

# Fillmore Central Public Schools

[www.fillmorecentral.org](http://www.fillmorecentral.org)

High School: 402-759-3141

Middle School: 402-268-3411

Elementary School: 402-759-3184



## District News

### Calendar Change

Just a reminder that students' last day before Christmas break is Friday, December 18<sup>th</sup>. We will run a full day of school on that day. Staff will be reporting on December 21<sup>st</sup> and 22<sup>nd</sup> for professional development, staff collaboration, time for grading and finishing 1<sup>st</sup> semester, and planning for 2<sup>nd</sup> semester. The Nebraska Department of Education is actually allowing schools a certain number of hours to give to staff for more planning time due to COVID this year, so this change won't add more time or days to your child's school year.

We are still planning to have our athletic events that are scheduled Saturday, December 19<sup>th</sup> and Tuesday, December 22<sup>nd</sup>. The elementary music concert scheduled for December 21<sup>st</sup> will be pre-recorded on December 15<sup>th</sup> and shown on a December 21<sup>st</sup>.

Students will return on the same day as scheduled on the existing calendar, Tuesday, January 5<sup>th</sup>.

## Events

- |                       |  |
|-----------------------|--|
| Dec. 2 <sup>nd</sup>  | Teacher Workday<br>1:05/1:20/1:35<br>Dismissal         |
| Dec. 8 <sup>th</sup>  | MS Winter Concert -<br>VIRTUAL                         |
| Dec. 14 <sup>th</sup> | School Board Meeting<br>7:30 PM High School<br>Library |
| Dec. 17 <sup>th</sup> | HS Winter Concert -<br>VIRTUAL                         |
| Dec. 18 <sup>th</sup> | End of Semester  |
| Dec. 21 <sup>st</sup> | ES Winter Concert -<br>VIRTUAL                         |
| Jan. 5 <sup>th</sup>  | Classes Resume   |

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The mission of Fillmore Central Public Schools is to provide all students the opportunity and support to achieve excellence, develop responsibility, and become life-long learners.



**Holiday Time**

We always look forward to the holiday time with our friends and our family. We need to also keep in mind that the holidays can be a difficult and stressful time to some students and their families. Financial hardships can create an emotional difficulty in what should be a happy time for our students. We do request that parents/students not give gifts to our faculty and staff. Not all students can afford to do this, and this creates a difficult situation for us. We also have a Board Policy that discourages our staff from accepting any gifts. A donation to the local food bank or to another charity in lieu of presenting a gift to a staff/faculty member would be encouraged and much appreciated.

If your child would like to give something to a faculty or staff member a written note would be a nice idea.

**Semester Break**

Students are dismissed from school at normal time on Friday, December 18<sup>th</sup> for the Christmas break. School is back in session for students on Tuesday, January 5<sup>th</sup>, 2021. The Nebraska School Activities Association has its moratorium from December 23<sup>rd</sup> through December 27<sup>th</sup>. On these dates, no activity group or athletic team should meet for any reason, either to practice, watch film, have planning sessions, etc. These 5 days are set aside each year so that families can make plans without having to schedule around any school activity. At Fillmore Central, we close all of our school facilities to groups over those five days so that we can assure that the purpose of the moratorium is honored within our school district. We will allow no youth practices or GAED activities in our facilities during these five days.

## High School News

**Finals Schedule**

With the change in the school calendar, semester finals for students will take place on December 17th and 18th. Testing for EVEN periods will be on the 17th and ODD periods on the 18th. December 16th is a designated review day. Dec. 21st and 22nd are non- student days, but in the event that a student is sick on one of the testing days, students will be allowed to come in and make up any tests they missed.

