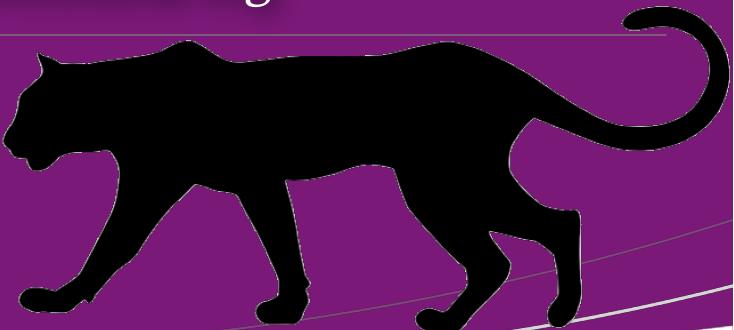


# Fillmore Central Public Schools

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

High School: 402-759-3141  
Middle School: 402-268-3411  
Elementary School: 402-759-3184



## District News

### Annual Report

The Fillmore Central 2017-2018 Annual Report will be available beginning December 1 on our website or by contacting the Superintendent's office at 402-759-4955. To find the annual report on our website at [www.fillmorecentral.org](http://www.fillmorecentral.org), click on the word "Explore" on the top of our Fillmore Central Homepage and then on the word "District"; a link is available with our annual reports.

### Holiday Time

We always look forward to 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.

### Semester Break

Students are dismissed from school at 1:05/1:20/1:35 on Friday, December 21, 2018 for the Holiday break. School is back in session for students on Monday, January 7th 2019.

Continued on page 2

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.



## Events

- |  |   |
|--|---|
| Dec. 4 <sup>th</sup>                         | Middle School Winter Concert                        |
| Dec. 5 <sup>th</sup>                         | Teacher Workday<br>1:05/1:20/1:35<br>Dismissal      |
| Dec. 10 <sup>th</sup>                        | School Board Meeting<br>7:30 PM High School Library |
| Dec. 13 <sup>th</sup>                        | High School Winter Concert                          |
| Dec. 21 <sup>st</sup>                        | 1:05/1:20/1:35<br>Dismissal                         |
| Dec. 24 <sup>th</sup> – Jan. 4 <sup>th</sup> | Winter Break – No School                            |

## **NSAA Moratorium**

The Nebraska School Activities Association has its moratorium from December 22<sup>nd</sup> through December 26<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 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 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.**



## Middle School News

### ***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 1:20 p.m. on the final day of the semester, December 21. As a reminder, Monday, December 17, 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.

### ***Geography Bowl***

Each November, FCMS has its annual Geography Bowl. This competition is how we select our school winner each year for the National Geographic Geography Bee. Fourteen students took the entrance test this year, and the top 8 scorers from that exam entered a single elimination competition on Monday, November 16. Those qualifying for the competition were as follows: 5<sup>th</sup> grader Katie Jensen; 7<sup>th</sup> grader – Ty Schelkopf; 8<sup>th</sup> graders Travis Meyer, Jayden Wolf, Alex Schademann, Nathan Schram, Faith Engle, and Eli Myers advanced to the finals. Mr. Lauby hosted the final competition on Wednesday, November 21, in the middle school gym. Ty Schelkopf won the event and will take a statewide qualifying test. The top 100 students statewide are selected for the state competition that is held in Omaha each spring.

### ***Early Dismissal – December 5***

There will be a 2-hour early dismissal on Wednesday, December 5, 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.

### ***Winter Concert***

Come one, come all! Please join us on Tuesday, December 4, in the middle 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.

Continued on page 3

## **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.

# Elementary School News

## 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

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 super food, 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.

# High School News

## **Tech Free Tuesday**

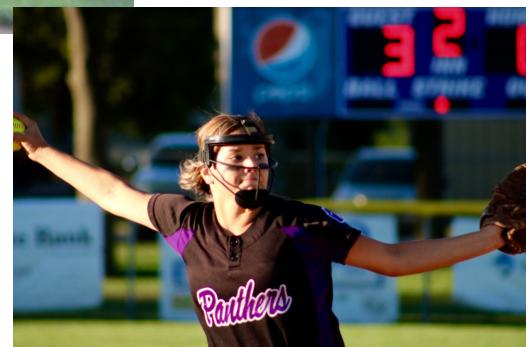
As part our Wellness Initiative for this semester, we had a technology free challenge on November 20th. Students and teachers were encouraged to “go dark” for the day. Each classroom had plastic tubs in which students could place their cell phones, smart watches, etc. for the period, and teachers were encouraged to teach without the use of technology. In addition, we had a more committed challenge. Any student who was willing to leave their devices in the front office for the entire day had their name entered into a drawing. We had 89 students start the challenge, which represented 58.9% of students in attendance on this date. By the end of the day, 86 students were still in the running. At the end of the day, 5 students were rewarded with a \$20 bill. Based on student feedback, plans are in the works to continue these types of “go dark” days into second semester. I would also like to thank all of our students who were willing to take the challenge.

