

Blue's News

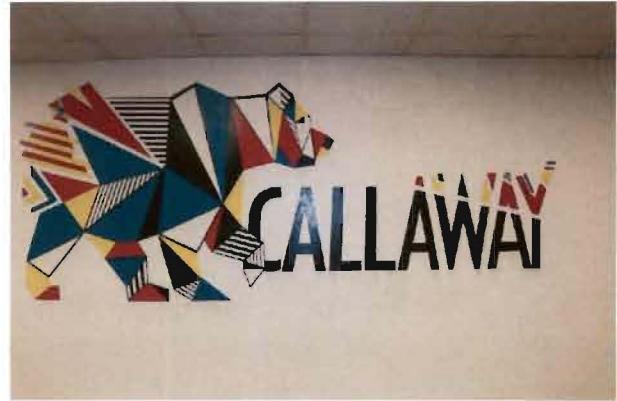
The Cats Out of the Bag!

“The Wall” Gets a Facelift

By: Laney Badgley

Over the summer, there were some big changes made to our school. One of them was “The Wall” that was built. “The Wall” has been taking some getting used to by everyone. There was just something missing.

Luckily, Mrs. Campbell was ambitious enough to add some personality. As one of their assignments in each of the art classes, the art students had to come up with an idea to put up on the wall. After lots of thought, they narrowed it down to two ideas: a graffiti idea and an abstract bear, with the word Callaway in each. Mrs. Campbell posted a vote on schoology so everyone in the school, students and staff, could vote which one they liked better. The vote came down to 59 votes for the bear and 36 votes for the graffiti. All of Mrs. Campbell’s high school art classes got to work on the project. They knocked it out in three days! There are more additions coming to the wall, including a ledge with stools for studying locations, some chairs for lounging, and places to hangout before school and during lunch. We are all very excited to see the new changes to come!



Speech Night

March 14, 2019 @ 7:00 pm in the Learning Center at Callaway High School
Come watch speech members perform their pieces for district competition!

4th Grade Nebraska Quilt Project

By: Laykin Wilkins

On February 1st, Mrs. Rush's 4th Grade class was given the opportunity to speak with the Custer County quilt group: Custer's Last Stitch. This activity started out as a history project and turned into an annual tradition that these children look forward to every year. Mrs. Rush teaches Nebraska history to the class and felt that it would be a fun way to show how pioneers made quilts and the significance of the quilts. She has kept this tradition for three years and plans to keep it for years to come. The 4th grade then colored shapes on paper and made their own quilts.



Quiz Bowl Competition

By: Laykin Wilkins

On Thursday, the 21st of February, Callaway's Quiz Bowl Team went to the Broken Bow Quiz Bowl Meet to compete. The team, consisting of Dane Rynearson, Dalton Kunkee, Calyn Laible, Carson Mason, and Izzy Stallbaumer, had a huge success when they climbed their way out of the losers bracket to play in the championship. They grabbed second place, only losing to the Anselmo-Merna team. This was amazing considering there is only five on the team and there is room for six.



FCCLA

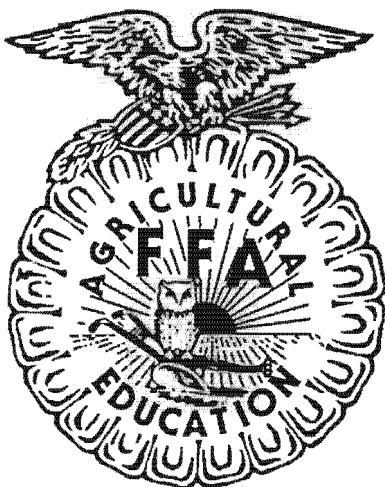
FCCLA stands for Family, Career, and Community Leaders of America. It is a student lead career organization focusing on the development of young men and women in today's society. On January 23rd, in Overton, was District Star. The medals were based off of points each group or individual got. There were two categories: Junior, which is grades 7th-9th, and Senior, which is grades 10th-12th. All nine participants qualified for the State Competition. Results include Irellyn Rosfeld winning District Runner-Up in, Jocelyn Bechtold and Sharon Jones winning Sports Nutrition Junior District Champion, Brittany Ellison, Wryleigh Doyle, and Matti Stout winning runner-up in Food Innovation Senior, Sophia Doyle and Emalee Glendy were District Champion, and Addie Hild won District Runner-Up in Recycle and Redesign Senior Division. The State Contest will be held April 7-9 in Lincoln, followed by the National Contest in Anaheim, CA.



FFA

By: Taylor Feddersen

FFA recently travelled to Grand Island for CDE's which is Career Development Events. The FFA members participated in Livestock, Management, Floraculture, and Nursery and Landscape. In Nursery and Landscape, Kalen Dockweiler, Weston Kunkee, Garrett Hrupek, and Adrianna Hild all qualified for state. Also, the FFA has recently been celebrating FFA Week. The Intro to Ag class and some of the FFA members made a photo booth that has been made to be used for many more years and allowed staff and students to have their photo taken in it. One day of the week, the FFA made breakfast for the staff, which was very much appreciated by all who ate. They also had other fun days of the week by having dress up days and guessing games.





Boys Basketball

By: Suzy Heusman

This basketball season has gone very well for the South Loup Bobcats. According to Coach Waverka, winning the conference twice in two years was a goal of theirs, especially when a lot of the other teams were thinking they were having a rebuilding year. "We worked hard and played hard and did very well with the summer go, so now we're with beating Cambridge the second time in that District subdistrict final has a nice we've been now five years we've been like the number one seed and Subs but we've never got out of it while we finally made a district final so we're pretty excited play Wakefield on Monday at 6 and Atkinson and see how it goes." The team goal is to make it state. Their record is 19-4. Good Luck Boys!!