**Winter Activities**

The winter activity season is right around the corner. While every attempt was made to have accurate schedules on the pocket calendar and athletic poster, there are going to be many adjustments surrounding the COVID-19 pandemic. The best way to keep track of school events is to check the school website, [www.fillmorecentral.org](http://www.fillmorecentral.org). Once you access our website, select “athletics” under the high school tab, then click on the “R School” link on the left hand side of the page. This takes you to the calendar for all Fillmore Central activities. You can also install the Fillmore Central app on your phone. Simply search “fillmore central” in your app store for the purple FC logo and install. Once you have the app, click on the “events” tab and this will take you to the same calendar. Please feel free to contact the school with any questions.

Additionally, there will be limitations on spectators at events this winter. We will push out game day/activity day information on the morning of each event through our social media channels. We will post our activity hosting protocols, as well as the protocols of any school that we will visit, on our web page. These protocols can be found under the high school tab. Please keep in mind that each school will most likely have different protocols and all protocols are subject to change without notice.

**Band/Choir Winter Concert**

Our annual winter concert will unfortunately not be held in person this year. The program will be pre-recorded and will be available on our Striv page beginning December 17th. Our Striv page can be found at:

<https://striv.tv/channel/fillmore-central/>.

# Elementary School News

## UPCOMING ELEMENTARY EVENTS AND CALENDAR INFORMATION

- Wednesday, December 2nd, 1:05pm Dismissal
- December 3rd – 16th, Winter Benchmark Assessments in Reading and Math
- Friday, December 18th, Last Day of the 1st Semester for Students
- Monday, December 21st, Winter Program Viewing from 5pm-11:59pm
- **Monday, December 21st through Monday, January 4th, No School**
- Tuesday, January 5th, Classes Resume



Mr. Cumpston, Mr. Veleba, and Mrs. Rayburn read to the 1<sup>st</sup> grade students on October 30<sup>th</sup>.

## WINTER PROGRAM

The elementary winter program will be virtual this year. The recording of this event will happen on Dec. 15th during the school day. The program will be shared with the public on Dec. 21st from 5:00pm-11:59pm on our Striv.

## CROSSWALK SAFETY

Many elementary students walk or ride their bikes home from school year round. Drivers are expected to stop for anyone using the crosswalks. Your attentiveness and patience are appreciated as students learn to navigate safely within our community.

## MEDICATION

Please do not send medications to school with your child. Medications must be delivered to the office by a parent/guardian. Thank you for your help to ensure our students' safety.

## COLD WEATHER

Please send appropriate seasonal clothing (hats, gloves, boots) so your child can fully participate in outdoor recess as the temperature drops this season. It is helpful to have items marked with your child's name or initials so they can be returned if lost. If you need assistance acquiring seasonal clothing for your child, please contact the elementary office (402-759-3184).

## RECESS IN THE SNOW

Students are allowed to play in the snow at recess if they have an extra set of shoes/boots at school designated specifically for playing ON the snow. Snow pants are needed if your child wants to play IN the snow so their clothes remain dry and comfortable back in the classroom. The blacktop and sidewalk areas are always cleaned off so students have a dry place to play if they don't have an extra set of shoes.

## UPDATED CONTACT INFORMATION

The elementary school may need to contact you for varying reasons (illness, emergencies, etc) and updated contact information is very important. Please update your information as soon as possible so communication between home and school is not interrupted.

## 7 Brain Foods for Kids

By: Anne Krueger for WebMD.com

As fast as children whiz from classroom to activity to home and back again, their brains are just as rapidly growing and changing. The foods they eat are important. "These years are critical for brain development, and what they eat affects focus and cognitive skills," says psychiatrist Drew Ramsey, MD.

These 7 foods can help kids stay sharp and affect how their brains develop well into the future.