## **Finals Schedule**

Semester finals for students will take place on December 19th and 20th. Testing for EVEN periods will be on the 19th and ODD periods on the 20th. December 18th will be a review day and December 21st will be the “FC Give Back Day” which has become somewhat of a tradition. We will be running normal length days on the 19th and 20th to provide consistency across the district.

## **Softball Post Season Honors**

Several Panther softball players were recognized this year for their performance during the season. Josie Kresak, senior, was named 1<sup>st</sup> Team All-SNC, 1<sup>st</sup> Team All-Area (co-captain), and 2<sup>nd</sup> Team All-State. Kalisha Gergen, senior, received Honorable Mention SNC, Honorable Mention All-Area. Jacy Schlueter, junior, was recognized as 2<sup>nd</sup> Team All-SNC, 1<sup>st</sup> Team All-Area, and Honorable Mention All-State. Caitlin Murphy, junior, was acknowledged with Honorable Mention All-Area.

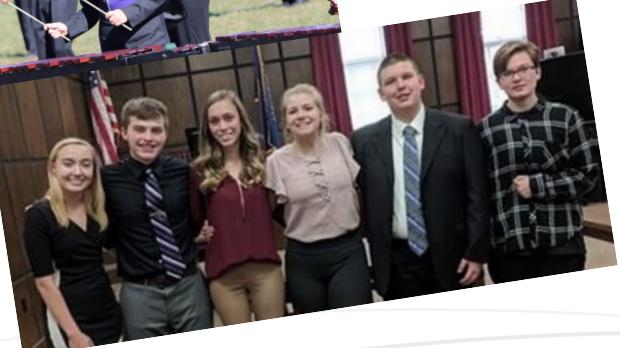
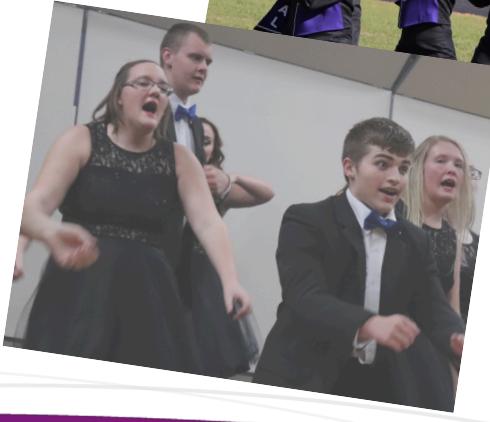


