



# CK BEAT

May  
2021

This month I want to focus on our General Fund Budget. It is important to be as transparent as possible with our patrons. The Cody-Kilgore Unified School District has done a nice job at being as frugal as possible over the years. In my 11 years of education the number one complaint you hear from a patron is how can they afford that. I am going to break down the funds that schools use and help you understand what gets paid out of them.

## General Fund

The General Fund finances all facets of services rendered by the school district. General fund receipts are classified according to source while expenditures are classified according to specific functions. The General Fund is maintained by all operating school districts in the state. The biggest expense are staff wages and benefits. The tax levy for this fund is restricted at \$1.05. The school board looks at projected expenses and what the district will be taking in for State Aide and then makes a decision on how much to levy. The tax rate for this year was set at .96 cents which means the district is requested \$1,792,470.

## Depreciation Fund

A Depreciation Fund may be established by a school district in order to facilitate the eventual purchase of costly capital outlay by reserving such monies from the General Fund. To allocate monies from the General Fund, a school district will show the movement of monies as an expense from the General Fund and Depreciation Fund will show revenue as a transfer from the General Fund. The purpose of the Depreciation Fund is to spread replacement costs over a period of years in order to avoid a disproportionate tax effort in a single year to meet such an expense. The School Board adopted a Depreciation Fund Budget of \$299,941 for the 2020-2021 budget. This might seem like a lot of money, but these dollars are used to replace old curriculum, outdated equipment, and vehicles. The Board has stressed the importance of having a five-year Depreciation Plan. A plan will be in place before the new budget.

## Activities Fund

The Activities Fund is required to account for the financial operations of quasi-independent student organizations, inter-school athletics, and other self-supporting or partially self-supporting school activities. This fund includes all of our after-school activities, class accounts, FFA, NHS, Student Council, etc. These groups fundraise for the money that is in their accounts, but there are costs that come with travel and hosting activities. If there are dollars remaining in the general fund at the end of the fiscal year, there has been transfers to the Activities Fund to make up for some of the loss.

## School Nutrition Fund

The School Nutrition Fund is required to accommodate the financial activities of all Nutrition Programs operated by the school district. This fund is self-explanatory. All expenses that come from our Breakfast and Lunch Program come out of this fund. We run a good program here where there isn't a ton of loss. We are fortunate to have people in our community that donate beef to the program so that our students are getting home grown beef, and the district saves some money. The projected expenses for this year are about \$184,000. Looking at past budgets over the years about \$25,000 gets transferred from the General Fund Budget to the School Nutrition Fund each year.

## Other Funds

There are other funds that the district uses but these are the main funds that we have money coming in and money going out of. Please do not hesitate to give me a call if you want more information on our budget.

Below is our General Fund over the last three years with a breakdown of each month on expenses and revenue. They fluctuate each year as salaries and other expenses go up. Some months we do spend more than others because of larger purchases, supplies for staff, and transfers to the other funds at the end of a fiscal year. The last four months of the 20-21 budget are the estimated expenses and revenue. Expenses are up a little bit towards the end of the budget year because new curriculum is being purchased.

### 2018/2019

	<b>Expenses</b>	<b>Revenue</b>	<b>Difference</b>
18-Sep	(\$220,980.65)	\$499,126.22	\$278,145.57
18-Oct	(\$237,041.28)	\$220,174.96	(\$16,866.32)
18-Nov	(\$244,645.38)	\$123,916.45	(\$120,728.93)
18-Dec	(\$230,521.58)	\$139,169.94	(\$91,351.64)
19-Jan	(\$226,334.90)	\$323,000.00	\$96,665.10
19-Feb	(\$225,318.21)	\$230,914.91	\$5,596.70
19-Mar	(\$233,463.61)	\$213,025.97	(\$20,437.64)
19-Apr	(\$214,548.39)	\$130,258.73	(\$84,289.66)
19-May	(\$225,587.23)	\$707,672.45	\$482,085.22
19-Jun	(\$212,483.68)	\$296,179.39	\$83,695.71
19-Jul	(\$222,726.12)	\$33,834.44	(\$188,891.68)
19-Aug	(\$468,425.95)	\$21,367.66	(\$447,058.29)
	(\$2,962,076.98)		
		(\$23,435.86)	

