



Wilcox-Hildreth Public School News & Views

<http://whfalcons.org>

MAY, 2021

FROM THE FALCON'S PERCH

- Justin Patterson, Superintendent

The school year officially ended yesterday for the students of Wilcox-Hildreth. I am thankful that our students can look back on this year and say that they had a somewhat “normal” school year. I would be lying if I said that I wasn’t more than a little worried throughout the year that we would be facing another shutdown. Fortunately, we were able to avoid any sort of a shutdown because we followed the recommendations of the Two Rivers Health Department and CDC guidelines. Everyone’s patience and understanding has been greatly appreciated this year. We know that this has not been easy.

We are excited for the opportunity to have the Summer Food Program back this year. Similarly to last year, families will be able to sign up for meals by calling either school office. The Wilcox office number is 308-478-5265. The Hildreth office number is 308-938-2415. We are also excited that meals for the next school year will be free again. We will be getting more information out about this later as we learn more about what the requirements will be.

Heading into this time of year is bittersweet for many. Students are excited for summer break, but for our graduating seniors, they say goodbye to the life that they know and are comfortable with and transition into the next phases of their life. This transition is exciting and scary at the same time. To our graduating seniors, we wish you well! For staff this time of year is bittersweet as well. Teachers say goodbye to the students that they have gotten so close to over the year and look forward to forming new relationships with the students coming next year. We are also always sad to say goodbye to the staff that are leaving. We thank Mr. Trausch, K-12 Music/Band, Kristina Swedberg, 3-6 Title, and Marjorie Damit-og, 7-12 Science for their years of service to the students of Wilcox-Hildreth Public Schools.



Greetings Falcon Nation!

I would like to thank everyone for a great school year. The support that you gave the students, staff, and school district throughout the year was greatly appreciated. While the year seemed to go very quickly, the added requirements were stressful at times. Your assistance and flexibility with all of the COVID guidelines and changes helped us make it through the year. Being in-person learning the entire year was such a relief to so many people as many school districts had major outbreaks or had to go on-line for a period of time. Thank you to everyone and I hope that you have a great summer!

While the school year can be a very busy time for students and families, if we are not careful we can fill up our summers as well. I encourage all of you to take some time for your family. Make sure you are able to get some mental relaxation time for your students and you. I think this summer mentally recharging is as important as any with the stress of getting through a school year and dealing with COVID, wearing masks, and the other requirements that came along with COVID.

This spring we had four students qualify for the State Track and Field Meet. Brooke Quadhamer qualified in the 200, 400, and Long Jump. Natalie Billington qualified in the Shot Put and Discus. Sarah Jensen qualified in the 400 and Christian Penny in the 800. All of the students have a great opportunity to not only participate in the state track meet, but place as well.

It is with regret that I let you know that some staff will not be with us next year. Mr. Trausch has decided to retire for a second time. I was fortunate to be working for the district both times that he was employed here. He has done a great job with our music program over the years. Our science teacher, Mrs. DamitOg has decided to move to another district. Her family moved here and became a part of our communities. While I only got to know her the last couple years she was always willing to help out and cover a class or concession stand when needed. I thank her for that. Kristina Swedberg has been our Title teacher in the Hildreth building the last couple years. She will be missed by the entire district, but especially the Hildreth building where she positively affected so many students and staff. They will all be missed as they were all a part of our Falcon Family. We wish them all well in their future endeavors. They will always be Falcons whether they were here for a short or long period of time. Good luck to everyone.

I hope that everyone has a great summer!!

Shannon Lovin
PreK-12 Principal/AD
Wilcox-Hildreth Public Schools

Wilcox-Hildreth Public School
Board of Education Regular Meeting
Monday, May 17, 2021 ~ 8:00 PM
Posting Locations:
Minden Courier Posting Date 5/5/20
Franklin Chronicle Posting Date 5/5/20
Conference Room - Wilcox
404 Sapp Street
Wilcox, NE 68982-0190

1. Call to Order. Roll Call

2. Announce location of posted Open Meetings Act

3. Consent Agenda

Motion by Alan Casper, seconded by Gary Jensen, to approve the consent agenda.

