

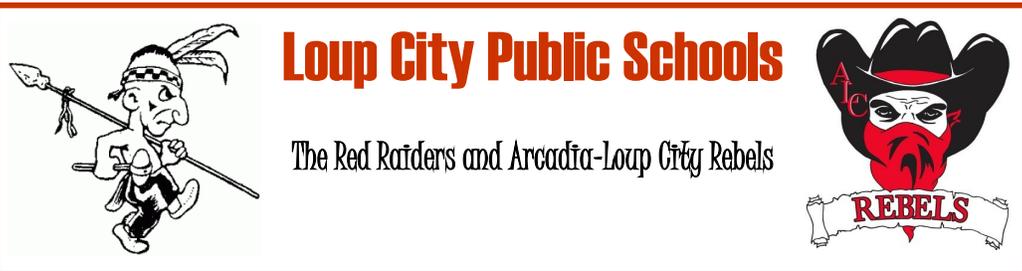
Loup City Public Schools
 800 N 8th Street
 PO Box 628
 Loup City NE 68853

Ms. Angela Simpson
 Superintendent

Roger Reikofski
 Elementary Principal

Josh Asche
 High School Principal

Phones:
 Supt: 308-745-0120
 7-12: 308-745-0548
 K-6: 308-745-0603



ISSUE 3

OCTOBER 2019

By: Angela Simpson, LCPS Superintendent



Can it really be October already? It doesn't seem like it should be time for trips to the pumpkin patch and pumpkin spice lattes, but it is! It's also time for sweatshirts, grabbing a jacket on the way out of the door

Last year I shared that the school district was going to begin a facility study to evaluate the current state of our facilities and to develop a plan to address the future of our district buildings. It has been discussed at every board meeting since last fall and we finally feel we have some information and so forward looking options to share with our public. We have advertised a public information meeting for September 30th at 7:30pm in the High School Commons areas. We will talk about the process undertaken by the Board of Education, what our many options are, financing and we will take questions from the community to make sure the information is available to all. We hope to see you there.

Fall sports are in full swing and we have alot to be proud of when we watch our students compete. I want to thank all of our student athletes. We are about halfway through the fall season of sports and activities. I want to share that we have been very proud of the contributions so many of our students are making to the reputation of our school district. Many times we receive awards and accolades, wins and losses, but what I find to be the most interesting is the compliments from our competitor's coaches and fans about the class our students exhibit when playing and when in the stands. We have a great deal to be proud of in Loup City.

Many of you have voiced your opinions on the cooperative agreement between Loup City and Arcadia and the cooperative committee has met to create a joint motion to be voted on at each October board meeting. The motion must pass each board as it is written to go into effect. Here is the proposed motion:

The Loup City Board of Education agrees to enter into a cooperative athletic agreement for the 2020-21 and the 2021-22 school years with Arcadia Public Schools with the following conditions:

The operating costs of the cooperative, deposited in the Arcadia-Loup City Coop Fund, will be split equally.

The small gym in Arcadia will only be used for coop activities of low intensity with supervision. Coop games and full court practices in the Arcadia small gym will not be held. The wrestling triangular with Broken Bow and Wood River can continue to be held in the small gym on its rotation.

Arcadia will host 1 home JV/Varsity basketball game each year.

In the fall season practices will be distributed based on the percentage of participants from each school at the beginning of the 3rd week of practice. If a school does not have at least 20% of the participants then all practices will be in the school with the larger percentage with only 1 practice prior to a home game being at the other site. Practices in the winter and spring season will continue as scheduled currently.

We appreciate everyone sharing their opinion whether it was in a private phone call, email, or visit on the street and those who attended the meetings.

Lets have a Great October!
 Angela Simpson

INSIDE THIS ISSUE:

Superintendent Report	1
Principal's Report	2-3
Counselor's Corner	4-5
Library News	6
Health & Wellness	7
Sports/Dates to Remember	11
Menus	12-13
Calendar	14

Save Box Tops to earn cash for our school! Send them with your child or turn them in to the office.



