

Blue's News

The Cats Out of the Bag

Broken Bow Speech Meet

By: Laykin Wilkins

On Saturday, January 19th, Callaway's Speech Team attended the Broken Bow Speech Meet. For their first competition of the season, the team of 18, was very successful, with seven people placing in their events and six people earning superior ratings. There were 2 varsity medalists: Josh McFate (8th Humorous) and Laykin Wilkins (6th Poetry). On the novice side, there were multiple medals won. These medalists include Ryen Dickman (2nd Entertainment), Kinsey Pflaster (9th Poetry), Jade Evens (6th Humorous), Irelyn Rosfeld (7th Persuasive / 9th Serious), Izzy Stallbaumer (3rd Informative). People earning superior ratings include Irelyn Rosfeld (Novice Serious), Jade Evens (Novice Humorous), Josh McFate (Varsity Humorous), Laykin Wilkins (Varsity Poetry/Serious), and Natalie Trumbull and Brandi Coons (Varsity Duet).

Ord Speech Meet

On Saturday, January 26th, the Callaway Speech Team headed to Ord to compete against 27 other teams. While the competition was stiff, the team held their grounds and brought home a few medals and numerous honors. Medalists for the team were Izzy Stallbaumer (5th Novice Informative), Kaitlyn Pflaster (4th Varsity Informative), and Laykin Wilkins (8th Varsity Serious). Other honors of superior ratings went to Jade Evens (Novice Humorous), Josh McFate (Varsity Humorous), Kaitlyn Pflaster (Varsity Informative), Laykin Wilkins (Varsity Serious), Irelyn Rosfeld (Novice Serious/Persuasive), and Laney Badgley (Varsity Entertainment). Up next for the speech team is their meet on February 2nd at Gothenburg, followed by February 9th at North Platte.



Stained Glass

By: Taylor Feddersen

In Mr. Ellis's math class, they did stained glass. "Was it hard?" I asked the class some questions about this project. "Some parts, it more depends on what part you are doing. It wasn't that difficult it just took a lot of time, kind of difficult but not overly difficult." Said Isabelle Stallbaumer. "What were some favorite parts of making stained glass?" "The designing, picking out the colors, and the finished product." Some of the students said. "How long did it take?" "Three weeks but it was spaced out over time." Mr. Ellis replied. How did staining glass relate to Geometry? It involves shapes, they had to cut the shapes so that it would fit. What did they have to do the color so that it would look right? Symmetry, it had to have symmetry.

The 100th

By: Taylor Feddersen

What is the 100th? It's doing things involved with the number 100. South Loup has been in school for one hundred days. What did Kindergarten do for the 100th? In the morning, the Kindergarten made and ate one hundred pancakes, counted to one hundred, and wrote to one hundred. They also were asked what they would buy if they had one hundred dollars. A lot of responses to the one hundred dollars were going places, buying jewels, and getting a gun. Mrs. Ross had her students, in groups, stack one hundred cups to make the tallest tower. Overall, the students had fun and were happy.

Senior Spotlight

By: Taylor Feddersen

Name: Jake Hildebrant

Parents: Cory and Janice Hildebrant

High School Activities: Rodeo

Most Memorable Memory: When Seth and Dillon got into a fight.

Plans After Graduation: Go to Mid-Plains

Community College in North Platte for diesel.

Best Advice from My Parents: What you put in is what you get out.

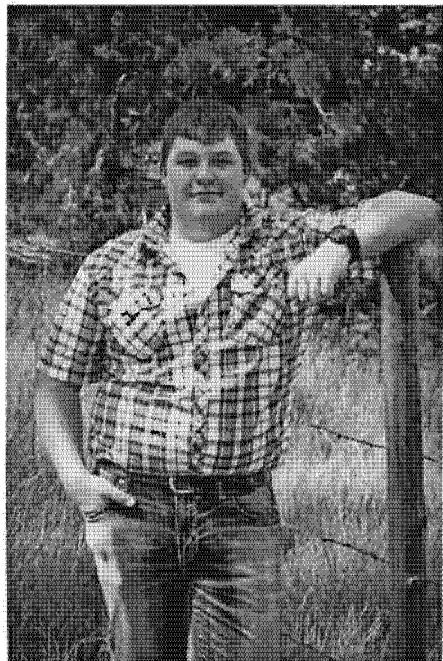
One Thing You are Proud of: Rodeo

High School in Three Words: It's been interesting.

Most Embarrassing School Memory: All of it.

Most Challenging Task in- school: Going to school.

Advice for Freshmen: Use deodorant and take a shower.



Name: Garrett Hrupek

Parents: Jeff and Lianna Hrupek

High School Activities: Golf, One Acts, and FFA

Most Memorable Memory: Tipping over in the library with Weston, Kalen, and Dane.

Plans After Graduation: Attending college and double major in Agriculture.

Best Advice from My Parents: Be yourself.

One Thing You are Proud of: Getting 3rd at state FFA

High School in Three Words: Stressful, fun, and memorable.

Most Embarrassing School Memory: Broke my toe with a board.

Most Challenging Task in- school: Not failing any classes.

Advice for Freshmen: Do your work and be on time.