Motion Passed.

Alan Casper: Yea, John Donley: Yea, Kert Hansen: Yea, Gary Jensen: Yea, Ryan Knaus:
Yea, Kirk Nelson: Yea

Yea: 6, Nay: 0

3.A. Approval of Agenda

3.B. Approval of minutes of Regular April 19, 2021 Board Meeting

3.C. Approval of Claims

3.D. Financial Report

4. Visitors and communication from the public

Elizabeth Burki was present and visited with the board representing the Hildreth Public School Alumni to inquire about the Hildreth Public School trophies and what will be done with them. If they will be displayed or not and would like to be able to update the alumni with an update at the alumni banquet being held this summer. Lynette Gruwell was present as well representing the WH

5. Action Items

5.A. Discuss, Consider and take all necessary action to approve the teaching contract of Laurette Simon.

Motion by Kert Hansen, seconded by Ryan Knaus, to approve Laurette Simons teaching contract for Grades 7-12 Science. Motion Passed.

Alan Casper: Yea, John Donley: Yea, Kert Hansen: Yea, Gary Jensen: Yea, Ryan Knaus: Yea, Kirk Nelson: Yea

Yea: 6, Nay: 0

5.B. Discuss, consider and take all necessary action to approve a bid from Kidwell to add additional scan entry doors and replace weight room security cameras to the Wilcox building.

Motion by Gary Jensen, seconded by Ryan Knaus, to approve a bid from Kidwell to add additional scan entry doors and replace weight room security cameras to the Wilcox building. Motion Passed.

Alan Casper: Yea, John Donley: Yea, Kert Hansen: Yea, Gary Jensen: Yea, Ryan Knaus: Yea, Kirk Nelson: Yea

Yea: 6, Nay: 0

5.C. Discuss, Consider and take all necessary action to approve a bid from Kidwell to replace the intercom system in the Wilcox building.

Motion by Gary Jensen, seconded by Ryan Knaus, to approve a bid from Kidwell to replace the intercom system in the Wilcox building. Motion Passed.

Alan Casper: Yea, John Donley: Yea, Kert Hansen: Yea, Gary Jensen: Yea, Ryan Knaus: Yea, Kirk Nelson: Yea

Yea: 6, Nay: 0

6. Discussion Items

6.A. Water Intrusion Report

6.B. Green House

6.C. Summer Food Program

7. Administrator Report

7.A. Superintendent Report

Superintendent Patterson reported on:

1. School finance updates`
2. Water intrusion in the Wilcox building
3. Green House
4. Summer Food Program
5. Summer Projects

7.B. Principal Report

Principal Lovin Reported on:

1. Prom
2. JH Falcon Track Invigte and FKC Track meets were hosted in Wilcox 3.
Academic and Athletic Awards Night
4. K-6 Music
5. K-6 Falcon Fun Day
6. Graduation
7. State Track

Principal Lovin also reported to the Americanism Committee for the second meeting of the year.

Principal Simmons reported on:

1. End of year activities for the Upper Elementary Students
2. K-6 AR rewards day

8. Next Board Meeting: Monday, June 21, 2021 at 8:00 P.M. in the Wilcox conference room.

9. Adjourn

Motion by Ryan Knaus, seconded by John Donley, to To adjourn at 8:55 P.M. Motion Passed. Alan Casper: Yea, John Donley: Yea, Kert Hansen: Yea, Gary Jensen: Yea, Ryan Knaus: Yea, Kirk Nelson: Yea

Yea: 6, Nay: 0



SCHOOL STUFF

Congratulations, Class of 2021!