**2019/2020**

	<b>Expenses</b>	<b>Revenue</b>	<b>Difference</b>
19-Sep	(\$219,587.75)	\$527,462.53	\$307,874.78
19-Oct	(\$242,795.64)	\$212,185.52	(\$30,610.12)
19-Nov	(\$242,022.11)	\$172,268.23	(\$69,753.88)
19-Dec	(\$234,572.39)	\$163,711.78	(\$70,860.61)
20-Jan	(\$234,117.04)	\$362,111.89	\$127,994.85
20-Feb	(\$239,588.95)	\$324,294.89	\$84,705.94
20-Mar	(\$235,743.53)	\$137,833.48	(\$97,910.05)
20-Apr	(\$225,906.15)	\$300,030.56	\$74,124.41
20-May	(\$249,661.42)	\$683,781.50	\$434,120.08
20-Jun	(\$244,380.56)	\$208,270.78	(\$36,109.78)
20-Jul	(\$201,415.77)	\$57,429.26	(\$143,986.51)
20-Aug	(\$276,577.91)	\$150,520.16	(\$126,057.75)
	(\$2,846,369.22)	\$3,299,900.58	

\$453,531.36

**2020/2021**

	<b>Expenses</b>	<b>Revenue</b>	<b>Difference</b>
20-Sep	(\$266,481.99)	\$593,569.15	\$327,087.16
20-Oct	(\$237,999.41)	\$190,427.97	(\$47,571.44)
20-Nov	(\$230,911.95)	\$141,526.29	(\$89,385.66)
20-Dec	(\$226,542.20)	\$154,480.02	(\$72,062.18)
21-Jan	(\$228,397.41)	\$340,021.28	\$111,623.87
21-Feb	(\$238,173.41)	\$344,090.38	\$105,916.97
21-Mar	(\$220,889.30)	\$137,833.48	(\$83,055.82)
21-Apr	(\$250,056.88)	\$300,030.56	\$49,973.68
21-May	(\$266,000.00)	\$683,781.50	\$417,781.50
21-Jun	(\$230,000.00)	\$208,270.78	(\$21,729.22)
21-Jul	(\$230,000.00)	\$57,429.26	(\$172,570.74)
21-Aug	(\$380,000.00)	\$150,520.16	-\$229,479.84
	(\$3,005,452.55)	\$3,301,980.83	296,528.28

\$296,528.28

Cody-Kilgore High School  
PO Box 216  
Cody, NE 69211

Cody Office - 402.823.4117  
Kilgore Office - 402.966.2291

cknews@cody-kilgore.com

# 2021 Graduation!

May 15, 2021 @ 10:00AM MT

Cody-Kilgore High School Gym



Graduation will be streamed on Striv.tv

Cody-Kilgore uses striv.tv to broadcast home games, concerts and graduation. Go to striv.tv and search for Cody-Kilgore Schools.

## Digital Journalism Class

**Jimmy Brians**

**Emmalea Olson**

**Elle Ravenscroft**

**Ms. Richards**

# Nutrition Nuggets

Food and Fitness for a Healthy Child

CODY-KILGORE UNIFIED SCHOOL DISTRICT  
MS JESSI OLSON, FOOD SERVICES DIRECTOR

## BEST BITES

### Thank you, cafeteria staff

Does your child know all the things that the school cafeteria staff does? Together, brainstorm a list. (Examples: Cooks meals. Puts the food out. Smiles and says hello to all the children. Encourages us to try new foods.) Suggest that your youngster write a note or draw a picture thanking the cafeteria folks for all they do!

### Kangaroo hop

Try this fitness idea from Down Under.

Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room or yard to the other. Or they could take turns being the leader and play Follow the Kangaroo.



### DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

### Just for fun

**Mom:** Eat your spinach. It'll put color in your cheeks.

**Jack:** But I don't want green cheeks!



## Snack attack

Did you know that frequent snacking is tied to obesity? In fact, today's kids average three snacks a day and get about a quarter of their daily calories from between-meal eating. Try these strategies for keeping snacking under control in your family.

### Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (bell pepper, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

### Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon, or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, and sliced mushrooms. Then, bake until the cheese melts.

### Build your own

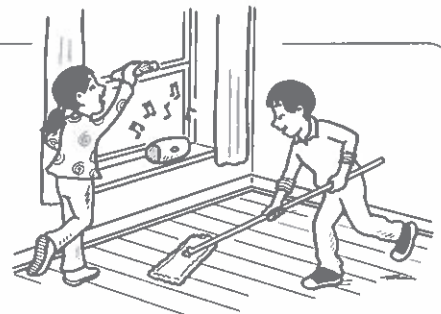
Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. ♥

### Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time he does chores.

• **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. *Tip:* Bring in math by asking him to estimate how long chores will take and create a playlist to fit that time.

• **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room? ♥



## Kids in the kitchen

Cooking with your youngster will teach him valuable kitchen skills—and help him practice reading and math. Try these suggestions.

