

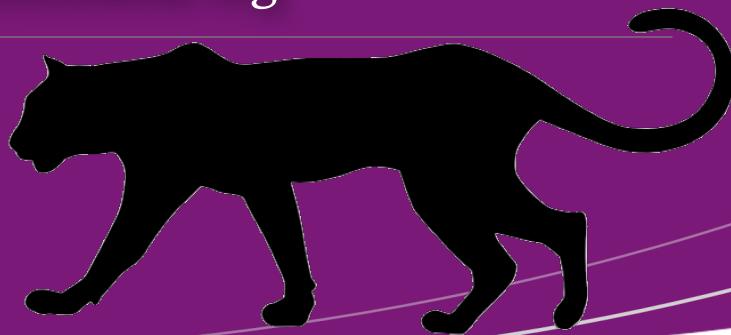
Fillmore Central Public Schools

www.fillmorecentral.org

High School: 402-759-3141

Middle School: 402-268-3411

Elementary School: 402-759-3184



District News

As I reflect on this past year, I am very thankful for the Fillmore Central School Community. Despite events and issues that have caused division and polarization in some areas of our country, our community remains committed to working together and showing one another kindness. Thank you for your willingness to partner with us.

We are starting the winter activity seasons and a lot is going on. Wrestling meets, basketball games, speech competitions, a one-act play production, and music concerts are just around the corner. We will know soon if our Mock Trial team qualifies for state. Come out and support our students – we’d love to host you!

As always, I hope that you and your family enjoy your Christmas Break!

Events

- Dec. 1st Teacher Workday
1:05/1:20/1:35
Dismissal
- Dec. 13th High School Music Program
- Dec. 13th School Board Meeting
8:00 PM High School Library
- Dec. 14th PreK-4 Music Program at FCHS
- Dec. 16th Middle School Music Program at FCHS
- Dec. 20th – Jan 3rd No School – Winter Break

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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 keep in mind that the holidays can be a difficult and stressful time for 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 Fillmore Central Backpack Program (contact Becky Adkisson for donation information), 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 17th for the Christmas break. School is back in session for students on Tuesday, January 4, 2022. The Nebraska School Activities Association has its moratorium from December 22nd through December 26th. On these dates, no Activity group or Athletic team should meet for any reason, either to practice, watch film, have planning sessions, etc. These five 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 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 Geneva Parks and Rec activities in our facilities during these five days.

High School News

Finals Schedule

Semester finals will take place on Dec. 15th and 16th. December 14th is a designated review day. Plans are also being made for a MS/HS end of semester competition day on Friday, December 17th.

Striv

We will once again be doing our best to have all of our winter sporting events and concerts live streamed on our Striv page. We may not be able to provide audio/commentary for all games, but we will do our best to ensure that the video portion of these events are streamed.

Band/Choir Winter Concert

The annual Winter Band and Choir Concert will take place on Monday, December 13th with a 7:00 p.m. start time. This is always a well attended event and we look forward to seeing everyone in attendance for this performance.

As always, if you have any questions or concerns, feel free to contact me.

GO PANTHERS!!!

Elementary School News

UPCOMING ELEMENTARY EVENTS AND CALENDAR INFORMATION

- Wednesday, December 1st, 1:05pm Dismissal
- December 1st – 10th, Winter Benchmark Assessments in Reading and Math
- Tuesday, December 14th, Elementary Winter Program at FCHS
- Friday, December 17th, Last Day of the 1st Semester
- **Monday, December 20th through Monday, January 3rd, No School**
- Tuesday, January 4th, Classes Resume

ELEMENTARY UPDATES...

WINTER PROGRAM

The elementary winter program will be at the high school on December 14th at 7:00pm. The students will rehearse for the program during the school day on December 14th. Please plan to arrive no earlier than 6:30pm the night of the program. Students will stay with their class throughout the entire performance. Teachers will release students to families at the conclusion of the performance.

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 nutrient 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.

Boys Pond and Ice Safety

With cold weather approaching, the Geneva Fire Department would like your help in keeping kids off the ice on Boys Pond in Geneva. Boys Pond does not fully freeze so it is important that children stay off the ice. It is also important to avoid other frozen ponds in the area as they are not monitored. Below is information from the Missouri Department of Public Safety, Fire Safety, and the Missouri State Fire Marshall.

"Even in bitter cold temperatures, ice conditions on bodies of water can be extremely uncertain. The only guaranteed safe skating ice is at a skating rink.

Ice found on natural bodies of water raises the risk of danger due to natural variables. There is no way to judge the strength and safety of ice by looking at it or by the temperature of the day. Fluctuating temperatures, exposure to sunlight and other factors affect the consistency of the ice. It can be a several inches thick in one spot and only an inch thick 10 feet away. Be especially wary of ice covered with snow. Snow can hide cracks and weaknesses in open ice. Parents should educate their children about the danger of going out onto a frozen body of water, including never following a friend or a pet into these potential danger zones."