Congratulations to this year's graduating senior class. They have worked hard and are now ready to start their next adventure. As a class, they were offered a total of \$641,057 and the total amount of accepted awards they received was \$439,840.

2021-2022 Schedules

All 7-12 students have been given a schedule for the 2021-2022 school year. Please know that they will still have the opportunity to make changes to their schedules when they return in the fall.

I will also be emailing incoming freshmen's math recommendations to their parent's/ guardian's email, so please be watching for the letter. The recommendation is based off of your student's MAP test results and overall performance in math. If you have any questions on what is recommended, please feel free to contact me or your child's math teacher.

Scholarship Awards:

Jayden Bauer: SCC Freshmen Tuition Scholarship, Wilcox Vol. Fire and Rescue Scholarship, Hildreth Lions Club Scholarship, National Honor Society/Student Council Scholarship, JCT 6/10 Cruzerz Scholarship, Local FFA Scholarship, Derek Schroeder "Big D" Memorial Scholarship, Charles and Verna Lee Falk Ag Scholarship, 2nd Grade Lemonade and Treats Sale Scholarship, Parker Sturgis Memorial Scholarship LaMonte Woollen Scholarship, Roger D. Olson Agricultural Scholarship, DeLaun Repkalvis Memorial Scholarship, Bill Vandell Memorial Scholarship-Ag, Humpert Memorial Scholarship, Ron Lush Ag Scholarship

Natalie Billington: Susan Thompson Buffett Scholarship Wilcox Hildreth Youth Group Continuing Education Scholarship

Evan Blank: University of Nebraska- Lincoln Husker Power Scholarship & Arlo Dornhoff Scholarship, Cornerstone Bank Scholarship, Fort Kearny Conference Scholarship, Loop Valley Livestock Scholarship, Local FFA Scholarship

Mariah Chamberlin: Susan Thompson Buffett Scholarship, Central Community College Committed to Your Success Scholarship

Alexi Henery: SCC Freshman Tuition Scholarship American Legion Auxiliary Career and Vocational Education Scholarship, Verna Lee Falk Scholarship, American Red Cross High School Scholarship, Wilcox-Hildreth Youth Group Continuing Education Scholarship, Wilcox Lions Club Memorial Scholarship Ag Tech Crop Consulting Scholarship, Hildreth Lions Club Scholarship, Local FFA Scholarship, Kearney County 4-H Scholarship, LaMonte Woollen Scholarship, BD Holdrege Academic Achievement Scholarship

Rylee Hursh: Kearney Napa Auto Parts Sponsorship, Johnny Baxter Carriage House Foundation Scholarship, Grothaus Memorial Scholarship, Wilcox Lions Club Scholarship

Creed Johnson: Macon Lions Club Scholarship, Local FFA Scholarship



7th Grade Orientation

The incoming 7th graders had a school orientation day on May 13th to preview what junior high will be like next year. They were able to learn about their classes, expectations, and clubs they will be able to join such as FBLA and FFA. They also listened to advice from a panel of current 7th grade students and met their fall coaches. The day concluded with a tour of our building. We are so excited to have this group of students in our building next year!

Upcoming Orientation Nights this Fall...

There will be an orientation for next year's incoming 7th grade students and incoming freshmen students in August before school starts. Students and their guardians are encouraged to attend. We will announce those dates and times this summer, so please keep an eye out on our school app. We will discuss expectations, the schedule, and activities at this event.