**Read recipes.** Ask your child to read a recipe aloud. Then, have him gather the ingredients and tools you'll need. Can he find dried oregano and a whisk? Next, follow the steps together. *Idea:* Build his vocabulary by explaining unfamiliar cooking words. ("Zest means to scrape off tiny bits of the lemon peel.")



**Use math.** Put your youngster in charge of kitchen math. He can find the correct measuring spoons and cups, measure wet and dry ingredients, and read a food thermometer. He'll also learn about conversions—for example, that 4 tbsp. =  $\frac{1}{4}$  cup.

**Tip:** Get your child in the habit of putting dishes in the dishwasher as he works. That way, there won't be a big sticky mess to clean up at the end. ●

## Q&A How much juice?

**Q:** My child loves to drink juice. Should I try to limit how much of it he drinks?

**A:** The short answer is "yes." While juice has nutrients, it also has a lot of sugar.



Believe it or not, a 12-ounce glass of apple juice can contain 10 tsp. of sugar—the same as in a can of cola—and a glass of grape juice can have 15 tsp. of sugar.

Encourage your son to eat fruit rather than

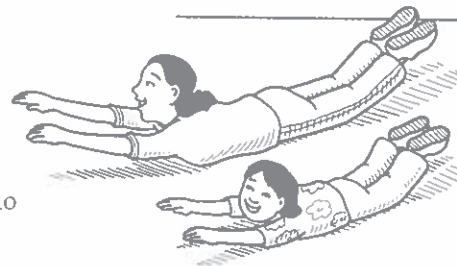
drink juice. He will consume fiber along with more nutrients.

If your youngster does have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled "fruit drink" or "fruit cocktail." The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ●

## ACTIVITY CORNER

### Exercise = fun

When children are young, exercise isn't exercise—it's just plain fun! Use these ideas for putting more physical activity into your youngster's day.



#### Superman

Lie on your tummy with your arms straight out in front of you (as if you're flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. "Fly" 10 more times.

#### Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

#### Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ●

## IN THE KITCHEN

### Shake-a-salad

Fill, shake, and eat. That's the winning formula behind fun-for-you and good-for-you salad shake-ups.

**To assemble:** Give your child an empty container. Have her fill it with any of these combinations, put the lid on, and shake, shake, shake.

**Deli delight:** Chunks of left-over deli meat (lean ham, turkey, or roast beef), shredded part-skim mozzarella cheese, chopped lettuce, grape tomatoes, and low-fat ranch dressing.



**Southwest slam:** Cooked lean ground beef, chopped lettuce, shredded low-fat cheddar cheese, diced tomatoes, and a sprinkling of low-sodium taco seasoning.

**Pasta mix-up:** Cooked macaroni, black olives, chopped red pepper, grated Parmesan cheese, and Italian dressing.

**Tip:** Add something that makes a "shake sound," such as nuts or baked pita chips, to put even more fun in the shaking. ●

## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-3052 • rfeustomer@volterskluwer.com  
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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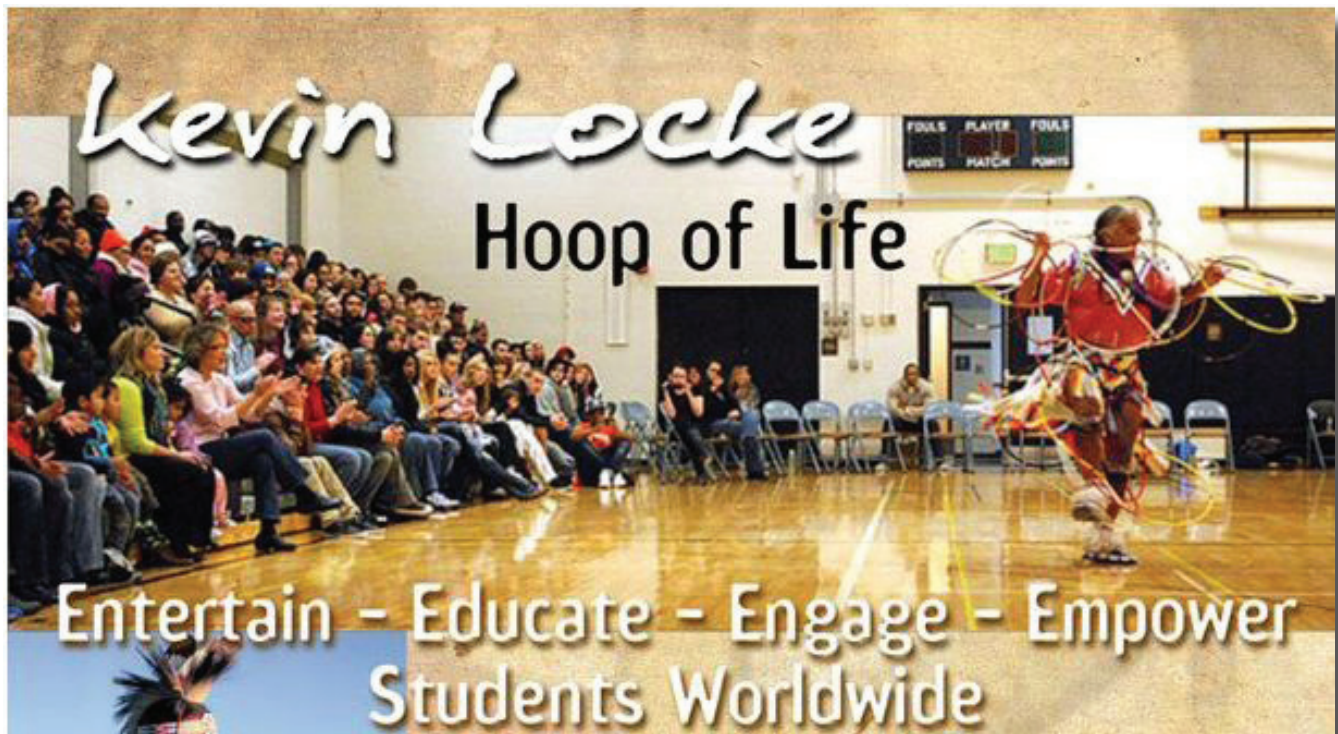
# MNAC Music Contest