Girls Basketball

By: Laney Badgley

On Thursday, February 14, our girls basketball team ended their season in the Sub-District game against Elm Creek. After a hard fought battle and a hurt ankle, the girls came up short with a score of 35-28. They finished with a record of 19-5. That is the most games won in a season. After talking to Coach Hinman, we found out he is very proud of how this year went. Winning the Maxwell Tournament and making it to the Conference Championship was just two of many highlights for Coach Hinman. "The girls improved a ton, gained valuable experience, and have put themselves in a position to have a tremendous year next November." When asked what the most memorable experience was, Coach Hinman said, "The fact that this group is so close! Their improvement from start to finish and the ups and downs of the season; along with how they

battled each and every day." The team records that were broken this season were scoring average with 47, 3 pointers in a season with 71, field goal percentage with 34%, and 3 point percentage with 27%. Individual records broken were Jessie Sallach points in a career with 986 and rebounds in a career with 572, Landyn Cole broke free throw percentage with 68%, and Kalie Glendy broken Assists in a Season with 73. Coach Hinman is very excited for next season and they are working toward great things!

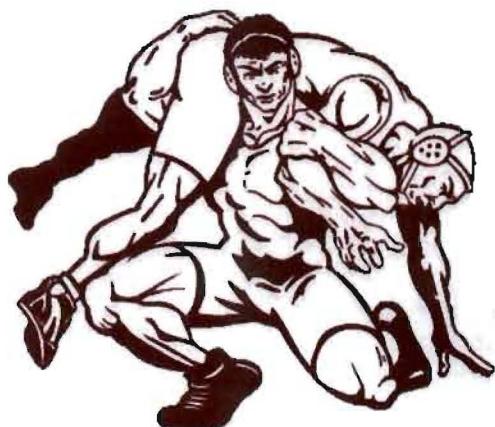




Wrestling Season Coming to the End for 2018-2019

By: Suzy Heusman

The end of wrestling season has arrived. According to Coach Jim Johnson, they made it back home from the big city (Omaha) and they even brought home some Hardware. They just had to do it the hard way. Both Logan and Tayten lost their first-round match by a point. Logan was down by two with a few seconds left, got an escape, and took a shot for a takedown, but time ran out before he got it finished. Tayten was in control most of his match, and he had a cross-body ride in and just brought his hands together for a second and was called for locked hands. He was down by three and was able to turn his opponent but only got a two-count on back points so lost by one. Both boys had a really good match and maybe some of them had some nerves come out. Friday morning, they both came back and won their first match. Logan won by a point, his next match he lost to the wrestler that got 5th place in the meet. Logan wrestled very well for his first trip to the Omaha for State and we will be watching him next year, hopefully placing higher. There are a lot of nerves when you get down there and wrestle for the first time. Tayten on the other hand, had was his fourth time qualifying, so he has been down there. He took his loss on Thursday and put it behind him and ran with it. He didn't look back and winning the next five matches to put him where he wanted to be. His goal was to place higher than last year. We all know that first was probably out of the question in the back of our minds with a three time State Champion, now a four, in his weight class and he was able to get revenge on a two of the wrestlers to get into the third placing match. He had to wrestle the wrestler and beat him out of the first round and won 8-6 this time. For third place, he went against a guy from Mullen that beat him during the season; revenge is sweet. It's always nice to win the second time plus the revenge he got a pin for his last match with the South Loup Bobcat. "We ended the week very proud with those of the boys. They represent us well." According to Coach Todd Phelps, The Bobcat wrestlers had a great season, and they got better every week of the season. At the district meet in Fremont, they wrestled very well. We had three great senior leaders, Tayten Eggleston, Gavin Robertson, and Spencer Bloomer, who we will miss next year. However, we do have some great young leaders coming up. Both Logan and Tayten wrestled very well at State. Congratulations to all the Bobcat wrestlers on an amazing wrestling season!



BOTM

By: Suzy Heusman



"Carson works hard in Algebra 2. The material does not always come easy to him, but he never gives up or complains. I can also tease him, and he gives it right back in a respectful manner. He is comfortable with himself, which is refreshing."

~Mr. Ellis



"Emma shows integrity in all she does. She is kind and patient. Her eyes are on the teacher during the lesson and she is eager to learn and do well."

~Mrs. Wilcher



"Taylor was a huge help with and planning "The Wall." She was a perfectionist and that really cleaned up the edges. She was a good leader and also worked independently very well. Thank you, Taylor!"

Mrs. Campbell

Senior Spotlight

By: Taylor Feddersen

Name: Sydnee Sallach

Parents: Kim and Shane Sallach

High School Activities: Volleyball, One Acts, and Art Club

Most Memorable Memory: When Dane could not stop laughing in Biology

Plans After Graduation: I plan on going to Hastings CCC to study dental hygiene.

Best Advice from My Parents: To always do your best.

One Thing You are Proud of: Being tardy about twenty times.

High School in Three Words: Frustrating, stressful, overwhelming.

Most Embarrassing School Memory: Peeing my pants in kindergarten.

Most Challenging Task In-School: Staying on task.

Advice for Freshmen: Savor every moment because it goes by fast.



:



Name: Weston Kunkee

Parents: Dean and Angie Kunkee

High School Activities: Football, FFA, and Branding Team

Most Memorable Memory: Dane laughing uncontrollably in science class and being asked to leave by Mrs. Svenson.

Plans After Graduation: Attend college and be successful.

Best Advice from My Parents: If you're going to do something, give your full effort.

One Thing You are Proud of: State Runner-up Football

High School in Three Words: Intense, memorable, fun.