By Roger Reikofski, Elementary Principal

October is rolling in and the school year is settling in to be another great year. We sincerely hope you participated in Parent-Teacher conferences and they were meaningful and successful. Just a quick reminder the true success of the conference may or may not be readily evident, but through this planned discussion time, and through future collaboration, cooperation, and conversation we hope it provides the most beneficial educational experience for each individual learner and the entire school as a community of learners as well. If you have any comments about the conferences please do not hesitate to contact me. I look forward to feedback to continue to make this very important part of the school process as successful as possible. Our star boards are filling up with positive behaviors and performances that we are noticing in our students. If your student earned a star or stars we will be sending them home periodically. We encourage you to discuss with your child how they earned the star and share in their success here at school. At school, we show appreciation to each student who earns at least one star each month with an extra recess which the child partakes in if all classroom work is up to date and classroom performance has been appropriate for the teacher. There is empirical evidence that shows that students of all ages perform better, and for longer periods of time and often to the point of creating life long change, when their positive attributes, behaviors, and performances are recognized and built upon. I recently read an article that brought up many reasons why negative reinforcement, or punishment if you will, is far less effective in long term change compared to it's positive alternative. Speaking of these positive reinforcements, we are gearing up for our first school trip that students earn the right to attend. We will be visiting the Scarecrow Patch and Helgoth's Pumpkin Patch, in October. More information will be sent home on that as the actual date approaches. The trip is designed for the students to enjoy some quality time with school mates outside the classroom setting and the students having fun is definitely a prime objective but there is high quality learning and education going on as well. Many other activities and events have been going on and they continue to occur all year long. We encourage you to attend any and all activities the school sponsors and stay involved in all aspects of your student's education.

As I said earlier, the school year which is well on it's way and students are now acclimated to their new classes, schedules, teachers, and the school year in general. The students in grades K-6 also had their first assembly of the year. The NED show, please ask your kindergarten through sixth grade student what the basis of the program is about, this will help reinforce it with them and will be a good conversation starter if needed.

If you have any questions or comments in regards to the items discussed here, or anything else going on here at school please do not hesitate to contact me. We hope you have a safe, happy, and enjoyable fall season!



By Josh Asche, High School Principal

Dear Loup City Family,

What a fantastically busy time of year! Here at LCHS we have all sorts of activities going on. From FFA attending Husker Harvest Days and range judging, the band playing at the state fair, and countless football, volleyball, and cross country meets there is literally something for everyone. Some new groups that are starting to form are FBLA (Future Business Leaders of America) sponsored by Mrs. Kapustka and FCCLA (Future Career and Community Leaders of America) sponsored by Ms. Hornickel. If your child is interested in joining one of these great programs they can stop by either of these teachers' classrooms to gain more information.

In other news, our students have the opportunity to attend monthly lunch meetings of the "Live Free" youth group here at school. This group discusses a variety of topics related to staying drug and alcohol free, as well as raising awareness about the dangers of these habits. The first meeting was held September 18th with a large group of students in attendance. Students do not have to do anything to join and membership is completely voluntary. If your child is interested in attending the next meeting during their lunch period, they are more than welcome!

A quick reminder for all of our fans that can't make it to our events. All varsity football and volleyball contests will be streamed on our link. Check out any Loup City School social media site to find our Stiv link and follow our teams wherever you may be. We also would like to extend a big thank you to Viaero Wireless for the donation of the wireless hotspot to use at the football field.

Finally, fall MAP testing for grades 7-12 has concluded. This year, we decided to tweak our testing schedule to try and reduce the amount of class time being interrupted. A survey was sent out to all teachers and students to see what worked, and what might need to change before spring testing. Parents, please ask your children about their MAP testing experiences or concerns. As focus on these assessments is a large part of schools nowadays, it is imperative that parents play a role in helping prepare students to perform at their very best. Also, do not be afraid to contact your students' teachers or myself about any questions concerning these tests. We encourage any conversation centered on what is going on in your students' educational experience. I would like to thank all of the teachers, students, and staff members who help make our testing run as smoothly as it does. Without your cooperation and flexibility this process would be much more difficult. We are constantly looking at ways of improving the process so that our educational process is not interrupted by the testing, but at the same time we put a significant amount of emphasis on how important these tests are to the processes here at school. Thanks again to everyone for all of your hard work!