Wrestling

By: Suzy Heusman

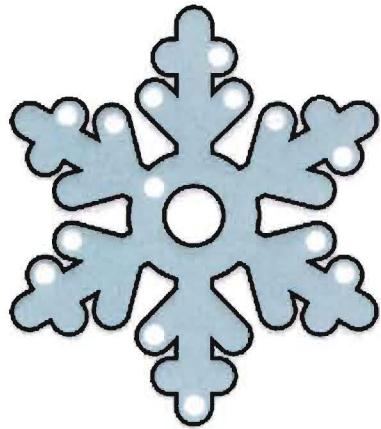
The coaches for wrestling are Jim Johnson and Todd Phelps. The members are, Freshmen: Talon Crago, Jacob Heusman, Lila Bloomer, and Isaiah Bechtold, Sophomores: Tucker Kratzer, Logan Peterson, Dalton Kunkee, Colby Streit, Carson Mason, and Jesse Connell, Juniors: Suzy Heusman, Seniors: Tayten Eggleston, Gavin Robertson, and Spencer Bloomer. According to Coach Johnson, this year is going great so far. There are some injuries at the moment and hopefully that are back for districts. They have wrestled really well since Christmas break. The goal this year is to take 4-5 of them to State. One of them has a really good chance of going, but the others have to work at it if they want to get there. We are in a new district so there are going to be people that we haven't seen before, so it will be a challenge. In Conference, he is hoping to get second there, because Mullen is going to be hard to beat. They got 4th at Shelton and 5th at Sumner. There is a girls wrestling league that is coming into effect in Nebraska, and 4 different towns can create one girls wrestling team. It has passed in three of the six districts in Nebraska and then it has to go to State. Next year there might be a girls wrestling competition and that will be an exciting turn out. The meets they have competed in are: Sargent, Anselmo/Merna, Sutherland, Broken Bow, Amherst, SEM, Shelton, and Greeley. The meets left are: Conference in Dunning, Districts in Fullerton, and then State.

Girls Basketball

By: Laney Badgley

The South Loup Lady Bobcats have been working hard this season. Their record is 12-3. They are on a six game winning streak and don't want to stop. All of the girls on the team fight in every game and give it their all. Coach Hinman says they have very good chemistry on the court, which has improved since the beginning of the season. He also mentioned just one big thing they are hoping to improve on before districts is communication. Going into conference they have three high scorers: Jessie Sallach, Landyn Cole, and Kalie Glendy. Overall, this season has gone very well for them and we hope that they keep their winning streak going into districts!





First Grade Snowflakes

By Laney Badgley

On Monday January 14, Miss Ord's Journalism class went down to the first grade classroom to do crafts with the kids while Mrs. Miller was gone. Suzy Heusman, Taylor Feddersen, Miss Ord and Laney Badgley all got to know each kid better. We made snowflakes out of coffee filters and snowmen. They worked on following directions and listening skills. They had so much fun making their crafts. Every kid in that room is very creative. We hope we can go back and do more fun crafts with them!

Donuts w/ Dudes

By Laney Badgley

Thursday January 24 was a very fun day for the preschoolers. All of the kids got to invite their dudes to come to school and eat donuts with them! The morning group got to enjoy their donuts and then the afternoon class came in with their dudes to eat their donuts. Each class has been working on the song "Donuts Jumping On the Bed" with Mr. Beavers. Before they got to eat their donuts, they performed their song. Then they got to eat their donuts. After that, Mrs. Hickenbottom had a craft ready for all of them to do together. Each year she always has such a fun turn out with the kids and their guests. We can't wait until next year!



BOTM

By: Suzy Heusman



"Gracie is always kind. She is helpful to her friends and always willing to help me. She does most tasks without being asked. She works hard and sticks with her lessons until she succeeds. Gracie is great!"

~Mrs. Bishop



"She always has a positive attitude in class and is willing to help out others. She also actively participates in class discussions."

~Mrs. Walz Sharon



"Skylar is a great listener and a great friend. He is also a positive leader in the preschool classroom."

Mrs. Hickenbottom

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

February 2019

Seniors...where are you in the FAFSA process?

Getting financial aid for college involves more than completing and submitting the Free Application for Federal Student Aid (FAFSA). Make sure you get through each step of the process so that you don't miss out on money for college.

Did you complete and submit a 2019-20 FAFSA? If you haven't, complete the form at fafsa.gov using 2017 income tax data. Before you start, you and a parent must each get an FSA ID at fsaid.ed.gov. You'll need the FSA IDs to access and sign your FAFSA.

If you DID submit a FAFSA, here's what happens next:

- **Expect a Student Aid Report (SAR) via an email link.** The SAR acknowledges that your FAFSA was received and lets you know if you need to take further action before the form can be processed.
- **You might receive a "verification" notification.** The college(s) you listed on your FAFSA may contact you requesting documents to verify information you included on your FAFSA. You must provide those documents before your financial aid can be processed.
- **Watch for an award letter from the college(s) you listed on your FAFSA.** This will detail the types and amounts of financial aid they are offering you. You must have been accepted for admission before the college will send an award letter.

It's critical that you watch your email and/or student portal carefully to ensure you don't miss important information about admission and financial aid.

What you need to know about scholarships!

Most scholarships are based on academics, but others are based on community service, school involvement, or talent. Some are based on financial need as determined by the results of your FAFSA.

Here's where you can find scholarships:

- **[ScholarshipQuest](#) at EducationQuest.org** houses over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria.
- **Your school counselor's office.** Visit regularly to check on local and national awards.
- **The college you plan to attend.** Contact the school for a list of scholarships they provide and application procedures.
- **National search sites** such as [College Board](#), [Peterson's](#), and [Chegg](#).
- **Other resources** could include your coach, clubs and organizations, and your parents' employers and civic organizations.

[Click here](#) for more details about scholarships and tips to help you complete a successful application.

Follow us on social media and you might win a \$500 scholarship!

Nebraska students in grades 9-12 are encouraged to follow EducationQuest on Facebook, Twitter, and Instagram for a chance to win a \$500 **Get Social Scholarship**.

Each time EducationQuest reaches specific follower milestones on our social media pages, we'll invite current and new followers to enter into a drawing for a \$500 scholarship. We'll conduct a:

- [Facebook](#) drawing when we hit **7,750** followers
- [Twitter](#) drawing when we hit **3,750** followers
- [Instagram](#) drawing when we hit **1,500** followers

EducationQuest will continue to award \$500 *Get Social Scholarships* each time we reach an additional 500 followers on Facebook, Twitter or Instagram. [Click here](#) for more details.

February "To Do" List

Seniors:

- If you haven't already, complete the [FAFSA](#).
- Expect financial aid award notifications from the colleges you listed on your FAFSA.
- Apply for scholarships.

Juniors:

- Start preparing for the ACT. Here are [test-prep resources](#) to consider.
- [Register](#) by February 8 for the March 9 SAT.
- [Register](#) by March 8 for the April 13 ACT.