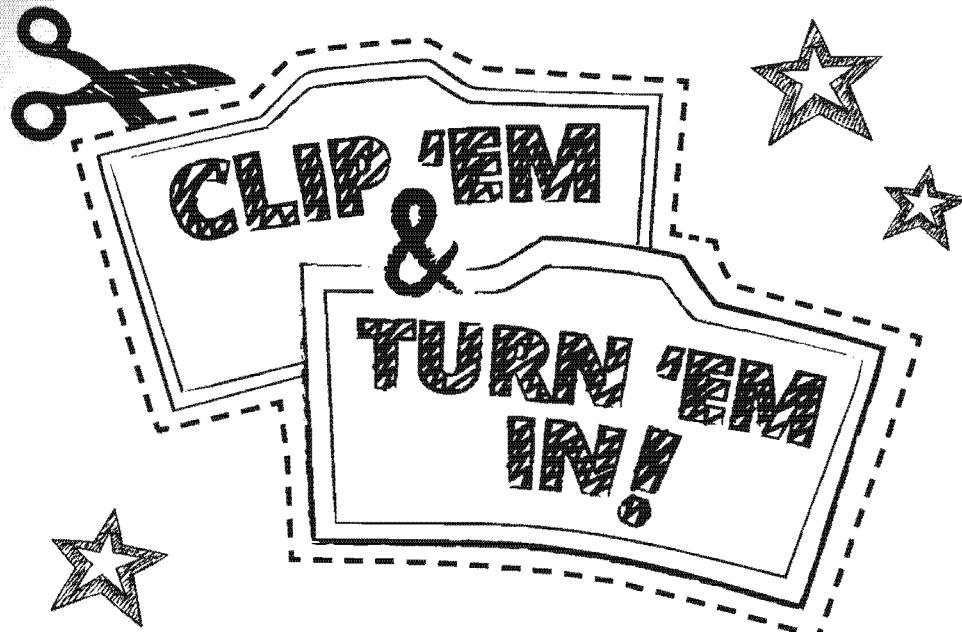
Most Embarrassing School Memory: Writing a bad word on the board in front of Dr. B.

Most Challenging Task In-School: Time management.

Advice for Freshmen: Take as many classes as you can.



COLLECT BOX TOPS FOR EDUCATION™ FOR YOUR SCHOOL!



- 1 Clip Box Tops.
Don't forget to check the expiration date.
Recorta los cuadritos de Box Tops y verifica la fecha de expiración
- 2 Tape or glue clipped Box Tops to this sheet.
Please note, bonus certificates must be submitted separately.
Pega los cuadritos de Box Tops en la hoja hasta que esté completa. Tenga en cuenta, bonus certificados deben ser entregados por separado.
- 3 Send completed sheet to your school.
Envía la hoja completa al coordinador de tu escuela

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

March 2019

Wrapping up your senior year

Seniors...stay on track to college by completing these second-semester tasks:

Complete the financial aid process. By now, you should have filed your FAFSA (Free Application for Federal Student Aid). If you haven't, apply at fafsa.gov.

Compare financial aid awards. The colleges you listed on your FAFSA will send you notifications detailing the financial aid they're offering. Compare the notifications to determine which school provides the best package.

Watch your grades. If you slack off and get poor grades, your college admission could be revoked.

Apply for scholarships. See [ScholarshipQuest](#) at [EducationQuest.org](#) to find Nebraska-based scholarships. You'll also find links to national scholarship sites that are EducationQuest-approved.

Make your final college selection. Notify the other colleges so they can take you off their mailing list.

Be aware of deadlines to accept financial aid and college admission offers, submit your housing deposit, and register for new-student orientation.

Juniors...it's time to narrow your college choices.

Narrow your college choices soon to prepare for these upcoming activities:

ACT college entrance exam. When you take the exam this spring, you'll be asked to provide a list of colleges that should receive your score.

Completion of the FAFSA early next fall. You and your parents can complete the FAFSA beginning October 1 of your senior year. The colleges you list on the form will receive the results.

Apply2College Campaign. Early next fall, it will be time to apply to your top college choices. You'll get help with your applications if your high school holds a college application event as part of the statewide [Apply2College campaign](#).

Campus visits will help you narrow your choices

Your spring break is a perfect time to visit schools that interest you. Schedule your visits at least two weeks in advance and be prepared with [questions to ask](#). Find more tips in the "Selecting a College" section at [EducationQuest.org](#).

You'll also want to check out these college-search resources at [EducationQuest.org](#):

- ["About Nebraska Colleges"](#) provides cost and contact information for Nebraska colleges.
- [College Profiles](#) has information about colleges in Nebraska and across the country.

Go on a scavenger hunt and you might win \$500 for college

Apply by **March 31** for EducationQuest's \$500 Scavenger Hunt Scholarship. Here's how it works:

1. If you haven't already, complete a profile in [ScholarshipQuest](#) at [EducationQuest.org](#). *ScholarshipQuest* is a scholarship search tool with over 2,000 Nebraska-based awards.
2. If you're a Nebraska resident in grades 9-12, you'll see the *EducationQuest Scavenger Hunt Scholarship* as one of the scholarships you're eligible to apply for.
3. "Scavenge" around the EducationQuest website to find answers to questions in a survey.

EducationQuest will draw a winner from those who answer all questions correctly. The winner will receive \$500 to invest in a [NEST 529 College Savings Plan](#) account.

March "To Do" List

Seniors

- ___ If you haven't already, [complete your FAFSA](#)!
- ___ Expect financial aid award notifications.
- ___ Continue applying for [scholarships](#).

Juniors

- ___ [Register](#) by March 8 for the April 13 ACT.
- ___ [Register](#) by April 5 for the May 4 SAT.
- ___ Schedule campus visits.