On Tuesday, March 30, 2021, the Cody-Kilgore Junior High and High School Music students traveled to Dunning, Nebraska to compete in the MNAC Music Contest. Students participated in a variety of events including three solos, six small ensembles and three separate large ensembles. Cody-Kilgore had a great day, coming out as the Vocal Music Champions and also taking home Top Vocal Trio (Tehya, Fayth and Jayda From), Top Small Vocal Ensemble (Vocal Octet), Top Large Vocal Ensemble (JH Choir w/ senior, Sadie Vander Wey assisting as conductor), Runner-up Duet (Rylie Sexson & Sadie Vander Wey) and Runner-up Female Soloist (Sadie Vander Wey). Director Jodi Arnold stated, “We had a fantastic day! The From trio was a risk because of their musical selection but the risk paid off and the sisters definitely deserved the designation of TOP Trio! Additionally, the future is looking bright – our Junior High Choir beat out primarily high school ensembles and the octet was made up of six eighth graders and two seniors. While we are graduating some amazing talent, we have students come up that have so much talent!” Arnold also noted that Sadie Vander Wey was in all but one ensemble and one solo and performed outstanding throughout. “Not many students can keep up with that schedule and perform so consistently.”



## Cody-Kilgore Vocal Champions!

Back Row: Nadaya Johnson-Mooney, Amanda Toren, Addysen Hawthorne, Makynna Tucker, Fayth From, Tacey From, Tehya From, Rylie Sexson, Kate Cox, Ally Heath, Samantha Jones, Ayden Naslund, Zoey Dorian, Jayda From, Tatym Jespersen, Jesus Garza  
Front Row: Mason Jones, Logan Hendrix, James Sexson, Madysen Leithead, Kayleigh Ravenscroft, Elliah Wolff, Rachel Farley, Sadie Vander Wey, Naomi Busenitz, Emiliano Garza, Morghean Covey, Havanna Wyckoff



May 10, 2021 @ 3:00-4:00pm MT at Cody. The public is welcome to attend.

*PreK-12 Spring Music Concert May 6, 2021 @ 7:00pm MT  
The Concert will be streamed on Striv.tv*

*Awards Night will be held Tuesday May 11, 2021 @ 7:00pm MT*

*Last day of school will be May 17, 2021*

*The First day of the 2021-2022 school year will be August 18, 2021*

*See you then!*

Don't forget that Circle C Day is May 29, plan on attending and having a great time in Cody.



# May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 HS Track- MNAC@Arnold MNAC Art Show @ N.Platte
2	3	4 JH/HS Track @ Stuart	5	6 Spring Concert @ 7pm	7 JH/HS Track @ Valentine	8
9 Mother's Day	10 School Board @ Cody 6:30 Kevin Locke -Hoops of Life	11 Awards Night 7pm	12 District HS Track-TBD	13 Last Day of School for Seniors	14	15 Graduation, 10am
16	17 LAST DAY OF SCHOOL	18 Teacher Inservice	19 Teacher Inservice State Track	20 Teacher Inservice State Track	21	22
23	24	25	26	27	28	29 Circle C Day
30	31 Memorial Day					