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](#)

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Your Journey to College Begins with Us

Daily Learning Planner

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

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February 2019

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

- 1. Try a new mode of transportation with your child, such as a train or bus.
- 2. Go to the library and encourage your child to check out some books. Check out some books for yourself, too!
- 3. What are your child's academic interests? Talk about how those topics can help him outside of school.
- 4. On a thin piece of cardboard, have your child draw a scene or write a quotation from a book to make a bookmark.
- 5. Review your child's schedule. Does she have enough "down time"?
- 6. Challenge family members to get creative in the kitchen. See who can invent the greatest tasting new pizza topping.
- 7. Look in the newspaper or online for a list of things to do in your town. Which ones appeal to your child?
- 8. Encourage your child to write a Valentine's message to someone who is sick or lonely. Mail it to that person.
- 9. Have your child dissolve some salt in a glass of water. Watch for a few days. Talk about what happens.
- 10. Set aside time today to work on a hobby with your child.
- 11. Have your child pretend to be a news anchor and give you a report about his day.
- 12. Ask your child if she has ever been bullied or witnessed bullying in school. If she has, be sure to alert the school.
- 13. Find a world map. Show your child where his ancestors came from.
- 14. Show and tell family members that you love them.
- 15. Put three items in a bag. Challenge your child to use them as props in an improvised skit.

- 16. Check out a joke book at the library. Take turns sharing jokes at dinner.
- 17. Read a favorite fairy tale to your child.
- 18. Make a crossword puzzle out of your child's spelling words. Solving it will help her review.
- 19. When your child makes a good decision, reward him with praise.
- 20. Ask your child about people she admires and why she admires them.
- 21. Have each family member bring an interesting fact to dinner.
- 22. It's George Washington's birthday. Help your child learn something new about the first U.S. president.
- 23. Discuss outer space with your child. Teach him to remember the order of the planets using "My Very Elegant Mother Just Served Us Noodles" (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune).
- 24. Ask your child to make a list of items in your home that come from plants.
- 25. Make math yummy. Give your child raisins or mini marshmallows to use as manipulatives when adding and subtracting.
- 26. Have your child write a poem or story from the point of view of an appliance or a family pet.
- 27. Tie a string between two chairs. Use a balloon to play indoor volleyball with your child.
- 28. Have your child read to you as you're cleaning up after supper. Or read to your child as she cleans up!

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*

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- 1. Do a taste test with your child. Try different brands of a food you like. Which one tastes better?
- 2. Talk with your child about what to do in case of a kitchen fire.
- 3. Ask your child, "If you had to name your three best qualities, what would you say?"
- 4. Today is the birthday of Rosa Parks. With your child, learn more about this woman who changed history.
- 5. Teach your child symbols that speed up note-taking, such as *w/* for *with*.
- 6. Talk with your child about mistakes. What should people do when they make a mistake? (Admit it, try to fix it and learn from it.)
- 7. Make up trivia questions about your family. Quiz each other at dinner.
- 8. Have your child write a Valentine's message to someone who is sick or lonely. Mail it to that person.
- 9. Challenge your child to figure out how many square feet of carpet it would take to cover her bedroom floor.
- 10. Ask your child what he would do if a friend of his stole something from a store.
- 11. Pick a subject. Together, think of as many things as possible that are connected to it.
- 12. Have your child estimate how many bowls of cereal can be poured from one box. Keep track until the box is empty.
- 13. Look for a food label written in several different languages. Can your child guess what languages they are?
- 14. Tell your child one specific thing you love about her.
- 15. Does your child have homework to do over the weekend? Make sure he schedules time to complete it.

- 16. At the library, help your child research a dream career.
- 17. See if your child can list the planets other than Earth.
- 18. Don't let your child watch TV or videos while studying (except those about the topic), no matter how much she wants to do so.
- 19. Look at a map of the U.S. or Canada with your child. Point to a region he's never visited. What does he know about it?
- 20. Remind your child not to reveal personal information online.
- 21. Check on your child's supply of paper, pencils and other school supplies. Replace needed items.
- 22. Help your child set priorities when studying. Which assignment is most important? Due first? Most difficult?
- 23. Start a long-term project with your child such as a jigsaw puzzle. Don't give up.
- 24. Set aside some time to spend one-on-one with your child today.
- 25. Ask your child what would happen if everyone ignored laws for a day.
- 26. Talk with your child about what it means to be a gracious winner and a good loser.
- 27. Watch your child's favorite TV show with her. Ask questions, such as "Who is your favorite character?"
- 28. Listen to a piece of music that has no lyrics. Have your child write his own words to the song.

Daily Learning Planner

*Ideas parents can use to help students
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- 1. Ask your teen what she would do if someone offered her drugs or alcohol. Role-play different ways to say no.
- 2. Set aside time to talk with your teen today.
- 3. Ask your teen to write a letter to someone she admires.
- 4. If your teen has strong opinions on an issue, encourage him to write a letter to the editor of your newspaper.
- 5. When your teen is reading, have her jot down words she doesn't know and look them up later.
- 6. Call out words from the dictionary at breakfast. See who can spell them.
- 7. Make a family pledge: Everyone reads for at least 20 minutes a day.
- 8. See if you can find someone in a career field that interests your teen. Could your teen visit this person at work?
- 9. Tell your teen about your day in as much detail as you'd like to hear about his.
- 10. Ask your teen to teach you something she knows that you don't.
- 11. Tell your teen about something you did in high school that you would do differently now.
- 12. Avoid saying "I know how you feel." Teens believe their feelings are unique.
- 13. Discuss a commercial with your teen. What sales techniques are used?
- 14. Encourage your teen to do a good deed for someone, like a neighbor or a teacher.
- 15. All parents lose their tempers once in a while. When you do, be sure to apologize. Out-of-control anger is never appropriate.
- 16. Do you have a home improvement project to do? Let your teen help.