1. Eggs-The protein and nutrients in eggs help kids concentrate, says Los Angeles-based chef Beth Saltz, RD.
2. Greek Yogurt-Fat is important to brain health, says Laura Lagano, RD. A full-fat Greek yogurt (which has more protein than other yogurts) can help keep brain cells in good form for sending and receiving information.
3. Greens-Full of vitamins, spinach and kale are linked to lower odds of getting dementia later in life. Kale is a superfood, packed with antioxidants and other things that help new brain cells grow.
4. Fish-Fish is a good source of vitamin D and omega-3s, which protect the brain from declining mental skills and memory loss. Salmon, tuna, and sardines are all rich in omega-3s.
5. Nuts and Seeds-Packed with protein, essential fatty acids, vitamins, and minerals, nuts and seeds may boost mood and keep your nervous system in check.
6. Oatmeal-Protein and fiber rich oatmeal helps keep heart and brain arteries clear. In one study, kids who ate sweetened oatmeal did better on memory-related school tasks than those who ate a sugary cereal.
7. Apples and Plums-Kids often crave sweets, especially when they're feeling sluggish. Apples and plums are lunchbox-friendly and contain antioxidants that may fight decline in mental skills.

## Middle School News

### Early Dismissal – December 2

There will be a 2-hour early dismissal on Wednesday, December 2, for staff development. These early dismissals have been beneficial to our staff, allowing them to regularly engage in professional development designed to improve student performance and strengthen their teaching skills.

### Update on the End of the 1st Semester

The 1<sup>st</sup> semester is quickly coming to an end. The middle school will be dismissing at 3:20 p.m. on the final day of the semester, December 18. As a reminder, Monday, December 14, is the date when a student's grade that is recorded as "missing" will convert to a "zero" in the grade book. This step is part of the Grading For Learning policy. Stress with your student the importance of meeting all deadlines, especially those at the end of a term. Helping your student develop a plan that will allow all "missing" work to be completed will assist them in being successful in the classroom.

### Upcoming Winter Break

Fillmore Central Middle School students will be dismissed at 3:20 PM on Friday, December 18, for winter break. School will resume with a full day of classes on Tuesday, January 5, 2021. All Fillmore Central facilities will be closed from December 23 – December 27 due to the NSAA Moratorium.

### Lost and Found

There have been a number of clothing items; t-shirts, sweatshirts, jackets, jeans, sweatpants turned into the lost and found area in the office. Please have your child check to see if any of the items are theirs. Items left will be delivered to Blue Valley in the near future.

**Winter Concert**

Plans are being made to have a tape recording of this semester's vocal and instrumental music concert pushed out for parents and family members to watch. The students and instructors have been working very hard to show off their skills. More information will be shared out when it becomes available. Appreciate everyone's patience and support of the music programs at Fillmore Central.

**Cold Weather Is Here**

Students at FCMS have supervised recess during their lunch periods. We prefer to have them take recess outside as long as the weather allows it. Please make sure that your student has several clothing options (i.e. sweatshirt, jacket, coat) that will allow them to be comfortable while they are outside during the day. I encourage you to help your student practice getting into the habit of knowing what clothing is appropriate for each day. I also encourage you to monitor your student's preparedness for facing the weather daily. By dressing appropriately for each day's weather, your student will be more comfortable before school, during recess, and after school. A student who is properly dressed is also significantly less likely to miss school due to illness.

**Adequate Sleep = Reduced Illness**

We are now facing the time of year when students across the state and nation begin to lose valuable days at school due to exposure to the flu and to other illnesses. Adequate amounts of sleep can help your student avoid illness and allow them to be alert throughout the school day. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity, and cognitive problems that negatively impact their ability to learn in school. It is recommended by most health experts that children ages 5 – 12 need 10-11 hours of sleep. Students who miss school, especially those who miss for prolonged periods of time, are more likely to have greater difficulty in school. They also risk having significant gaps in their learning and achievement. Below are some suggestions that may help your student, your family members, and others to stay healthy and avoid prolonged absence from school, work, etc.

***Sleep Tips for School-aged Children***

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize the need for a regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- **Keep TV, computers, and cell phones out of the bedroom.**
- Avoid caffeine.