Sincerely,
Principal Asche

Counselor's Corner

October 2019
Counselor's Corner
Brenda Gregory

Here we are amidst some beautiful fall weather and nearing the end of the first quarter of this school year. Our semester and fall activities are well under way and our first Parent/Teacher Conferences have been held.

The next ACT is scheduled for October 26th. Remember that you will need to have your photo uploaded to the ACT website. If you are unsure of how to upload the picture or need some assistance please come to my office. There is an app (ACT Photo) that can be downloaded to your smartphone or ipad which will make this process much easier. It is relatively painless and only takes a few minutes of your time to complete. Be sure to take your admission ticket, a photo ID (Driver's license or school ID card), a working calculator (or two) and some no. 2 lead pencils (these may be provided). Also, make sure you are well rested, eat a good breakfast (it's tough to test when your stomach is growling) and arrive early so as to not feel rushed.

The seniors attended an Apply2College Event again this fall during the morning of Sept. 11th. During this time they received much information which they placed in their seniors packets. Please be sure to ask your senior about their packet and go through the information in it together. There is a vast amount of valuable information in it and a timeline to follow for the senior year. Other helpful items include the College Funding Estimator and Scholarship Search which are both done by the EducationQuest Foundation free of charge. At this meeting we also talked about applying to the college(s) of their choice. NOW is the time to be doing this task. Most applications are done online with the scholarship application being included in the admission application process. In addition, several post-secondary institutions choose their scholarships on a rolling basis so they will soon begin filling those slots.

The Financial Aid meeting was held Wednesday evening Sept. 11th at 6:30. We had an excellent turn out and I would like to thank the parents and students who attended.

I have begun sending scholarships and other pertinent information to the the seniors and their parents by email. Most of the scholarships have online applications but if they come in a paper form I typically scan them and email them to the students as well. If you as a parent have not been getting these emails and would like to please email me at brenda.gregory@lcpublic.org to provide me with your email address. I have gotten the majority of them from your student's demographics page on Powerschool but some parents did not have email addresses listed. .

The seniors will need to pay close attention to the high school bulletin as I will be posting many activities and deadlines for colleges, college representative visits and scholarships. Also in the bulletin will be the registration deadlines for the ACT test.

The PSAT (Preliminary Scholastic Aptitude Test) will be administered on Wednesday October 16th to those juniors and sophomores who request to take it. If juniors do well enough on the test they may qualify for the National Merit Scholarship Qualifying Competition. For sophomores it is simply a view of what's coming their junior year (a practice test if you may). This is a national test date and cannot be changed so it is imperative for any student wishing to take it to be in attendance that day. No makeup tests will be given.

The PreACT test will be given to ALL sophomores on Tuesday October 29th. This test prepares students for the ACT test and also does an interest inventory to show students where their career interests fall. Once again, please make sure your students are in attendance so they will not have to make up the tests at a special sitting.

The following was borrowed from the **EducationQuest Foundation College Planning Bulletin October 201**

It's FAFSA time!

Seniors...beginning October 1, you and your parents can complete the 2020-21 [FAFSA](#) (Free Application for Federal Student Aid). The FAFSA is the application for state, federal, and college-based financial aid.

Follow these tips to prepare:

Create a Federal Student Aid ID (FSA ID) for you and one for a parent at fsaid.ed.gov. You and a parent will each need an FSA ID to access and sign the FAFSA.

Attend an EducationQuest Financial Aid Program to learn how the FAFSA and financial aid can help you pay for college. When you attend, register for a \$500 [Financial Aid Program Scholarship](#)! To find dates and locations, [click here](#).