Abby Klein: UNL Achievement Tuition Waiver Scholars/Health Scholarship, Lloyd Schubert Family Memorial Scholarship, Fort Kearny Conference Scholarship, Wilcox-Hildreth Education Association Scholarship, Nels and Lucille Winther Memorial Scholarship, Charles and Verna Lee Falk Health Scholarship, J.L. Young Memorial Scholarship

Lane Lieb: Concordia University Football Scholarship & Achievement Award, Wilcox-Hildreth Youth Group Continuing Education Scholarship, Wilcox Lions Club Scholarship J.L. Young Memorial Scholarship

Triston Nicks: Wilcox Lioness Scholarship, Wilcox Alumni Scholarship

Christian Penny: Rose Bowl Theatre Scholarship

Brooke Quadhamer: University of NE- Lincoln Husker Traditions Scholar & O. & G. Kammerer Scholarship, Dustin Lukasiewicz Memorial Scholarship, Donald Rohrer in Memoriam and Sally Berlowitz Scholarship, Lyndsay Bennetts Memorial Scholarship, Staff Scholarship, Lamoine Johnsen Retired Employee Scholarship, Wilcox Area Community Foundation Scholarship, Clive E. and Charlotte E. Lantz Scholarship, 2nd Grade Lemonade and Treats Sale Scholarship

Cassandra Ramsey: Ch. 35 Veterans Affairs Educ. Assistance Program, Free Tuition, Wilcox Area Community Foundation Scholarship, E.L. Lindsay Memorial Scholarship

Noelle Richmond: TeamMates Osborne Opportunity Scholarship, Lloyd Schubert Family Memorial Scholarship, Wilcox-Hildreth TeamMates Scholarship, Wilcox-Hildreth Youth Group Continuing Education Scholarship, Lyndsay Bennetts Memorial Scholarship, Delta Kappa Gamma-Phi Scholarship Hildreth Alumni Scholarship, BD Holdrege Academic Achievement Scholarship

Ryan Robinson: Wilcox-Hildreth Youth Group Continuing Education Scholarship, Verna Lee Falk Scholarship, Local FFA Scholarship

Gavin Sheen: Agwest Commodities Susan Platt Memorial Scholarship, Krick Family Memorial Scholarship, Staff Scholarship, Local FFA Scholarship, Central Community College Summer Scholarship, 2nd Grade Lemonade and Treats Sale Scholarship, Patterson Harbor Scholarship

Magnolia Springer: University of Nebraska at Omaha Regents Scholarship, Hagan Foundation Scholarship, Dustin Lukasiewicz Memorial Scholarship

Trey Wenburg: Susan Thompson Buffett Scholarship, Wilcox-Hildreth Youth Group Continuing Education Scholarship, Local FFA Scholarship

SUMMER FOOD SERVICE PROGRAM SUMMER, 2021

This year, Summer Feeding will look a little different.

Wilcox-Hildreth Public Schools will supply both breakfast and lunch for any child, ages 1-18, **FREE OF CHARGE**, weekdays only. No weekend meals will be provided.

5 days of meals (breakfast & lunch) can be picked up on Mondays, between 11:30 a.m. & 12:30 p.m. at either the Hildreth school or the Wilcox school.

Meal bags will only be handed out on Mondays.

Just like last year, meals must be pre-ordered. More information on this to follow.

In order to maintain freshness, these meals **will not be pre-cooked**. They will be packed as frozen, never cooked items. Each bag will come with both cooking instructions, and safe storage instructions for all food items. Everything provided can be cooked both in a regular oven or a microwave. Both options of cooking instructions will be provided.

During the summer, milk will no longer be offered in individual cartons. Each child will receive one gallon of milk per week with the meal bags.

Please call either school (Hildreth at 308-938-2415) or (Wilcox 308-478-5265) to preorder your meals **ON OR BEFORE** Thursday to receive the meals on Monday. Once you have called either school, you will be put on the list and will receive meals every Monday. If you decide not to get the meals, please let us know and we can take you off the list. **THE FIRST DAY TO PICK UP MEALS IS MONDAY, MAY 24TH.**



Thank You!!

Thank you to the 7-12 grade students that donated to Grandma's Snack Packs through the Penny Wars.

Your donation of \$140 will truly make a difference in our program.

We are extremely grateful for your generosity.