**Fillmore Central Public Schools**

## School Calendar

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

# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																					
						<b>1</b> 8:30AM JH Girls Basketball at FC 9:00AM V Wrestling at Friend 2:00/5:00PM JV/V Girls Basketball vs. Fairbury 3:30/7:00PM JV/V Boys Basketball vs. Fairbury																																																																					
<b>2</b>	<b>3</b>  4:30PM JH Girls Basketball vs. Sandy Creek 6:00PM JH Wrestling at Tri-County	<b>4</b> 7:00PM MS Winter Concert at FCMS	<b>5</b> Teacher Workday 1:05/1:20/1:35 Dismissals	<b>6</b> State One-Act  5:00PM JH Girls Basketball at Milford 5:00PM V Wrestling at Tri County 5:30 JV Girls Basketball vs. Fairbury 7:00PM R Boys Basketball vs. Fairbury	<b>7</b>  6:15PM V Girls Basketball vs. St.Paul 4:30/7:30PM JV/V Boys Basketball vs. St. Paul	<b>8</b> ACT Test  9:00AM JH Wrestling at Centennial 9:00AM V Wrestling at Osceola 1:00/2:30PM Girls Basketball at David City 1:00/4:00PM Boys Basketball at David City																																																																					
<b>9</b>  5:00PM One-Act Performance at Rialto II	<b>10</b> School Board Meeting  5:30PM R Girls Basketball vs. Adams Central  6:30PM R Boys Basketball vs. Adams Central	<b>11</b>  6:00PM V Wrestling at Ashland-Greenwood  6:15/7:45 JV/V Girls Basketball vs. Thayer Central	<b>12</b>	<b>13</b> 7:00PM HS Band/Choir Winter Concert  4:30/6:00PM JV/V Girls Basketball at Wilber-Clatonia  4:30/7:45PM JV/V Boys Basketball at Wilber-Clatonia	<b>14</b>	<b>15</b> 9:00AM V Wrestling at Logal View 1:00/2:30PM JV/V Girls Basketball at Adams Central 2:30/4:15PM Boys Basketball at Adams Central																																																																					
<b>16</b>	<b>17</b>	<b>18</b> HS Finals - Semester Review	<b>19</b> HS Finals	<b>20</b> HS Finals  4:30/6:15PM JV/V Girls Basketball at St. Cecilia 4:30/8:00PM JV/V Girls Basketball at St. Cecilia	<b>21</b> Early Dismissal 1:05/1:20/1:35 End of Quarter	<b>22</b>																																																																					
<b>23</b>	<b>24</b> No School	<b>25</b> No School	<b>26</b> No School	<b>27</b> No School	<b>28</b> No School  V Girls Basketball Holiday Tournament at Louisville V Boys Basketball Holiday Tournament at Louisville	<b>29</b> 8:00AM Speech Mock Meet 9:00AM V Wrestling at FCHS V Girls Basketball Holiday Tournament at Louisville V Boys Basketball Holiday Tournament at Louisville																																																																					
<b>30</b>	<b>31</b> No School	<b>November 2018</b> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	Th	F	Sa	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		<b>January 2019</b> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa	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			   	   
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## DECEMBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Walking Taco Lettuce Salsa Sour Cream	Goulash Garlic Bread Mixed Vegetables Peaches	Philly Steak Sandwich Potatoes Carrots Mixed Fruit	Chili Cinnamon Roll	Hot Dog Potatoes Baked Beans Pineapple
10	11	12	13	14
Chicken Sandwich Potatoes Green Beans Banana	Crispito Salsa Sour Cream Lettuce	<u>ELE &amp; HS</u> <u>Beef &amp; Cabbage</u> Roll <u>Middle School</u> Tator Tot Casserole Broccoli Mixed Fruit Cookie	Chicken Fajita Fajita Vegetables Oranges Cookie	Hamburger Potatoes Baked Beans Peaches
17	18	19	20	21
Chicken Tenders Potatoes Mixed Vegetables Applesauce	Deli Sandwich Chips Lettuce Tropical Fruit	Hot Roast Beef Mashed Potatoes Corn Watermelon	Chicken and Noodle Soup Green Beans Pears Cake	Ham and Cheese Potatoes Carrots Apples
24	25	26	27	28
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
31				
NO SCHOOL				

Salad Bar at High School and Middle School every day. All schools serve fruit, vegetables, and milk daily.  
 Cereal, fruit, juice, yogurt, and milk served daily at all schools for breakfast

Breakfast - \$1.60 (All)

Senior High/Middle School Lunch - \$2.95

Elementary Lunch - \$2.60

Adult Lunch - \$3.45

This institution is an equal opportunity provider.

## DECEMBER BREAKFAST

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3 K-12 Before School Pancake HS 2nd Chance Peanut Butter & Jelly Sandwich	4 K-12 Before School Banana Bread/Muffin HS 2nd Chance Fruit Parfait	5 K-12 Before School Egg & Cheese Sandwich	6 K-12 Before School French Toast HS 2nd Chance French Toast Bites	7 K-12 Before School Biscuit & Gravy HS 2nd Chance Biscuit & Gravy
10 K-12 Before School Pancake HS 2nd Chance Peanut Butter & Jelly Sandwich	11 K-12 Before School Banana Bread/Muffin HS 2nd Chance Fruit Parfait	12 K-12 Before School Egg & Cheese Sandwich HS 2nd Chance Egg & Cheese Sandwich	13 K-12 Before School French Toast HS 2nd Chance French Toast Bites	14 K-12 Before School Biscuit & Gravy HS 2nd Chance Biscuit & Gravy
17 K-12 Before School Pancake HS 2nd Chance Peanut Butter & Jelly Sandwich	18 K-12 Before School Banana Bread/Muffin HS 2nd Chance Fruit Parfait	19 K-12 Before School Egg & Cheese Sandwich HS 2nd Chance Egg & Cheese Sandwich	20 K-12 Before School French Toast HS 2nd Chance French Toast Bites	21 K-12 Before School Biscuit & Gravy
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL				

Salad Bar at High School and Middle School every day. All schools serve fruit, vegetables, and milk daily.  
Cereal, fruit, juice, yogurt, and milk served daily at all schools for breakfast

Breakfast - \$1.60 (All)      Senior High/Middle School Lunch - \$2.95      Elementary Lunch - \$2.60      Adult Lunch - \$3.45

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).**