Review the [FAFSA Checklist](#) at EducationQuest.org for items you'll need to complete the FAFSA.

[See FAFSA Tools](#) at EducationQuest.org for helpful resources.

For free help with the FAFSA, call EducationQuest to make an appointment: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.

Seniors, are you ready to Apply2College?

This fall, over 200 Nebraska high schools are holding *Apply2College* events to help seniors complete college applications.

Whether or not your school is participating, [here are tips and resources to help you prepare for the application process](#).

Counselors' Corner

Winning the scholarship game

Follow these tips to increase your chances of earning scholarships:

Don't pay for scholarship services! Free resources include [ScholarshipQuest](#) at EducationQuest.org, your school counselor's office, and EducationQuest offices in Omaha, Lincoln, and Kearney.

Focus on college-based and local scholarships. You're more likely to earn them over large national awards.

Continually update your activities, honors, and volunteer or paid jobs using the [Activities Resume](#) at EducationQuest.org. Earn the best possible ACT/SAT scores by taking the exams in the spring of your junior year and again in the fall of your senior year.

Use quality references such as a teacher, coach or counselor. Give them advance notice, a specific deadline, and a copy of your Activities Resume.

Ask at least two people to proofread your application.

October "To Do" List

Juniors and Seniors:

___ Attend a [College Fair](#) or [Educational Planning Program](#) in your area.

___ Attend a [Financial Aid Program](#) to learn how to pay for college.

Seniors:

___ [Create an FSA ID](#) for you and one for a parent. You'll need them for the FAFSA.

___ Complete the [FAFSA](#) on or after October 1.

___ Complete college applications. If your school is hosting an *Apply2College* event, participate!

___ [Register](#) by September 20 for the October 26 ACT.

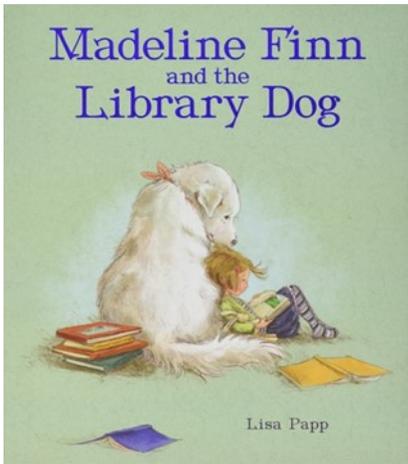
___ [Register](#) by October 3 for the November 2 SAT.

For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	800-303-3745,
888-357-6300	800-303-3745	800-666-3721	ext. 6654

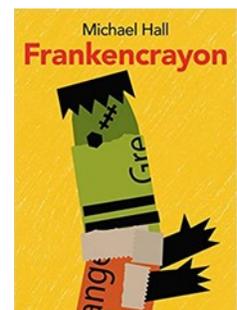
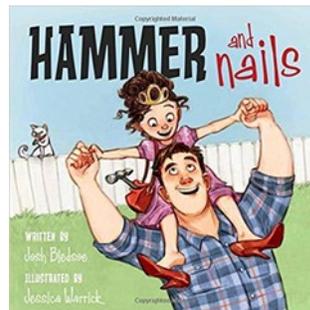
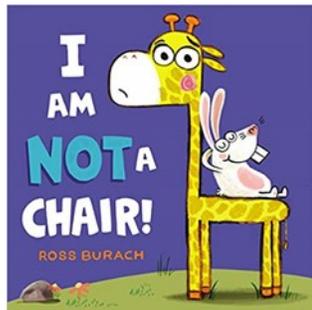
Library News

By Amber Francisco/Audrey Heil



Last year the kindergarten, first, and second graders listened to some Golden Sower Award nominees and voted on their favorite. After tallying up all of their votes I entered them on the Golden Sower website and the results of the winner was listed in May.