- 17. Tonight, make your teen's favorite dessert for dinner—just because you love him.
- 18. The next time you drop your teen off at practice or rehearsal, stay for a while and watch.
- 19. Talk with your teen about her plans for after graduation.
- 20. Stop fighting with your teen about clothes. Give him a budget and let him take responsibility.
- 21. Teens remember more from two short study sessions than from one long session.
- 22. Look for a movie that's based on a book. Read the book with your teen, then watch the film together.
- 23. Help your teen sort through things she's saved. Make a scrapbook of her favorite items.
- 24. Teens know their shortcomings. They need you to remind them of their strengths.
- 25. Ask your teen if his friends have the same values as he does.
- 26. Keep your teen's math skills sharp. Have her estimate the tax on a purchase or the tip for a meal.
- 27. During an argument, switch places with your teen. Each of you present the other's point of view.
- 28. Have your teen use the letters in his name to write a poem about himself.

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Tips Families Can Use to Help Children Do Better in School



February 2019

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Simple activities help your child explore the world of science

Like many parents, you may be unsure how to help your child learn science. You don't have to have a science background or expensive equipment to do it. Just encourage your child to observe the science that is going on all around him.

Try these activities together:

- **Begin a collection** of items from nature, such as rocks or shells. Each time your child adds something new, help him record where it came from and describe its features.
- **Keep a weather chart.** Help your child keep track of the temperature and other conditions every day for a month.
- **Take a walk on a warm night** and look at the stars. Can your child identify constellations? If not, look for a book or an app that can help.
- **Figure out how the spin cycle** of the washing machine gets the water out of the clothes.
- **Visit a park or nature preserve** at different times of the year. Have your child record and classify the animals he sees—as mammals, reptiles, insects, etc. Does he see different animals in different seasons?
- **Use a magnifying glass to look closely** at leaves on a house plant, a bug or a hair from your child's head.



Practice analytical thinking

Comparing and contrasting are important ways students learn to think analytically.



Encourage your child to sort things into groups, then talk about their similarities and differences. Ask questions like, "How are fish and humans the same? How are they different?"

Stop clowning around

It's great to have a sense of humor. But constantly disrupting class with jokes and body sounds is no laughing matter. Being the class clown can negatively affect your child's learning and his relationships with classmates. If your child is acting up in class:

- **Talk to the teacher** about what may be triggering his behavior.
- **Talk to your child** about when it's OK to be silly and when it's not. Let him know what behavior you and the teacher expect. Set consequences for misbehavior.

Source: L.A. Barnett, "The Education of Playful Boys: Class Clowns in the Classroom," *Frontiers in Psychology*, niswc.com/clown.

Serve foods that feed your child's brain



The food your child eats can have a big effect on his performance in school. Students who skip breakfast don't do as well in school as kids who start their day with a healthy meal. And when children eat meals that are high in fat and sugar, their bodies tend to crash, and they become very tired—making it hard to concentrate.

To help your child learn to make healthy food choices, buy only the food you want him to eat—such as lean proteins, fruit, vegetables and whole grains. He can't eat unhealthy food if it isn't around.

Source: Childhood Nutrition Facts, Centers for Disease Control and Prevention, niswc.com/nutrition.



Help your child polish writing skills

To express her thoughts effectively in writing, your child must combine a variety of skills. Here are five ways you can help her tackle the challenge:

1. **Ask your child** to think out loud before starting. Clear writing starts with clear thinking. Talking through her ideas with you can help her clarify them.
2. **Encourage your child** to take notes and make an outline before she starts to write. This will help her organize her thoughts.
3. **Have her focus** on what she wants to say in a rough draft. After she gets her ideas down, she can edit for spelling and grammar and create a final draft.
4. **Give more praise** than criticism. Be specific: "Your description really told me how Ali felt when she was lost." It's OK to point out some errors, but don't let your child think you look only for what's wrong.
5. **Be patient.** Learning to write well takes time. With your support, your child's skills will improve.

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February 2019



My child wants everything now. What should I do?

Q: My daughter has no patience. She can't seem to wait for anything. Her teacher says her impatience is becoming a problem at school. What can I do to fix this?

A: In this era of on-demand entertainment, it can be challenging for kids to learn to wait. But patience is necessary for school success. It takes patience to wait one's turn and to keep from interrupting others. It takes patience to read all the way to the end of a long book and to continue trying to understand something that isn't immediately clear.

To help your child develop more patience:

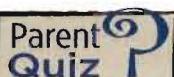
- **Explain that everyone** has to learn to wait, and you are going to help her with this skill.

- **Give her opportunities** to be patient.

When she asks for something, say something like, "In a minute." If she wants your attention when you are busy, come up with a hand signal that means, "When I'm finished."

- **Recognize the challenge**, and praise her success. "It's hard to listen to your brother talk when you have something to say. But you waited patiently. Now I am going to listen carefully to you."

- **Demonstrate patience yourself.** Stay calm when you are stuck in traffic, for example. You might say, "It looks like we're going to be in the car for a while. Let's play a game."



Do you use report cards as learning tools?

Report cards come at the end of grading periods. But they are a great tool for new beginnings. Are you using your child's report cards to talk about school, study habits and how to move forward? Answer yes or no below:

1. Do you set aside time to talk with your child about each report card?

5. Do you contact the teacher if you have concerns?

How well are you doing?

More yes answers mean you are helping your child use his report card as a guide for the future. For each no, try that idea.

2. Do you discuss whether your child agrees with the grades he earned, and why or why not?

3. Do you speak calmly, and treat your child's report card as something to learn from?

4. Do you help your child recognize positive habits that led to his success, and suggest ways he can improve grades if necessary?

"You don't get results by focusing on results. You get results by focusing on the actions that produce results."
—Mike Hawkins

Add interest to reading

When you make reading engaging for your child, she's more likely to do it often. Together, use reading as a chance to:

- **Explore.** Help your child find an appealing book series. She may not be able to resist picking up book after book.
- **Investigate.** If she doesn't know what a word means, ask your child to guess. Look it up together and see if she's right.
- **Play.** Take something you read and turn it into a fun challenge: Can your child summarize a story in three sentences?
- **Experiment.** Read new kinds of books. If your child usually reads fiction, try a biography or how-to book.