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*

Title 1 Cooperative
Educational Service Unit #10



THE
PARENT
INSTITUTE

March 2019

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

- 1. Consider giving your child an allowance. Help her create a budget that includes spending, saving and donating.
- 2. Have your child help you make a family chore chart. Everyone can check off jobs as they are finished.
- 3. Encourage your child to write a letter to a lawmaker about an issue that matters to him.
- 4. Play Alphabet Mixup. Choose a word and put the letters in alphabetical order. Can your child figure out the word?
- 5. Find pictures of people in the newspaper. Ask your child to make up a story about each picture.
- 6. Talk about a familiar place with your child. Decide which direction it is from your home—north, south, east or west.
- 7. Come up with unique pizza toppings with your child. Who can think up the tastiest combination?
- 8. Have your child choose a news story and report on it at dinner.
- 9. Plan a later bedtime so everyone can read in bed tonight.
- 10. Remind your child that you enjoy her company and you love her.
- 11. Give your child ads with prices ending in 98 or 99 cents. How much would four of the items cost? Have him round off and estimate.
- 12. Read a poem aloud. Stop to let your child guess what the next rhyming word will be.
- 13. Write an encouraging note and tuck it in your child's jacket pocket or a school book.
- 14. Let your child see you reading. Then say, "Reading is so much fun!"
- 15. At dinner, pretend your family is in an opera. Sing everything you say to one another.

- 16. With your child, set a timer for five minutes. Then, each of you start writing a story. When the timer rings, switch stories and finish them.
- 17. Pay your child a sincere, specific compliment.
- 18. Review math facts with your child.
- 19. Give your child a book or article to read about her favorite hobby.
- 20. Ask your child to design and name a new car.
- 21. At dinner, have family members share their favorite part of the day.
- 22. Talk with your child about the importance of telling an adult when a person is being bullied.
- 23. Help your child put on a talent show with his friends.
- 24. Ask your child to write to a friend or relative today.
- 25. Encourage your child to start a collection. Provide a place to keep it.
- 26. Have your child draw a picture of a scene from a book by a living author. Send it to the author in care of the book's publisher.
- 27. Together, think of several words that start with the same letter. Put them in a sentence that makes sense.
- 28. Encourage your child to take risks as long as they don't affect safety.
- 29. With your child, think of words that sound like what they mean, such as *buzz, smash, hiss* and *thump*. These are examples of *onomatopoeia*.
- 30. Visit the library. Help your child find a book about a famous woman.
- 31. How many words can your child think of to describe today's weather?

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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THE
PARENT
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March 2019

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

- 1. Ask your child to list three things that would make your community a better place.
- 2. Take a map in the car or on a walk with you. Show your child where you are headed and ask her to help navigate.
- 3. Exchange persuasive letters with your child. Try to convince each other of your points of view.
- 4. Write your child a note of thanks. "It's such a help to me when you do the dishes."
- 5. Together, watch a movie based on a book your child has read. Talk about how the versions are similar and different.
- 6. Discuss an international news event with your child. How is it affecting this country?
- 7. Ask your child to take photos during a family outing.
- 8. Tonight, tell your child a story about yourself at his age.
- 9. Review any goals your child has set recently. Is she working toward them as planned?
- 10. Try a new recipe with your child. This gives him practice following directions.
- 11. When your child tells you something important, restate it in your own words to make sure you understand.
- 12. Peer pressure can be positive. Encourage your child to participate in group activities like sports and volunteering.
- 13. Suggest your child keep a notebook handy when reading. She can list words she isn't sure of, and look them up later.
- 14. Your child may be facing important exams this month. Make sure he gets enough sleep the night before.

- 15. Let your child know the things that make her precious to you.
- 16. Help your child figure out the perimeter and area of his bedroom.
- 17. Let your child see you reading for pleasure.
- 18. Link your child's responsibilities to freedom. As she becomes more responsible, grant her more freedom.
- 19. With your child, check to make sure your smoke detectors work.
- 20. See if your child can name the government leaders of your state.
- 21. At the library, look at some books of paintings with your child.
- 22. Encourage your child to write a thank-you note to a favorite teacher.
- 23. Plan a paperback book swap. Invite your child's friends.
- 24. Make a family visit to a nearby museum.
- 25. Challenge your child to create a recipe and write it down.
- 26. Talk with your child about the importance of resolving conflicts without violence. Discuss ways to do it.
- 27. Ask your child to name an *adjective* and an *adverb*.
- 28. After your child takes notes, have him draw pictures of the key ideas.
- 29. At the grocery store, talk with your child about what kinds of things affect food prices.
- 30. List your priorities in life, including family. Does your schedule reflect what's most important?
- 31. Watch a history program together.

Helping Students Learn®
MIDDLE SCHOOL
Tips Families Can Use to Help Students 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



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March 2019

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

- 1. Bring up a sticky situation before it occurs. Ask what your teen might do. Listen and ask questions.
- 2. Browse through the nonfiction section at the library with your teen. Check out a few books of interest for each of you.
- 3. Challenge your teen to eliminate pessimistic phrases from her vocabulary. Encourage her to think positively.
- 4. Have your teen help you gather information for your taxes. If he earned money last year, help him file a tax form.
- 5. Ask what your teen thinks the world will be like in 100 years.
- 6. Suggest that your teen make posters or flash cards to help with memorizing facts.
- 7. Read the school newspaper. Talk with your teen about the issues that are most important at school.
- 8. Volunteer to host a dinner for your teen's team, youth group or club. You will learn more about her peers.
- 9. Always know where your teen is going and with whom.
- 10. Be tourists in your own hometown today. Visit a local historical site with your teen.
- 11. Ask your teen to teach *you* how to do something today.
- 12. Cut the title off a story from today's newspaper. Have your teen read the story and give it a title. Compare the titles.
- 13. At dinner tonight, share a wish or a dream with your teen.
- 14. Ask your teen: "If you could trade lives with somebody you know, who would it be? Why?"
- 15. Ask your teen to try something he's never done before, like writing a song or painting an abstract picture.