The rest of Nebraska's students that voted agreed with our Loup City students because the winner was Madeline Finn and the Library Dog! It is a great book so if you have little ones, come check it out! The other nominees are great too so have a look at them when you're here!



On September 24, 12 adult volunteers read to 25 Preschoolers from Leap Into Learning to assist them in reaching their 1000 Books Before Kindergarten goals! Each child listened to 6-7 books. The preschoolers are working very hard towards their goals. Just this week, Roxie Slobaszewski reached her 400 Book Goal and Karys Kowalski reached her 700 Book Goal.

Karen and Bob Anderson made LC bookmarks as samples to demonstrate the use of the Universal Laser System to parents attending Parent-Teachers Conferences. The library also had a "Vote for Your Favorite Banned Book" drawing for a \$5 gift card.



Health & Wellness

By
Lori Eurek

Thank you to all the students, Student Council, staff, parents, grandparents and community members for making the, “Walk to School” successful. We had over 130 kids participate in walking plus the Jr. High and High School Student Council members that walked with the students.

Health Screenings will start the beginning of October for the K-3 students and then the other grades will follow. If there are any abnormalities, notes will be sent home via mail.

October is Infection Control Month so we will be doing education and demonstrations on “Good Hand washing”.

Loup Basin Public Health will be here at the school to give, “FLU” shots to the staff and students on October 17th at 9:30 a.m. to 11:30 a.m. Please check out the flier for the information. With this being said, “Good Hand washing”, and getting your “FLU” shot hopefully we can prevent flu outbreaks and prevent flu symptoms from occurring. Students should be kept home if they have a fever of 100 degrees in the previous 24 hours before school starts. Avoid contact with sick individuals if possible. Encourage students to cough or sneeze into their elbow or use a tissue. Avoid sharing food, utensils, cups, or water bottles. Avoid touching eyes, noses and mouth.

October we will also do Feed the Hungry. A flier will go out on what dates we will do this.

Making a Difference...



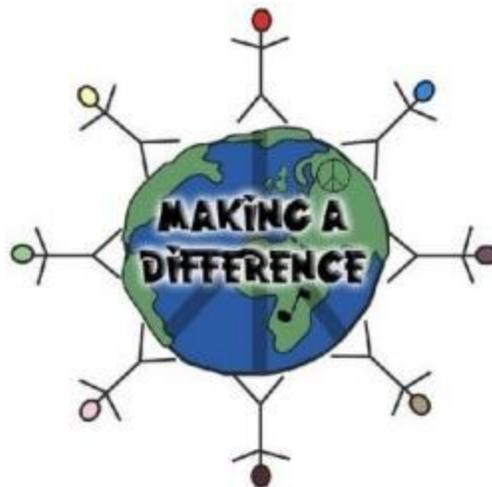
One can at a time!

We CAN Make a Difference

Week of October 13th - 19th

7th-12th Social Studies Civic project:
collecting cans to take to our local food pantry

The 7th - 12th Social Studies classes will be collecting cans/food items for the local food pantry. This is the 3rd year for the “We CAN Make a Difference” Civic project. Donations have increased every year and benefit many people right here in Sherman County. If you would like to donate please contact a 7th-12th student or call the school (745-0548) and leave a message for Paul or Kim Henry. They will make sure someone stops by to collect the items you wish to donate.



Visitors to School

As we move past the beginning of our school year into the meat of it we would like to share a procedure that may not have been followed closely in the past. It is our desire to keep all of our students safe inside and outside of our school buildings, to accomplish this we need to have all visitors and parents sign into the main office of each building. We will not be allowing anyone to be in the halls or visiting classrooms without first signing in at the main office.

We understand that the Primary building does not have a secretary in an office so we ask parents to contact the teacher via phone or email prior to coming to the classroom door so they are expecting you.

We want you to be a part of your child's education but we also hope you understand that we must ensure exactly who is in the building. We appreciate your understanding and your help in this endeavor.