Homework helps skills grow

Homework helps reinforce the lessons your child is learning at school. But that's not all! When he completes assignments on his own, your child also learns key skills like responsibility, initiative, perseverance and time management.



Discover remarkable people

Many famous people were born in February. This month, help your child learn about:

• **Charles Dickens (February 7).** Many of this celebrated English writer's works are semi-autobiographical. Ask your child to write a fictional story using details from her own life.

• **Thomas Edison (February 11).** Edison had little formal education, but went on to earn more than 1,000 U.S. patents for his inventions. What would your child like to invent?

• **Susan B. Anthony (February 15).** Anthony led the campaign for voting rights for women. Talk with your child about why the ability to vote is important.

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.

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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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Meaningful responsibilities teach life skills and build confidence

When you give your child responsibilities to fulfill at home, she learns practical skills that help her see herself as a capable person. She also strengthens skills that go hand-in-hand with responsibility, such as planning and accountability. These are all things that will serve her well in school and in life.

Some kids are ready for certain tasks before others are. Take your middle schooler's development into account, then consider giving her responsibility for:

- **Scheduling.** Have your child track her appointments, extracurricular activities and social events. She can mark them on the family calendar and help coordinate transportation.
- **Budgeting.** Put your child in charge of managing some of her expenses. If she wants to purchase something, encourage her to make a plan. How much allowance will she have to save, or what odd jobs can she do to reach her goal?
- **Contributing.** Ask for your child's opinions and consider them. Expect her to participate in discussions about things that affect family life. For example, have her do the research for a weekend excursion your family could take together. Asking your child to contribute her ideas makes her feel valued. It may even encourage her to participate more often in class.



Ask for an explanation

In middle school, just giving an answer is not always enough. Your child may have to give examples to support it. To help her practice, have her explain her decisions. "I'm excited that you decided on swimming. Tell me why you chose that sport." Explaining will help her clarify her reasoning in her own mind.



Discuss social media issues

Use of social media sites such as Snapchat, Instagram and YouTube is on the rise among middle schoolers. To help your child make the best choices while on social media sites, monitor his activity. Additionally:

- **Talk about privacy.** Kids care most about how their posts affect their reputation among their peers. Remind your child to think carefully about whether posting or sharing an item could damage his or someone else's reputation.
- **Talk about values.** If he wouldn't say or do something in real life, your child shouldn't say it, do it or share it online.

Source: A. St. John, "Warning Kids About Digital Privacy Doesn't Work. Here's What Does," Consumer Reports, niswc.com/smartzchoices.



A dose of preparation eases test fears

Does the thought of a test make your child's stomach ache and his hands get clammy? The best medicine for test anxiety is preparation. To help your child relax and get ready for tests:

1. Ask why he's anxious. Just voicing his concerns out loud may make them seem less scary.

supplies he needs—including a nutritious snack—when he sits down to hit the books.

2. Remind him of his strengths. "Even though you were worried about the big science test, you studied hard and did really well."

4. Help him plan study time. Have him schedule some time to study each day leading up to the test. Discourage cramming the night before.

3. Create a cozy study spot. Carve out a quiet place at home where your middle schooler can study. Make sure he has all the

If your child does well on the test, celebrate. If he doesn't, discuss how he can prepare better next time.

Share tips for taking notes

Learning to take useful class notes will help your child throughout her school career. Encourage her to:

- **Develop a system.** Have your child come up with abbreviations and symbols for frequently used words and highlight phrases the teacher emphasizes.
- **Edit notes after class.** While the information is still fresh in her mind, your child should read her notes and clarify or expand them as necessary. She can also try to write a short summary.





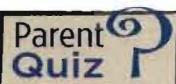
How much freedom should I give my middle schooler?

Q: My eighth grader says I'm not being fair when I won't let him do what "everybody else is doing." He wants the freedom of an adult. Where should I draw the line?

A: Your son has begun to fight for his independence. And eventually, he must become independent to be a successful adult. However, middle schoolers still need their parents' guidance, structure and protection.

To help your son feel less dependent:

- **Create a list together** of decisions he *can* make by himself. These might involve his homework time, his clothes and hair style, choice of sports and other extracurricular activities, and his friends.
- **Agree on things he might do** to build his self-reliance. Stay at home alone for a few hours on a weekend afternoon? Ride his bike to the store?
- **Explain, discuss and negotiate rules** and consequences. Help him understand why you make the rules you do—especially when they concern his safety. Listen to his suggestions, and encourage him to back up his positions with facts.
- **Let him make and learn from mistakes.** Watching your child fail at something can be painful, but it can be a great lesson. Ask him what he would do differently if he faced the same situation in the future.



How well are you handling homework?

It's important for your child to do her own homework. But there are many ways you can support her efforts. Are you setting your child up for success with middle school homework? Answer *yes* or *no* below:

1. **Do you make sure** that your child has a distraction-free place to do homework?
2. **Do you understand** the expectations each of your child's teachers has about homework?
3. **Are you available** during homework time as often as possible?
4. **Do you encourage** your child to use homework resources such as websites, study groups and a study buddy?

5. **Do you consult** your child's teachers if she consistently struggles with the homework?

How well are you doing?

More yes answers mean you are providing appropriate homework support. For each no, try that idea.

"Encourage and support your kids because children are apt to live up to what you believe of them."
—Lady Bird Johnson

Create a climate of respect

The way you expect your child to interact with family in your home lays the groundwork for how he will act elsewhere. So establish rules that will help create a peaceful, respectful atmosphere at home—and at school. Insist that family members:

- **Speak and listen** politely, even during disagreements.
- **Ask** before borrowing items.
- **Take** turns and share resources fairly.

Make it clear to your child that you won't tolerate behaviors such as physical violence, yelling, insulting, stealing or intentionally damaging property.

Source: P. Lorain, "Maintaining a Safe Environment," National Education Association, niswc.com/respectathome.