More tips and talking points about Ice Safety can be found on the website below.

<https://dfs.dps.mo.gov/safetytips/water-ice.php>

Middle School News

Early Dismissal – December 1

There will be a 2-hour early dismissal on Wednesday, December 1, to enable our staff to engage in professional development. These early dismissals each month allow our staff to strengthen teaching strategies and skills to improve student performance.

End of the 1st Semester

The end of the first semester is quickly approaching. The middle school will dismiss at 3:20pm on the final day of the semester, December 17. Based on our Grading for Learning Policy, any assignments recorded as “missing” will be converted to a “zero” in the grade book on Monday, December 13th. Stressing the importance of meeting all deadlines, especially those at the end of a semester, as well as, helping your student develop a plan to complete “missing” assignments will support their success in the classroom.

Upcoming Winter Break

Fillmore Central Middle School students will be dismissed at 3:20 PM on Friday, December 17, for winter break. School will resume with a full day of classes on Tuesday, January 4, 2022. All Fillmore Central facilities will be closed from December 22 – December 26 due to the NSAA Moratorium.

Winter Concert

Please join us on Thursday, December 16 at 7:00pm in the high school gymnasium for our annual Winter Music Concert. The concert will display the vocal and instrumental music talents of our middle school students. I am sure that you will not be disappointed.

Lost and Found

There have been a number of clothing items; t-shirts, sweatshirts, and jackets 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.

Colder 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 appropriate seasonal clothing options (i.e. sweatshirt, jacket, coat, hat) 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. On the next page 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.

To: District Households and School Students

Date: November 30, 2021

Subject: Supply Chain Disruption

Providing school meals has become significantly more difficult this year, as school meals participation has increased. Adding to the challenges are COVID-19-related disruptions to school foodservice manufacturing, supply, and distribution channels. These disruptions can result in frequent menu changes, reduced menu variety, and changes in meal service options. The most common problems are discontinued menu items, shortages, longer-than-normal lead times, significantly higher costs compared with pre-pandemic bids, delayed deliveries, or deliveries that contain a portion of what was ordered.

In addition to supply-chain disruptions, many of our Nebraska school districts struggle with staff shortages, and these staffing limitations may restrict menu choices, reduce meal service options, and can impact the use of traditional service ware such as trays and cutlery. These factors create unprecedented challenges for foodservice operators across Nebraska and there is no sign of relief coming soon. The foodservice industry predicts supply chain disruptions and staffing difficulties will persist well into 2022.

Nebraska school foodservice programs are continuing to provide students with nutritious meals. These meals may not be the same as what was planned due to the difficulties outlined above. Your understanding of these challenges faced by Nebraska school foodservice operators is appreciated.

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 2021

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

Schedule is subject to change. For the most up to date information please visit www.fillmorecentral.org and select events.

DECEMBER LUNCH				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Corn Dog	Chicken Fajita	Hamburger
6	7	8	9	10
Chicken Tenders	Deil Sandwich	Roast Beef	Chicken Noodle Soup	Hot Ham Sandwich
13	14	15	16	17
Chicken Fried Steak	Grilled Cheese Sandwich & Tomato Soup	Fish	Breaded Pork Sandwich	Pizza
20	21	22	23	24
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
27	28	29	30	31
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

DECEMBER BREAKFAST				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		K-12 Before School Egg & Cheese Sandwich HS 2nd Chance Egg & Cheese Sandwich	K-12 Before School French Toast HS 2nd Chance French Toast Bites	K-12 Before School Biscuit & Gravy HS 2nd Chance Biscuit & Gravy
6	7	8	9	10
K-12 Before School Breakfast Pizza HS 2nd Chance Breakfast Pizza	K-12 Before School Banana Bread/Muffin HS 2nd Chance Fruit Parfait	K-12 Before School Egg & Cheese Sandwich HS 2nd Chance Egg & Cheese Sandwich	K-12 Before School French Toast HS 2nd Chance French Toast Bites	K-12 Before School Biscuit & Gravy HS 2nd Chance Biscuit & Gravy
13	14	15	16	17
K-12 Before School Breakfast Pizza HS 2nd Chance Breakfast Pizza	K-12 Before School Banana Bread/Muffin HS 2nd Chance Fruit Parfait	K-12 Before School Egg & Cheese Sandwich HS 2nd Chance Egg & Cheese Sandwich	K-12 Before School French Toast HS 2nd Chance French Toast Bites	K-12 Before School Biscuit & Gravy HS 2nd Chance Biscuit & Gravy
20	21	22	23	24
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
27	28	29	30	31
NO SCHOOL	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 17th, 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."