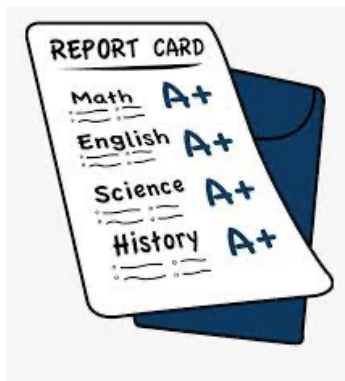
Marilee Aspegren



SUMMER OFFICE HOURS

8:00-2:00 Monday-Thursday

Closed – Friday



NOTICE TO PARENTS

Fourth Quarter report cards will be mailed
after June 1st.

ESU11 Battle Of the Books 2021-2022

Grades 3-5

Hunger by Donna Jo Napoli
Wink by Rob Harrell
Wild River by W. R. Philbrick
Strongheart: Wonder Dog by Candace Fleming
Rescue by Jennifer Nielsen
Prairie Lotus by Linda Sue Park
Song For a Whale by Kynne Kelly
Caterpillar Summer by Gillian McDunn
On the Horizon by Lois Lowry
Trapped in Hitler's Web by Marsha Forchuk Skrypuch
Efren Divided by Ernesto Cisneros
When You Trap a Tiger by Tae Keller

Grades 3-8

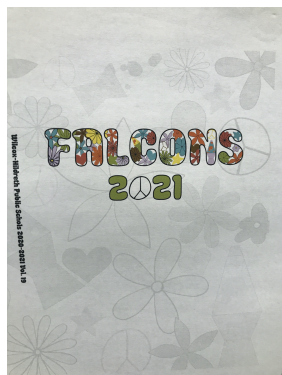
Ground Zero by Alan Gratz
Tristan Strong Punches a Hole in the Sky by Kwame Mbalia
From the Desk of Zoe Washington by Janae Marks
Three Keys by Kelly Yang
My Side Of the Mountain by Jean Craighead George
Puppet's Payback by Mary Downing Hahn
War Stories by Gordon Korman
All Thirteen: the Incredible Cave Rescue by Christina Soontornvat

Grades 6-8

Never Caught: the Story of Ona Judge by Erica Armstrong Dunbar
I Will Always Write Back by Caitlin Alifirenka
Gone To the Woods by Gary Paulsen
Verify by Joelle Charbonneau
Dragon Hoops by Gene Luen Yang
Spark by Sarah Beth Durst
When Stars Are Scattered by Victoria Jamieson
Instant Karma by Marissa Meyer
We Must Not Forget by Deborah Hopkinson
Before the Ever After by Jacqueline Woodson
A Wish In the Dark by Christina Soontornvat
Show Me a Sign by Ann Clare LeZotte

Activities and requirements found at <https://bob-esu11.weebly.com>

**PREORDER 2020/2021 YEARBOOKS
NOW FOR ONLY \$40.**



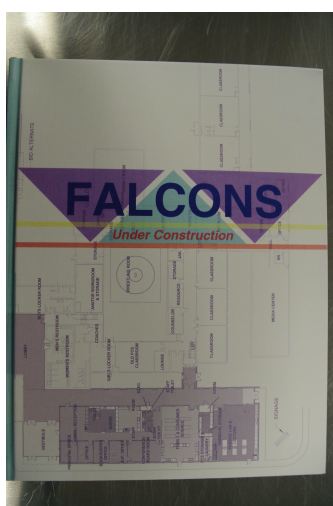
NAME : _____

HOW MANY YEARBOOKS: _____ TOTAL COST: _____

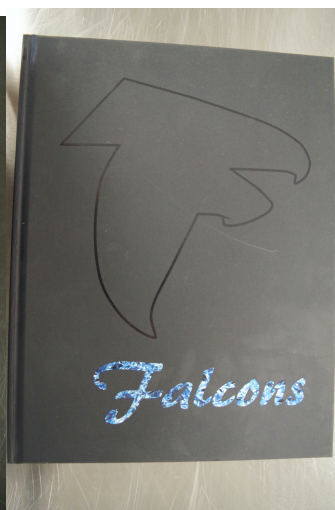
PHONE NUMBER: _____

OLDER YEARBOOK(S) THAT I WOULD LIKE TO PURCHASE: _____

**THE FOLLOWING YEARBOOKS WILL BE ON SALE AT THE SPRING CONCERTS,
ACADEMIC/ATHLETIC NIGHT OR CONTACT MRS. LAMBERT AT SCHOOL.
There is a limited supply of some of the older yearbooks.**