***Tips for Avoiding Illness and Staying Healthy***

- Wash your hands often. Remember that one of the most common ways people catch colds and the flu is by rubbing their nose or their eyes after their hands have been contaminated with a virus.
- Routinely clean with soap and water and disinfect surfaces, toys, and objects that younger children may put in their mouths. It may also help to wipe surfaces with paper towels that can be thrown away or cloth towels that can be washed afterwards.
- Use disposable tissues to wipe or blow your child's nose.
- Teach your children "cough etiquette," which the American Academy of Pediatrics describes as teaching "your children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if a tissue is unavailable."
- Avoid close contact with people when you are sick. This includes school, daycare, work, etc. Though it isn't possible to completely avoid people who are sick, choosing not to expose others to your germs when you or your children are sick can help to prevent illness from spreading.
- Avoid exposing your younger children to large groups of people. It isn't always easy to tell when people are sick, and some people are contagious even before they start to have symptoms. Avoiding exposure to large crowds can help to keep your children healthy.

## Fillmore Central Public Schools

## School Calendar

"Education is the ability to listen to almost anything without losing your temper or your self-confidence." - Robert Frost

## December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b> Teacher Workday 1:05/1:20/1:35 Dismissals District One Act at Rialto II	<b>3</b>	<b>4</b> 7:30/6:00PM JV/V Girls Basketball at Milford 6:00/7:30PM JV/V Boys Basketball at Milford	<b>5</b> 8:30AM JH Girls Basketball at FC 9:00AM V Wrestling at Friend 2:30/4:00PM JV/V Girls Basketball vs. Fairbury 2:30/5:45PM JV/V Boys Basketball vs. Fairbury
<b>6</b>	<b>7</b> 4:30PM JH Girls Basketball vs. Sandy Creek 5:30PM JH Wrestling at Tri-County 6:30 PM R Boys Basketball at York	<b>8</b> MS Winter Concert VIRTUAL	<b>9</b>	<b>10</b> 4:30PM JH Girls Basketball at Milford 6:00PM V Wrestling vs. Fairbury, Tri County	<b>11</b> 4:30/6:00PM JV/V Girls Basketball vs. St. Paul 4:30/7:30PM JV/V Boys Basketball vs. St. Paul	<b>12</b> ACT Test 9:00AM JH Wrestling at Centennial 8:30AM V Wrestling at Osceola 1:00/2:30PM JV/V Girls Basketball at David City 1:00/4:00PM JV/V Boys Basketball at David City
<b>13</b> 1:30PM One-Act Performance at Rialto II	<b>14</b> School Board Meeting	<b>15</b> 5:30/7:00 JV/V Girls Basketball vs. Thayer Central	<b>16</b>	<b>17</b> HS Band/Choir Winter Concert VIRTUAL	<b>18</b> End of Semester 5:00/6:30PM JV/V Girls Basketball at Adams Central 6:30/5:00 PM JV/V Boys Basketball at Adams Central	<b>19</b> 9:00AM V Wrestling at Logan View 3:30/2:00PM JV/V Girls Basketball at Wilber-Clatonia 2:00/3:30PM JV/V Boys Basketball at Wilber-Clatonia
<b>20</b>	<b>21</b> Teacher Workday Elementary Music Concert VIRTUAL	<b>22</b> Teacher Workday 4:30/6:00PM JV/V Girls Basketball at Hastings St. Cecilia 4:30/7:30PM JV/V Boys Basketball at Hastings St. 6:00PM V Wrestling Dual vs. Boone Central / Neman Grove	<b>23</b> No School	<b>24</b> No School	<b>25</b> No School	<b>26</b>
<b>27</b>	<b>28</b> No School V Girls Basketball Holiday Tournament at Shelby-Rising City V Boys Basketball Holiday Tournament at Shelby-Rising City	<b>29</b> No School V Girls Basketball Holiday Tournament at Shelby-Rising City V Boys Basketball Holiday Tournament at Shelby-Rising City	<b>30</b> No School 9:00AM V Wrestling at Fillmore Central	<b>31</b> No School Speech Workday		

Schedule is subject to change. For the most up to date information please visit [www.fillmorecentral.org](http://www.fillmorecentral.org) and select events.



## DECEMBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	BBQ Rib Sandwich	<u>Elementary</u> Peanut Butter & Jelly Sandwich <u>MS and HS</u> Philly Steak Sandwich	Chili	Hot Dog
7	8	9	10	11
Chicken Sandwich	Crispito	Corn Dog	Chicken Fajita	Hamburger
14	15	16	17	18
Chicken Tenders	Deli Sandwich	Roast Beef	Chicken Noodle Soup	Hot Ham Sandwich
21	22	23	24	25
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
28	29	30	31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	

## DECEMBER BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<u>K-12 Before School</u> Banana Bread/Muffin <u>HS 2nd Chance</u> Fruit Parfait	<u>K-12 Before School</u> Egg & Cheese Sandwich <u>HS 2nd Chance</u> Egg & Cheese Sandwich	<u>K-12 Before School</u> French Toast <u>HS 2nd Chance</u> French Toast Bites	<u>K-12 Before School</u> Biscuit & Gravy <u>HS 2nd Chance</u> Biscuit & Gravy
7	8	9	10	11
<u>K-12 Before School</u> Breakfast Pizza <u>HS 2nd Chance</u> Peanut Butter & Jelly Sandwich	<u>K-12 Before School</u> Banana Bread/Muffin <u>HS 2nd Chance</u> Fruit Parfait	<u>K-12 Before School</u> Egg & Cheese Sandwich <u>HS 2nd Chance</u> Egg & Cheese Sandwich	<u>K-12 Before School</u> French Toast <u>HS 2nd Chance</u> French Toast Bites	<u>K-12 Before School</u> Biscuit & Gravy <u>HS 2nd Chance</u> Biscuit & Gravy
14	15	16	17	18
<u>K-12 Before School</u> Breakfast Pizza <u>HS 2nd Chance</u> Peanut Butter & Jelly Sandwich	<u>K-12 Before School</u> Banana Bread/Muffin <u>HS 2nd Chance</u> Fruit Parfait	<u>K-12 Before School</u> Egg & Cheese Sandwich <u>HS 2nd Chance</u> Egg & Cheese Sandwich	<u>K-12 Before School</u> French Toast <u>HS 2nd Chance</u> French Toast Bites	<u>K-12 Before School</u> Biscuit & Gravy <u>HS 2nd Chance</u> Biscuit & Gravy
21	22	23	24	25
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
28	29	30	31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	

All schools serve fruit, vegetables, and milk daily.  
Cereal, fruit, juice, yogurt, and milk served daily at all schools for breakfast.

Breakfast - FREE    K-12 Lunch - FREE    Adult Lunch - \$3.55

This institution is an equal opportunity provider.

# Early Development Network Services Coordination

## What is Early Development Network Services Coordination?

Services Coordination helps families of children with special needs below age three:

- Find services to meet developmental, educational, financial, health care, child care, respite care and other needs
- Work with multiple providers to make sure services are provided as needed

## Why is Service Coordination Needed?

Nebraska families of children with special needs have found it difficult to locate needed services for infants and toddlers with disabilities and then to coordinate the services with the providers.

## Who is Eligible for Services Coordination?

Eligible families are those with an infant or toddler below age 3 who has a disability or developmental delay and qualifies for special education through the public schools.

Year round services coordination is provided.

There is no cost to families.

## How Can Families Apply?

To request Early Development services for your child or to refer a child, call the local number below. With prior parental permission, referrals may be made by anyone who suspects a developmental delay in an infant or toddler.

**CONTACT: Beth Lightwine at ESU6-Geneva office (225 North 17<sup>th</sup>, Geneva, 402-759-3143).**



"The Fillmore Central Public School District does not discriminate on the basis of race, color, national origin, religion, sex, marital status, sexual orientation, disability, age, genetic information, citizenship status or economic status in its programs, activities and employment."