- 16. Let your teen invite some friends over to hang out.
- 17. Show your teen how to read nutrition labels.
- 18. Have your teen rank homework assignments from easiest to hardest, then do the hardest one first.
- 19. As you drive, talk about traffic safety with your teen.
- 20. Memorize something with your teen today. Try a poem or a quotation.
- 21. Show your teen how to use basic tools, such as a wrench.
- 22. Share stories with your teen that convey your family's history.
- 23. Visit a restaurant or store with your teen. Ask her to write a review.
- 24. Talk with your teen about a mistake you once made and what you learned from it.
- 25. Ask your teen, "Which class is your favorite? Why?"
- 26. Stay calm when your teen overreacts. Set a time to talk later when you both are in control.
- 27. Challenge your teen to cook a meal for your family.
- 28. Discuss the connection between rights and responsibility. Rights are earned with responsible behavior.
- 29. Give your teen a budget and let him take over the grocery shopping for a week.
- 30. Set aside time to work on a project or hobby together.
- 31. Ask your teen's opinion of an idea or problem you have.

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

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School



February 2019

Title 1 Cooperative
Educational Service Unit #10

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.

can edit for spelling and grammar and create a final draft.

2. Encourage your child to take notes and make an outline before she starts to write. This will help her organize her thoughts.

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.

3. Have her focus on what she wants to say in a rough draft. After she gets her ideas down, she

5. Be patient. Learning to write well takes time. With your support, your child's skills will improve.

Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



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:

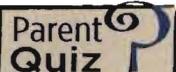
- **Explain that everyone** has to learn to wait, and you are going to help her with this skill.

- **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.

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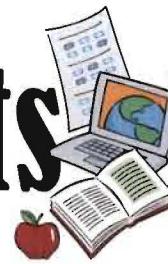
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Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

Title 1 Cooperative
Educational Service Unit #10

Test preparation shouldn't stop when the test is over

Tests are an important way teachers, schools and school districts can see what students have learned. By middle school, most students are used to learning and studying *before* a test. But unless your child gets a perfect score every time, there is more he can learn from the tests he takes.

Educators agree that proper review *after* a test is one of the most effective ways to improve scores on future tests. When your child gets a graded test back, encourage him to:



- **Review his answers** and note which he got right and which he got wrong. Have him correct the wrong answers and make sure he understands them. If he isn't sure why an answer was marked wrong, he should ask the teacher.
- **Determine the types of errors** he made. Mistakes are generally caused by one of two things: carelessness or lack of preparation.
- **Adjust his study strategies.** Brainstorm with your child about ways to avoid careless mistakes—such as circling key words in questions, double-checking his answers, etc. For mistakes based on lack of preparation, the solution is probably more studying. Experts suggest that students begin to review five days before a test. The last day before a test should be spent reviewing a final time, not trying to learn new material.



Journals help students see the future

Most middle schoolers don't have a firm idea about what they want to do with the rest of their lives. But by sixth grade, it is helpful for kids to begin thinking about what they like and don't like, and what their strengths and struggles are. Writing in a journal is a great way to process these ideas.

Give your child a notebook, and encourage her to write down her thoughts about questions such as:

- **What are my strengths** in school?
- **What are my weaknesses?**
- **What do I love doing** outside school?
- **What am I good at doing** outside school?

- **What do I like** to learn about?
- **What would I like** to learn more about?
- **What is important to me** right now?

Ask your child to update the journal regularly. Over time, her ideas will change, and that's OK. But the things that don't change could provide clues to her future success.

Education is everywhere

Every meaningful experience can have an impact on your child's learning—from shopping for groceries to seeing objects from the past in a museum. On your next family outing, challenge your child to think of ways the things he is seeing and doing relate to what he is learning in school.



Make organizing a routine

Your child's organization skills can make the difference between doing well and struggling in middle school. To help her make organization a regular part of studying:

- **Sit down together** each Sunday to plan the week ahead. Bring your family calendar and mark deadlines and events.
- **Have your child write** all assignments and activities in a planner.
- **Teach her to use** checklists to keep track of daily homework tasks and long-range project steps.
- **Have her choose** specific places to keep school belongings, and expect her to put her things away each evening.

Ride out the ups and downs

In addition to physical changes, adolescence brings many emotional changes. Your child may be experiencing:



- **Self-doubts.** Help him get past these episodes by praising him when he does well and catching him when he stumbles.
- **A desire for respect.** Honor your child's need to feel more grown up. Give him real responsibilities and allow him to make some decisions on his own.
- **A need for independence.** As he separates a bit from you, remember that he still needs your love and support.



My child wants me to stay away from school. Should I?

Q: I want to get involved at school. I thought that helping out in one of my child's classes could be good for both of us. But she says she'd be embarrassed. Should I volunteer, or not?

A: You don't want your involvement at school to sour your relationship with your child. However, there are many ways you can make a valuable contribution at school outside of the classroom. To pursue volunteering without making your child cringe:

- **Listen to her.** Sit down and ask her what she's feeling. "I realize you don't want me volunteering in your class, but I'd like to know why. Is there something specific you are worried about?" When you listen to her concerns, remember the huge social pressure to fit in that middle schoolers feel.
- **Discuss her feelings.** "Are you afraid your friends will think you're weird if they see me at school?" If she says yes, have her put herself in their shoes. Would she think less of her friends if their parents came to school? Would she even notice?
- **Work out a compromise.** Respect your child's feelings. If after you've talked she is still nervous about having you in class, volunteer in another part of the school. Call the office to ask how you can help. And if you see your child while you're there, just give her a smile and walk away.



Are you reinforcing healthy habits?

By this time in the school year, the positive habits your child established in September may have started to slip. Are you helping him stick with practices that support his health and success in school? Answer yes or no below:

1. **Do you serve** nutritious family meals that include non-starchy vegetables and lean protein?
2. **Do you make sure** your child gets eight to 10 hours of sleep each night?
3. **Do you promote** exercise for the whole family?
4. **Do you discuss** the dangers of alcohol and drug abuse?
5. **Do you encourage** your child to take part in fun activities that will help him reduce stress and enjoy life?

How well are you doing?

More yes answers mean you are helping your child stay in top form throughout the school year. For each no, try that idea from the quiz.