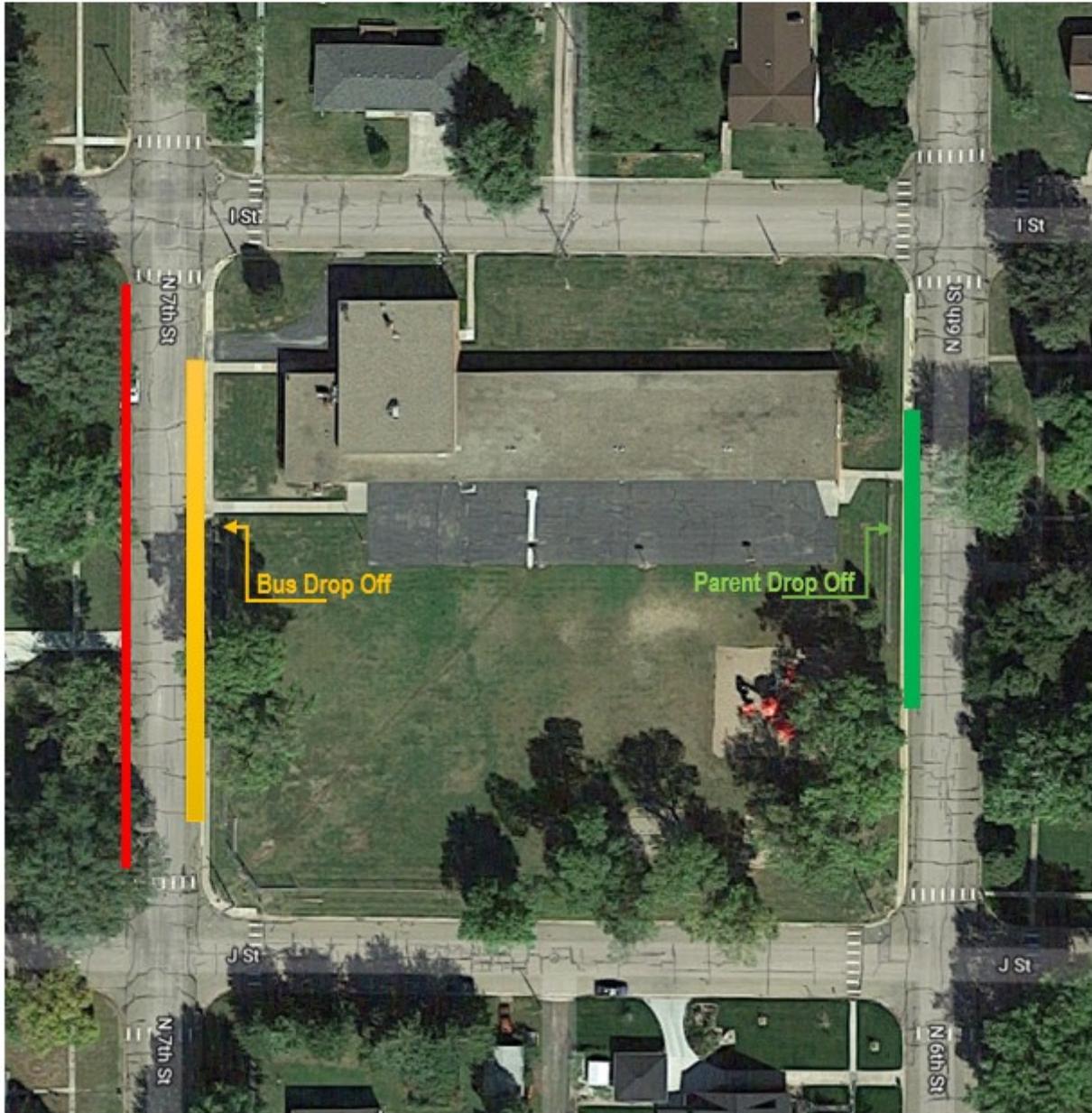
Reminder of Building Hours

**The K-2 building does not have a timed door system,
but the building doors are unlocked at the
multipurpose room at:
8:00am on Monday
7:45 am on Tuesday-Friday**

