decorate your winter hat however you would like and return it to Miss Ord to be hung in the hallway! Please include your name and grade on the page. Thank you!