"Character is simply habit long continued."
—Plutarch

Use strengths to inspire

Have you heard the saying, "Nothing succeeds like success"? If your child is struggling with a subject in school, point out the things she's doing right in another subject. Then help her apply her strengths to the situation. To begin the conversation:

1. **Ask your child** what subject she thinks she is best at in school.
2. **Have her list** reasons why this area is a strength. What strategies does she use to learn the material?
3. **Add some positives** you've noticed to her list, such as her persistence.
4. **Brainstorm together.** If she always reads the textbook in history, what about doing the same in math?



Careful reading gets results

Two reading strategies can help middle schoolers do better on tests, no matter what the subject. Encourage your child to:

1. **Read, then reread** the directions to be sure he understands exactly what to do.
2. **Read each question** carefully. He should think about his answer before reading the choices provided.

Be alert for cyberbullying

Bullying doesn't have to happen in school to affect a child's feelings about school. Research shows that bullying on the internet can make victims—and bullies—feel negative about school and learning.

Discuss cyberbullying with your child. Ask her to tell you if she sees cruel or threatening things about her—or anyone else—online. Your child should never respond to these posts. Instead, print them out and show them to school officials or the police.

Source: "Female cyberbullies and victims feel the most negative about school and learning." Science Daily, niswc.com/cyber.

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Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

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Educational Service Unit #10

Thorough preparation for tests involves more than just studying

When your teen starts preparing for a test, he probably concentrates on studying. But that's not the only form of preparation that will help him do his best. Before any assessment, your teen should also take steps to be organized and physically ready for success.

To help your teen prepare physically, encourage him to:

- **Get plenty of sleep.** Brains work best when they are well-rested.
- **Eat breakfast.** Healthy food will give your teen energy and help him focus. He should avoid eating too big a meal, though, which could make him groggy.



Then, on testing day, have him:

- **Arrive early.** Five extra minutes will let him get settled, take a few deep breaths and start the test relaxed.
- **Read over the whole test,** noting the types of questions and their point value. He should pay special attention to the directions.
- **Write down any formulas,** dates or facts he has memorized so he has them to refer to when answering questions.
- **Plan his time.** That way he won't spend so much time on short answer questions that he doesn't have time to write the essay.



Don't accept poor attendance excuses

Some students seem to specialize in dreaming up reasons to miss school. But attendance is critical for achievement. Here are some ways to respond to common excuses your teen might use:

- **"I don't feel well."** Unless your teen can describe her symptoms exactly or she has a fever, send her to school.
- **"I'd be more alert if I could sleep in for an extra hour."** Suggest that she avoid screen time today and get to bed an hour earlier.
- **"I have a project due this afternoon that I haven't finished."** Tell your teen she isn't allowed to

skip one class to finish an assignment for another. She'll need to get more organized.

- **"I need to rest before the big game."** Remind her that classes take priority over extracurricular activities—even the big game.

If your teen is constantly trying to stay home from school, talk to her teachers or counselor about what could be behind her reluctance.

Reading is worth the time

According to research, less than 20 percent of teens read for pleasure every day. But teens are spending an average of six hours a day online, texting, streaming videos and using social media.



To restore your teen's interest in reading, turn off electronic devices in your home for a half-hour every day. Use the time to read together and talk about what you read.

Source: J.M. Twenge and others, "Trends in U.S. Adolescents' Media Use, 1976-2016," *Psychology of Popular Media Culture*, niswc.com/more-reading

All writing needs editing

When students' writing is full of careless grammar and spelling errors, grades suffer. Before your teen turns in any written work, she should review and edit it. Have her:

- **Proofread slowly.** Pointing to each word with her finger can help.
- **Double-check sound-alike words.** If your teen writes *their* when she means *they're*, spell-check won't catch the error.
- **Pay attention to punctuation.** Apostrophes, for example, shouldn't be used to make words plural. A primer is available at www.thepunctuationguide.com.

Promote time management

As teens progress through school, demands on their time multiply. Share these strategies to help your teen use time wisely:

- **Create a master calendar** of assignments, responsibilities and activities.
- **Make a daily to-do list.** Homework should be your teen's top priority.
- **Take advantage of technology.** A calendar app can enable your teen to set up reminders to alert him as deadlines approach or study time is about to begin.





What should I be doing to make sure my teen is safe?

Q: High school life has changed since I was in school. How much monitoring should I do when it comes to my daughter's activities? Should I use her phone to track her location? Should I read her texts?

A: In our technological age, parents have lots of new ways to monitor their teens. If you choose to use them, keep in mind that there's a line between ensuring your teen's safety and spying on her.

To promote safety and respect your teen's privacy:

- **Network with the parents** of your teen's friends. Discuss your concerns. For example, before your teen goes to a party, you'd like to verify that an adult will be there and no alcohol will be served.
- **Establish clear rules** about car travel. Make sure your teen knows she should never get in a car with someone who has been drinking or using drugs. Tell her that she can always call you for a ride, no questions asked.
- **Monitor her social media activity** from time to time. Explain that if she doesn't want you to see what she posts, she shouldn't be posting it!
- **Make time to connect** with your teen. Spend time alone with her doing something you both enjoy. One-on-one talks will keep communication flowing—and help you keep tabs on your teen without spying.



Is your teen coming down with a case of 'senior slump'?

As graduation nears, some students suffer from "senior slump." They don't want to complete assignments. They lose motivation to study and do well. Are you helping your teen avoid this condition? Answer yes or no below:

1. **Have you discussed** the fact that colleges can (and do) take back admission offers if a student's spring grades drop?
2. **Are you making sure** your teen gets to school on time, and that his class attendance doesn't slip?
3. **Are you working** with other parents to plan activities that will motivate seniors to stay active in school?
4. **Are you helping** your teen experience the working world by interning or volunteering?

5. **Are you making** your time with your teen enjoyable?

How well are you doing?

More yes answers mean you're helping your teen stay focused throughout his senior year. For each no, try that idea.