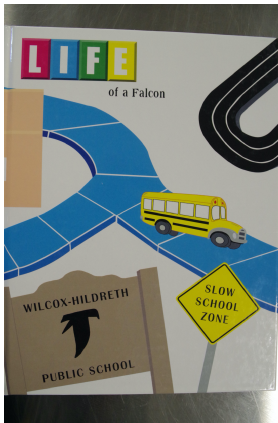


2019-2020



2018-2019

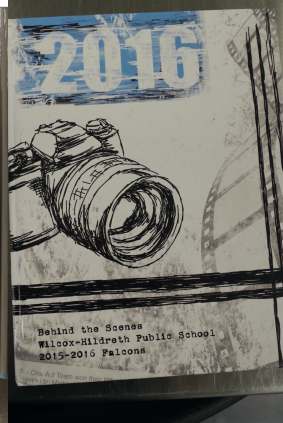
\$40 each



2017/2018.



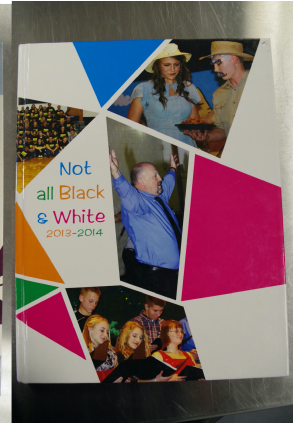
2016/17



2015/16

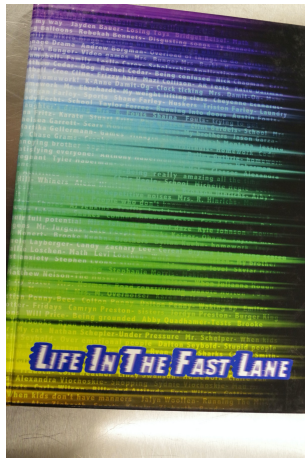


2014/15

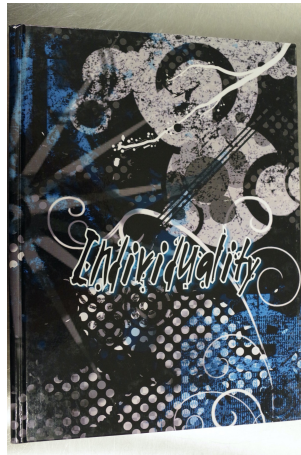


2013/14

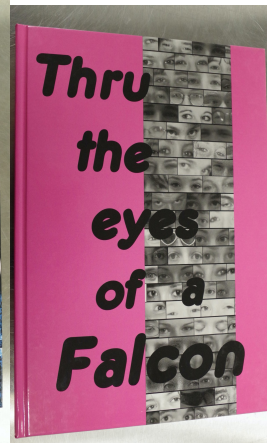
\$15 each



2009/2010



2008/2009



2003/2004

\$5.00 each

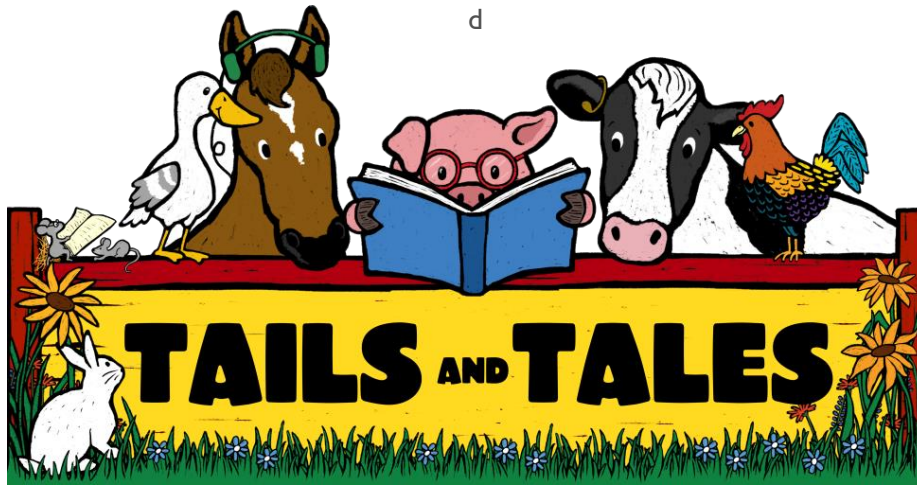
Mrs. Nurita B. Lambert

P.O. Box 190

Wilcox, NE 68982

nurita.lambert@whfalcons.org

308-478-5265



Summer Reading Program 2021

Hildreth Public Library

Wed, June 2: **Beekeeper – 11am at Library**

Come learn what a beekeeper does, his tools, how to remove honey and taste it!

Mon, June 7: **Hillbilly Science – 1:30pm at Library**

The show features two hilarious characters who demonstrate a whole bunch of experiments. Be ready for some explosions! A national touring show that will be in Nebraska and at our library.

Wed, June 16: **NE Games & Park Activities – anytime 11am-1pm at Park**

There will be 12 activities set up around the park that you can participate in anytime between 11 am and 1 pm. Activities include: Mud Ball Planting, Casting for Plastic Fish, Binoculars & Bird Watching, Bean Bag Toss, Tracks & Pelts & Skulls, Oh My!, Turkey Calls, Fish Printing, Wildlife Tracks, CSI: Critter Scene Investigations, GPS & Geocaching and Nebraska Wildlife Jeopardy all geared for youth of all ages.

Wed, June 23: **Balloon Animal Adventures – 11am at Library**

An animal education show in the spirit of Jack Hanna, Steve Irwin and Kratt Brothers. The difference is that the animals are made of balloons! Throughout the show the adventurers believe the animals are real, making this show as silly and fun as it is educational.