Make time for long talks

Your family's schedule is probably packed. But don't rush through every conversation with your child. Instead, take time to really discuss various topics—from the upcoming science fair to the weather. The more you explore things in depth, the more opportunities you'll be giving her to think.

Nourish school motivation

You can't make your child love middle school, but you can help him feel motivated to do well. Here are some ways:



- **Show your child** what motivation looks like. Let him see you work toward your own goals. Share your struggles as well as your successes.
- **Let him know** you support him. Your arm around him may be all your child needs to get through a rough patch.
- **Use realistic praise.** Calling him a genius if he isn't one will backfire. But words like *creative* and *dedicated* give him a positive self-image he can live up to.

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.

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

1-800-756-5525 • www.parent-institute.com • ISSN 1527-1021

Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



February 2019

Title 1 Cooperative
Educational Service Unit #10

Share strategies to help your teen say *no* to negative peer pressure

As high schoolers become more independent, it becomes more important for them to make responsible decisions. Knowing how to stand up to negative peer pressure is an essential part of the process.

Arm your teen with a variety of strategies for saying *no* to things she knows are wrong—or just not right for her. Your teen can:

- **Give personal reasons.** "I'm working hard to make the varsity team. I don't want to screw up my health or my record with drugs."
- **Talk about what could happen.** "Sorry, the last person who got caught doing graffiti was suspended from school. I can't risk that."
- **Be dismissive.** Your teen can simply roll her eyes, shake her head and walk away.
- **Suggest another activity.** "I was planning to see a movie tonight. Want to come with me instead of going to that party?"
- **Try a little pressure of her own.** "Do you really want to smoke weed? Everyone will think you are a druggie."
- **Stay away.** Someone who repeatedly tries to expose your teen to possible trouble isn't a friend. Suggest that she consider avoiding the person, at least for now.



Provide a balanced outlook on grades

It's easy for parents who want the best for their students to focus on grades. Grades matter, but they aren't the only indicators of future success—and they can be a significant cause of student stress. To keep grades in perspective:

- **Avoid sending your teen** the wrong message. Sometimes teens think their parents want them to get good grades at any cost—which can lead to cheating.
- **Make it clear** that your love for your teen doesn't depend on his report card. Tell him how proud you are when he finishes a challenging project or improves his grade in a tough subject.
- **Encourage your teen** to strive for personal excellence rather than perfection. He should try to do *his* best, not be *the* best.
- **Remind your teen** that while the competition is stiff to get into select colleges and universities, there are many wonderful schools out there. Assure him that you will work with him to find one that's a great fit.

Start a file for the future

Keeping a college and career portfolio is a great way for your teen to prepare for college or job applications. Help him create a file where he can record information about his:

- **Academics**, including his classes, grades and plans to meet requirements.
- **Activities**, including dates and leadership positions he's held.
- **Accomplishments**, including any awards he's earned, such as honor roll.

Does the rule fit your teen?

High schoolers are all different, and so are the rules their families need to set at home. But asking these questions can help you set appropriate rules for your teen. Ask yourself:

- **Have I given my teen a say?** Ask your teen for his input. Then you can make the final decision.
- **Will this rule boost** my teen's independence? Within limits, your teen needs chances to make choices and live with them.
- **Do I follow this rule?** Set an example for your teen.
- **Does my teen understand** the consequences for violating this rule?



Time lines help your teen see the point of history

Time lines help students understand the relationships between historic events. Encourage your teen to create time lines for the eras she's studying. Have her:



- **Identify boundaries.** When did the period begin and end?
- **Add key events.** She should summarize what happened, when and where the events took place and who took part.
- **Include illustrations** that can help her visualize how events unfolded.

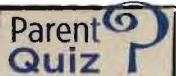
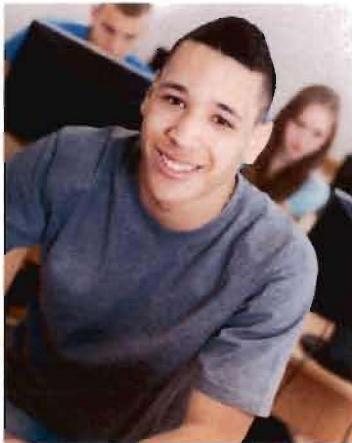


How can I teach my teen to stop putting homework off?

Q: My son is smart, but he's a procrastinator. He usually puts off projects and assignments until the night before they're due, and then has to rush through them. His grades are suffering. What can I do to help him stop this?

A: Procrastination—like many poor study habits—can have serious consequences, and your teen needs to kick this habit before he gets to college or the workplace. To help him:

- Find out what's behind it.** Ask your teen why he puts things off. Is he afraid he won't perform well? Does he like the thrill of racing as time runs out? If you aren't sure how to handle his concerns, suggest he meet with his school counselor.
- Encourage your teen to divide** large projects into smaller tasks. Then have him work backward from the final due date to set a deadline for each task. He may still wait until each deadline approaches to do that part, but once he finishes a task, he may find that it's easier to keep working. And bit by bit he'll get the project done.
- Help your teen relate** his assignments to his long-term goals. For example, learning how to manage time and meet deadlines with quality work will help him be more successful in school and after graduation.



Are you teaching your family's values?

Parents play a significant role in shaping their children's values. As your teen approaches adulthood, are you modeling and teaching her to value the things you think are important? Answer *yes* or *no* to the questions below:

- 1. Do you make** the most of everyday opportunities to discuss your values with your teen?
- 2. Do you put** your values into action? If you value compassion, for example, are you kind to others?
- 3. Do you spread** your values in your community—by volunteering or helping a neighbor, for example?
- 4. Do you compliment** your teen when you see her acting on your values?

- 5. Do you point out** people who are practicing their values?

How well are you doing?

More yes answers mean you are instilling your family's values in your teen. For each no, try that idea.

"A people that values its privileges above its principles soon loses both."
—Dwight D. Eisenhower

Multiply math skills

Success with math requires effort every day. Share these three proven strategies with your teen to improve math achievement:

- Read ahead.** If the teacher will go over Chapter 4 tomorrow, have your teen read it tonight, then try to solve some problems. He'll find out what's confusing—and what to focus on in class.
- Ask questions in class.** Remind your teen that if he has a question, others are probably wondering the same thing.
- Find a study buddy** he can call to discuss problem-solving strategies.