"Learning is not attained by chance, it must be sought for with ardour and attended to with diligence."

—Abigail Adams

Healthy risks lead to growth

Parents worry a lot about teens and risky behavior. Sometimes, though, risking failure can have positive results for your teen—by expanding her confidence and abilities.

Encourage your teen to take healthy risks:

- **In school.** She might try out for a play or a sports team, or run for class president.
- **In life.** She could take on a physical challenge, like training for a 5K. Or try to learn a new skill, like playing the guitar.
- **In the community.** She could try to organize a volunteer effort or start her own business.

Source: "How to Encourage Healthy Risk Taking," Partnership for Drug-Free Kids, niswc.com/high_risks.

Be alert for dropout signs

In a recent study, researchers found that students with poor study skills and high levels of aggression were far more likely to drop out of high school than other students. If you recognize these signs in your teen, contact the school counselor. Make a plan to help your teen stay on track to graduate.

Source: R. Preidt, "The Traits That Hike High School Dropout Risk," U.S. News & World Report, niswc.com/drop.

Let go of power struggles

You want your teen to get his homework done before he does anything else. He wants to shoot hoops for a while first. Soon, you are locked in a power struggle.



Experts advise avoiding power struggles with your teen when you can. Instead, involve him in finding solutions that work for you both. "We are having dinner at Grandma's tonight. When will you finish your homework before we have to leave?"

Source: J. Whitlock and M. Purington, "Dealing with Power Struggles," The Cornell Research Program on Self-Injury and Recovery, niswc.com/power.

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Callaway HS (South Loup) - March 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Girls State Basketball	2 Girls State Basketball 8:00 AM Holdrege Speech Meet
3	4 ESU 10 Jr. High Quiz Bowl TBA MNAC Speech @ Arnold TBA Postponed to 3/5/2019*Jr. High MNAC Quiz Bowl at Merna 10:30 AM Smiles Clinic 10:30am Pre -K -6	5 10:00 AM Jr. High MNAC Quiz Bowl at Merna	6 End of 3rd Quarter – 10:00 AM Northwest Community College Rep	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 8:00 AM Ag/Construction Career Day	13 No Elementary Classes 9:00 AM Sr. High Quiz Bowl @ Callaway	14 TBA Pi day 3:00 PM UNK Rep. - 3:00pm 7:00 PM Speech Night 7:00	15 FFA - Activate/Leverage Conference @ Kearney TBA District Speech at North Platte	16 FFA - Activate/Leverage Conference @ Kearney 11:00 AM 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 FFA - Loup City Livestock Judging	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 8:00 AM MPCC Inter-High Day	28 10:00 AM B V GLF @ Amherst High School 11:00 AM C V TR @ Mullen Track Invite - South Loup Does NOT participate	29 10:00 AM C V TR @ Elwood High School 7:00 PM Elementary Musical	30 7:00 PM Elementary Musical
31 2:00 PM Elementary Musical Matinee						

Callaway HS (South Loup) - April 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 8:00 PM ACT - Periods 1-5	2 State FFA in Lincoln 3-5th	3 State FFA in Lincoln 3-5th Juniors Decorate for Prom @ Arnold All Day	4 State FFA in Lincoln 3-5th Juniors Decorate for Prom @ Arnold All Day	5 No School State FFA in Lincoln 3-5th 10:00 AM B V GLF South Loup Golf Invite 10:00 AM C V TR South Loup Invite	6 7:15 PM Prom in Arnold
7 8:00 AM FCCLA State Leadership Conference in Lincoln	8 8:00 AM FCCLA State Leadership Conference in Lincoln 8:00 PM Board Meeting	9 8:00 AM FCCLA State Leadership Conference in Lincoln	10 10:00AM C JH TR @ St. Pats INV at Hershey	11 10:00 AM B V GLF @ Hersey Invite at Sutherland	12 TBA MNAC Golf at Hyannis 10:00 AM C V TR @ Burwell Junior-Senior High School	13
14	15 FFA - State Fair Market Beef ID Due	16 7:00 PM FFA End of Year Banquet	17 10:00 AM C JH TR @ Sutherland Invite at Sutherland	18 10:00 AM B V GLF @ Sandhills Thedford Knights 10:00 AM C V TR @ Hershey Invite	19 No School - Good Friday	20
21	22 No School - Easter Break	23 10:00 AM C JH TR South Loup Invite at Arnold	24	25 TBA B V GLF @ MNAC Conference Golf at Hyannis 9:00 AM Civil War Demonstration 9:00am 2:00 PM Kindergarten Round-Up 2:00pm 6:00 PM Pre-School Open House 6-7pm 7:00 PM Kindergarten Round Up Parents Night 7:00pm	26 9:00 AM B V GLF @ Overton High School 10:00AM C V TR Sr. High Conference Track Meet at Arnold	27 10:00 AM C JH TR MNAC Jr. High Conference Track at Arnold
28	29	30 TBA C V TR @ Best in the Mid-West @ Sutherland				