Tue, June 29: **Miniature Barnyard Animals – anytime 11am-1pm at Park**

Mini Barnyard Friends is a petting zoo that is coming to entertain and inform attendees about farm animals. Stop by the park anytime between 11 am and 1 pm to see and pet the miniature animals.

These programs are part of the Hildreth Public Library 2021 Summer Reading Program and are open to all youth as well as any adults wishing to attend. You may contact the Library for any questions – 308-938-3008.



Attention Parents of Pre-Kindergarten aged students:

- Pre-Kindergarten for 3 year olds is held Monday thru Thursday from 8:20-11:30 a.m.
- Pre-Kindergarten for 4 year olds is held Monday thru Thursday from 12:30-3:30 p.m.
- Verified students will be accepted prior to regular education preschool students
- Four year old students will have priority over 3 year old students
- Returning Pre-Kindergarteners will have priority over new students
- Class size will be capped at 18 students
- Pre-Kindergarten students have the opportunity to ride the regular morning bus and shuttle routes to get to school
- There will be a bus route that will take students to daycare facilities within the city limits of Hildreth and Wilcox
- The State of Nebraska requires the school to have a copy of the student's birth certificate when attending preschool
- There will not be a charge for preschool during the 2021-2022 school year
- Call the Wilcox office to enroll your student at 308-478-5265

Preschool Immunizations

The following immunizations are required for preschool aged children in public schools