Increase financial literacy

Research shows that most 18- to 24-year-olds don't have the money management skills they need to be financially stable. To build your teen's financial literacy, teach her about concepts like *interest*. For example, how much would she have to pay if she carried a balance of \$1,000 for one year on a credit card that charges 20 percent interest?

Source: "Many young adults lack financial literacy, economic stability, study finds," Science Daily, niswc.com/credit.

Speak up for languages

In a recent report, the American Academy of Arts and Sciences concludes that learning languages in addition to English is vital for the future of today's students. To support your teen's language-learning efforts:

- Ask him to teach you** some phrases. Use them around the house.
- Attend festivals** and cultural events related to the language together.
- Encourage him to develop** his skills in your family's native language, if you speak something other than English.

Source: D.E. Davidson, "Why Study a Foreign Language When the Rest of the World is Learning English?" American Councils for International Education, niswc.com/languages.

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Callaway HS (South Loup) - February 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat	
					<p>1</p> <p>10:00 AM B V WR @ Conference Wrestling at Sandhills/Theford</p> <p>4:00 PM G JV BKB @ Mullen High School</p> <p>5:00 PM B JV BKB @ Mullen High School</p> <p>6:00 PM G V BKB @ Mullen High School</p> <p>7:30 PM B V BKB @ Mullen High School</p>	<p>2</p> <p>8:00 AM Gothenburg Speech Meet</p> <p>2:00 PM B JV BKB @ Southern Valley Junior/Senior High School</p> <p>2:00 PM G JV BKB @ Southern Valley Junior/Senior High School</p> <p>3:30 PM G V BKB @ Southern Valley Junior/Senior High School</p> <p>5:00 PM B V BKB @ Southern Valley Junior/Senior High School</p>	
3	4	<p>TBA MNAC Instrumental Music @ Litchfield</p> <p>1:00 PM B JH BKB @ CO-OP Twin Loup</p> <p>1:00 PM G JH BKB @ CO-OP Twin Loup</p> <p>5:30 PM MNAC Instrumental Concert in Litchfield</p>	<p>5</p> <p>Parent's Night</p> <p>4:00 PM Basketball @ Arnold</p> <p>4:00 PM G JV BKB Anselmo-Merna High School</p> <p>5:00 PM B JV BKB Anselmo-Merna High School</p> <p>6:00 PM G V BKB Anselmo-Merna High School</p> <p>7:30 PM B V BKB Anselmo-Merna High School</p>	<p>6</p> <p>TBA JH BB @ Callaway</p> <p>1:00 PM B JH BKB Maxwell High School</p> <p>1:00 PM G JH BKB Maxwell High School</p>	<p>7</p> <p>1:30 Dismissal for Students</p> <p>Parent Teacher Conferences 2:00-8:00</p>	<p>8</p> <p>No School</p> <p>TBA B V WR @ Wrestling Districts @ Fremont- Midland University</p> <p>3:30 PM G JV BKB @ Eustis-Farnam High School</p> <p>4:30 PM B JV BKB @ Eustis-Farnam High School</p> <p>5:30 PM G V BKB @ Eustis-Farnam High School</p> <p>7:00 PM B V BKB @ Eustis-Farnam High School</p>	<p>9</p> <p>TBA B V WR @ Wrestling Districts @ Fremont- Midland University</p> <p>8:30 AM North Platte Speech Meet</p>
10	11	<p>TBA Girls Sub Districts @ Cozad</p> <p>6:00 PM Board Meeting</p>	<p>12</p> <p>TBA Girls Sub Districts @ Cozad</p>	<p>13</p> <p>Teacher In-Service 1:30 dismissal</p> <p>FFA District Degree and Proficiency Review</p>	<p>14</p> <p>Girls Sub Districts</p> <p>State Wrestling</p>	<p>15</p> <p>State Wrestling</p> <p>Cheerleaders perform at halftime of boys game</p> <p>TBA Boys Basketball @ Callaway</p> <p>3:00 PM Booster Club Hoop Shoot</p> <p>6:00 PM B JV BKB Sumner-Eddyville-Miller High School</p> <p>7:30 PM B V BKB Sumner-Eddyville-Miller High School</p>	<p>16</p> <p>State Wrestling</p> <p>8:00 AM Loup City Speech Meet</p> <p>3:00 PM B JV BKB @ Hershey HS</p> <p>4:30 PM B V BKB @ Hershey HS</p>
17	18	<p>Boys Sub Districts @ Cozad</p> <p>TBA FFA - District CDE's @ Grand Island</p>	<p>19</p> <p>TBA Boys Sub Districts @ Cozad</p>	<p>20</p> <p>FFA - Loup City Livestock Judging</p> <p>9:00 AM Custer Co. Quiz Bowl - High School (Broken Bow)</p>	<p>21</p> <p>Boys Sub Districts</p> <p>9:00 AM Custer County Quiz Bowl - Junior High (Broken Bow)</p>	<p>22</p> <p>Girls District Finals</p>	<p>23</p> <p>TBA Holdrege Speech Meet</p> <p>TBA Boys Basketball District Finals</p>
24	25	<p>TBA Sr. High Quiz Bowl at Halsey Forest</p> <p>8:00 AM FCCLA Peer Education Conference</p>	<p>26</p>	<p>27</p> <p>10:30 AM YLCC - leave @ 10:30am</p>	<p>28</p> <p>Girls State Basketball</p>		