CALLAWAY PUBLIC SCHOOLS LUNCH MENU

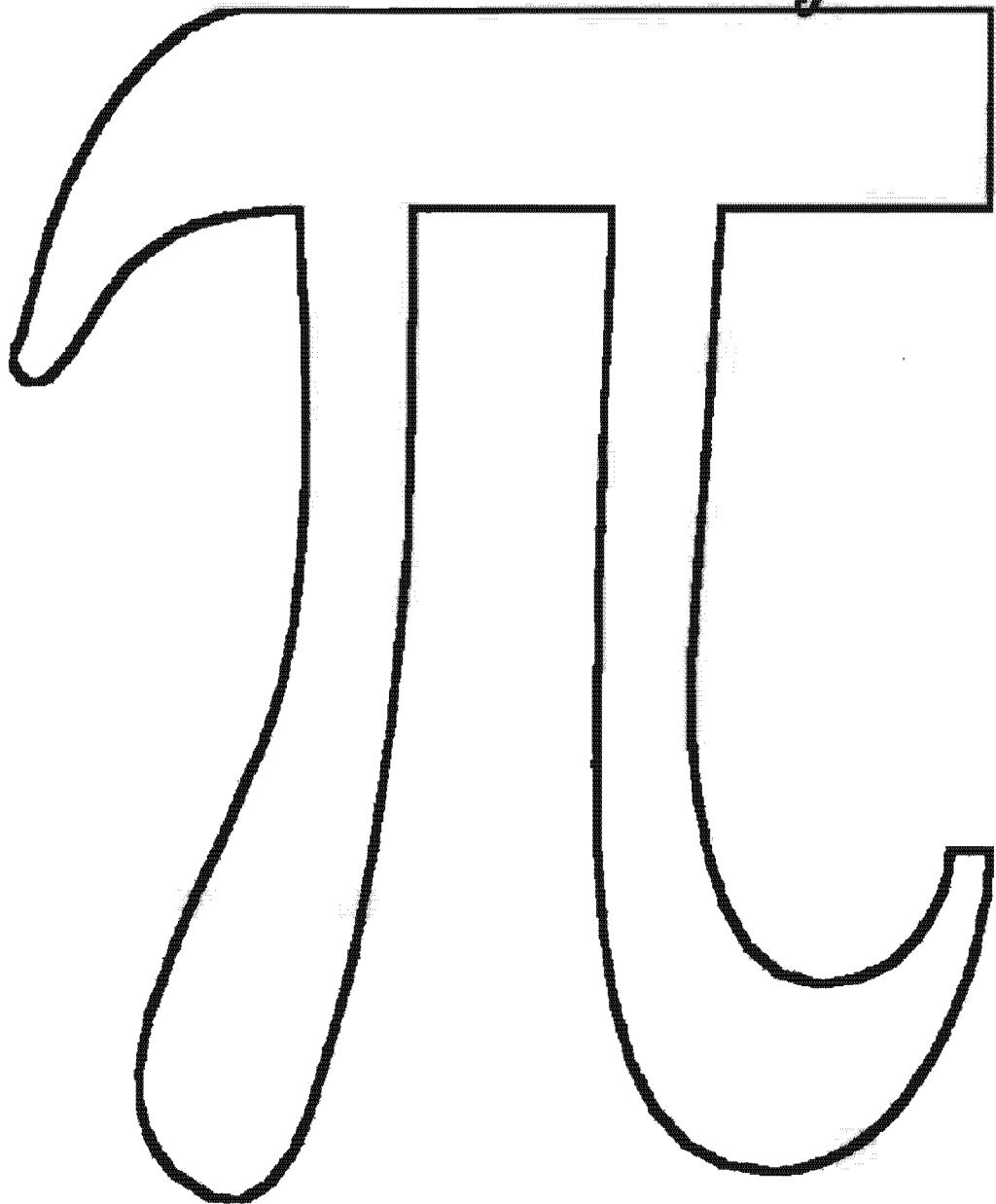
March 2019

Monday Breakfast includes: Lowfat and fat free flavored milk, 100% juice or fruit cup Choice of whole grain cereal or whole grain Poptarts available everyday	Tuesday Lunch: Fresh Fruit and Veggie bar and lowfat and fat free milks	Wednesday Breakfast: \$2.25 K-6: \$2.60 7-12: \$2.75 Adults: \$3.95 Extras: Milk- \$0.40; Juice- \$0.25; Seconds-\$0.40	Thursday	Friday 1 Pancakes Chicken Strips
4 Donuts Hamburgers	5 French Toast Strips Popcorn Chicken Bowls	6 Egg Stravaganza Mini Corndogs	7 No School Spring Break	8 No School Spring Break
11 Muffins Hamburger Mac & Cheese	12 Breakfast Bars Chicken Nuggets	13 Breakfast Burritos Club Sub Sandwich NO ELEMENTARY	14 Tornados Pork Patty	15 Long Johns Flying Saucers
18 Frudels Parmesan Chicken Sandwich	19 Waffles Tator Tot Casserole	20 Turnovers Ham & Cheesy Potatoes 1:30 Dismissal	21 Omelettes & Bagels Pizza	22 Breakfast Pizza Spaghetti
25 Donuts Goulash	26 Breakfast Sandwiches Hamburgers	27 Tornados Ravioli	28 Biscuits & Gravy Hot Ham & Cheese Sandwich	29 Long Johns Hot Dogs

- 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

Name: _____

Celebrate Pi Day!



The Bobcat
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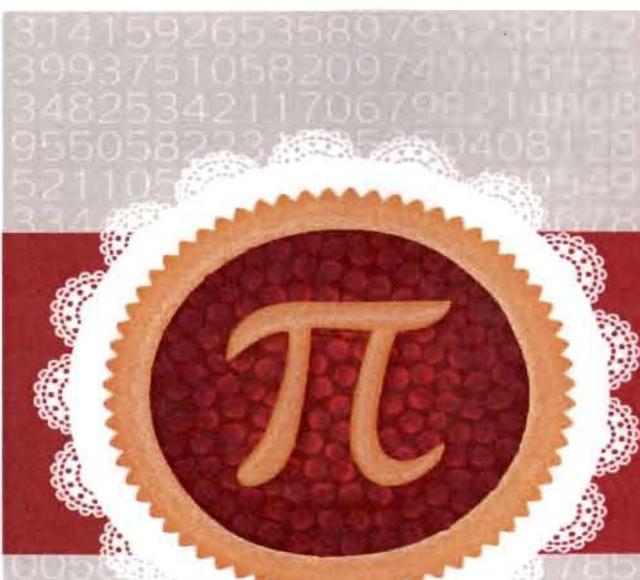


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[Calendars](#)

BOXHOLDER



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INTERNATIONAL
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