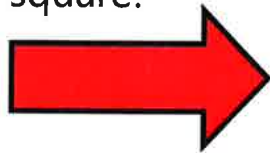
- 3 doses of Hepatitis B vaccine
- 4 doses of DTaP, DTP, or DT vaccine
- 3 doses of Polio vaccine
- 1 dose of MMR vaccine given no earlier than 4 days before the first birthday
- 3 doses of HIB vaccine or 1 dose of HIB vaccine given at or after 15 months of age
- 1 dose of Varicella Vaccine
- 4 doses of Pneumococcal vaccine or 1 dose of Pneumococcal vaccine given at or after 15 months

Tired of the spin?



Take the Broadband Speed Test
www.nebraskaspeedtest.org

Hover your phone
camera over this
square!



*The NEBRASKA BROADBAND SPEED TEST is funded through a U.S. Economic
Development Administration CARES grant.*



Nutrition Nuggets

Food and Fitness for a Healthy Child



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!



WILCOX-HILDRETH SCHOOL DISTRICT
MS PATTI ROADS, FOOD SERVICES DIRECTOR

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

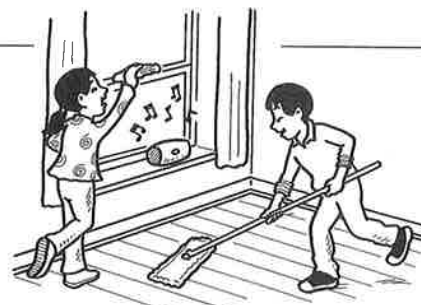
Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple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

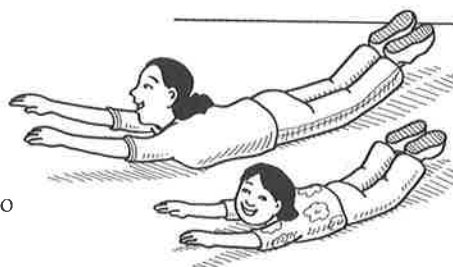
drink juice. He will consume fiber along with more nutrients.

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

ISSN 1935-4630

Wilcox-Hildreth Public School

2021-2022 Adopted
School Calendar

August						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Total Student Days	177
Total Teacher Days	184
First Semester Days	88
Second Semester Days	89

Aug. 9	Fall sports practice begins
Aug. 9-11	Inservice
Aug: 12	School begins 1:00 dismiss

Sept. 6	NO SCHOOL - Labor Day
Sept. 17	Inservice-No School

Oct: 4	ESU 11 Fall Conference
Oct: 7	P/T Conf 2:00-8:00 1:00 dismiss
Oct: 8	NO SCHOOL Fall Break
Oct: 15	1st quarter ends (44 days)

Nov. 24-26	NO SCHOOL -Thanksgiving break
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Dec. 22	Early dismiss 1:00
Dec. 22	End of first semester (44/88 days)
Dec. 23-Jan. 3 CHRISTMAS BREAK	

Jan. 3	Inservice
Jan. 4	School Begins

Feb. 10	P/T Conf 2:00-8:00 1:00 dismiss
Feb. 11	NO SCHOOL

Mar. 4	NO SCHOOL - Spring break
Mar. 10	End of third qt. (46 Days)
Mar. 11	NO SCHOOL - Spring break

Apr. 15-18	Easter Break
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May 7	Commencement
May. 13	End of Year 11:30 Dismiss
May. 13	End of sem (43/89 days)
May. 16	Last Day for Teachers

	Staff Inservice-No School
	Students Return
	End of Qtr.or Sem.
	No School

Quarter 1 Teacher-48	Student-43
Quarter 2 Teacher-45	Student-45
Quarter 3 Teacher-47	Student-46
Quarter 4 Teacher-44	Student-43

January						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Student Days by Month			
Aug	14	Jan	20
Sept	20	Feb	19
Oct	19	Mar	21
Nov	19	Apr	19
Dec	16	May	10