Callaway HS (South Loup) - March 2019

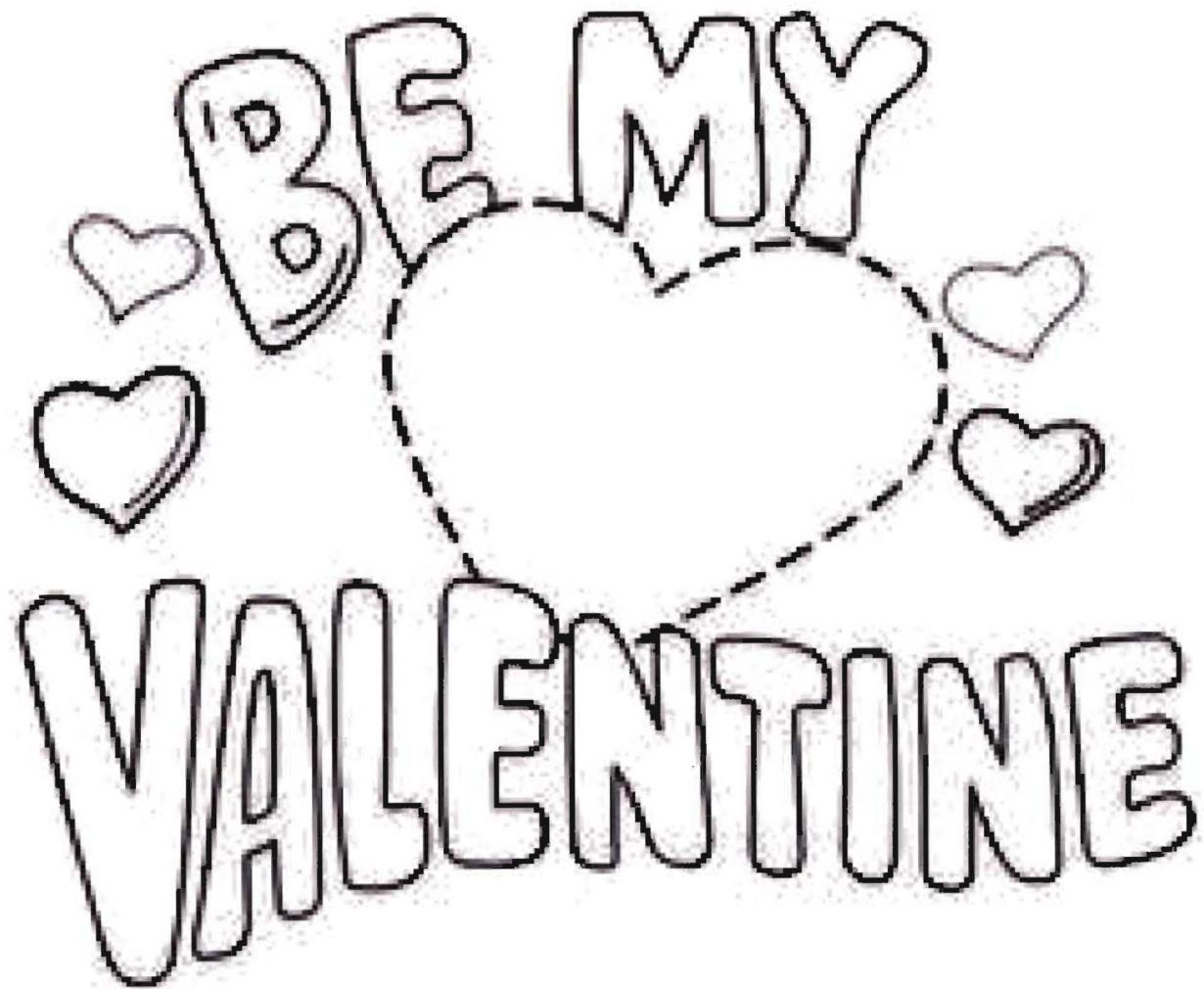
Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Girls State Basketball	2 Girls State Basketball
3	4 TBA MNAC Speech @ Arnold TBA Jr. High MNAC Quiz Bowl at Merna 10:30 AM Smiles Clinic 10:30am Pre -K -6	5	6 End of 3rd Quarter --	7 Boys State Basketball No School - Spring Break	8 Boys State Basketball No School - Spring Break	9 Boys State Basketball
10	11 MNAC All Conference Basketball Ballots Due 8:00 PM Board Meeting	12 FFA - Livestock Judging @ Burwell	13 No Elementary Classes 9:00 AM Sr. High Quiz Bowl @ Callaway	14 TBA Pi day	15 FFA - Activate/Leverage Conference @ Kearney TBA District Speech at North Platte	16 FFA - Activate/Leverage Conference @ Kearney TBA C V TR @ UNK INDOOR TRACK at Kearney
17	18	19 7:00 AM EHA Staff Wellness Check	20 Teacher In-Service 1:30 dismissal	21 10:30 AM Preschool - Muffins with Mom 10:30-11:05 and 12:15- 12:45pm	22 State Speech	23 10:00 AM C V TR @ St. Pats Invite at Hershey
24	25 9:00 AM ESU 10 Sr. High Quiz Bowl - Kearney	26 MNAC all-academic nominations due TBA MNAC Music Contest @ Arthur Co.	27 8:00 AM Business/Entrepreneurship Career Day	28 10:00 AM B V GLF @ Amherst High School	29 10:00 AM C V TR @ Elwood High School	30
31						

CALLAWAY PUBLIC SCHOOLS LUNCH MENU

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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		1 Brk Pizza Grilled Chicken
4 Omelettes & Bagels Hamburgers	5 Pancakes Chicken Strips	6 French Toast Sticks Mini Corndogs	7 Donuts Hot Ham & Chz	8 No School
11 Waffles Spaghetti	12 Frudels Pork Patty	13 Tornados Chicken Nuggets	14 Biscuits & Gravy Pigs N a Blanket	15 Brk Bar Chicken Patty Sandwich
18 Brk Burritos Chili	19 EggStravaganza Hot Dog Bar	20 Long Johns Tator Tot Casserole	21 Brk Sandwich Flying Saucers	22 Muffins Hamburgers
25 Turnovers Chicken Noodles	26 Cini Minis Runzas	27 Biscuits & Gravy Pizza Chz Sticks	28 Tornados Pizza	

- 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



Please color and return to Miss Ord to hang up with the hallway.

The Bobcat
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Homepage



Calendars

BOXHOLDER



FEBRUARY