**3-12 Building
8:45 am on Monday
7:45am on Tuesday-Friday**

K-2 Building Drop Off and Pick Up

- Our buses begin drop off at 7:45 am and the bus path on the west side of the building needs to be for buses only from 8:45 to 9:10am on Monday and 7:45 to 8:10am on Tuesday thru Friday.
- Please help us make this process safe for our students by dropping off your children on the East side of the building.
- At the end of the day we ask parents to stay out of the bus lane.
- Please do not park on the west side of 7th Street and pass in front of the buses.



**DATES TO
REMEMBER:**

**9:00 AM Start on all Mon-
days**

October 11

Picture Retakes

October 17

End of First Quarter

October 18

No School
Professional Development
State Student Council

October 31

Halloween

Rebel Cross Country

Oct 8

LP Conf @ Ravenna

Oct 17

Districts @ Cambridge

Oct 25

State @ Kearney

**Rebel
Sports Schedules**

Rebel Football

Oct 4 Ansley-Litchfield @ Arcadia 7:00 PM

Oct 11 @ Burwell 7:00 PM

Oct 18 Amherst @ Loup City 7:00 PM

Oct 24 @ Elm Creek 7:00 PM

Oct 31 1st Round FB Playoffs

JV Football

Oct 7 North Central @ Bassett 6:30 PM

JrHi Football

Oct 7 Central Valley @ Wolbach 5:00 PM

Oct 21 @ Palmer 4:30 PM

Rebel Volleyball

Oct 1 Burwell @ Loup City 5:00 PM

Oct 3 Doniphan-Trumbull @ Doniphan 5:00 PM

Oct 8 @ Central City 5:00 PM

Oct 10 Ord @ Arcadia 5:00 PM

Oct 14-17 LP Conference @ Ord

Oct 19 ALC Rebel Tournament @ Loup City 10:00 AM

Oct 22 Pleasanton/T Loup @ SEM 6:00 PM

OCT 28-29 Sub Districts

JrHi Volleyball

Oct 1 Burwell @ Loup City 4:30 PM

Oct 8 Gibbon @ Loup City 4:30 PM

Oct 14 @ Ravenna 4:30 PM

Oct 21 Jr Rebel Tournament 2:00 PM

Rebel Girls Golf

Oct 1 @ Ravenna Invite 1:00 PM

Oct 3 Centura Invite @ Cairo 9:00 AM

Oct 8 Districts @ Indianhead

Oct 15-16 State Golf @ Columbus



GO BIG RED!

October 2019

LOUP CITY PUBLIC SCHOOLS

BREAKFAST



Breakfast includes: The choice of the main entrée or cereal, fruit, juice and milk. Service time: Mondays 7:45 to 9 a.m. for Elementary at eh elementary building 8:45-9:10 high school. 7:45 to 8:10 all other days.



In operation of school nutrition programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C. 20250



Monday



Tuesday

Wednesday

Thursday

Friday

BREAKFAST ON A STICK 1

FRENCH TOAST 2

SCRAMBLED EGGS AND A SAUSAGE PATTY (L TO L) 3

BAGEL WITH CREAM CHEESE 4

DONUT 7

SAUSAGE GRAVY OVER A BISCUIT (L to L) 8

BREAKFAST PIZZA 9

WAFFLE 10

COFFEE CAKE 11

POPTART AND YOGURT 14

BREAKFAST SANDWICH 15

PANCAKES AND SAUSAGE (L to L) 16

BANANA BREAD AND A CHEESE STICK 17

NO SCHOOL 18

CEREAL BAR 21

BREAKFAST WRAP 22

CINNAMON ROLL 23

FRENCH TOAST 24

APPLE TURNOVER 25

PBJ 28

BREAKFAST SANDWICH 29

DONUT 30

GROUND ROAD KILL WITH A BLOOD BASE SAUCE 31





LUNCH WILL CONSIST OF TWO MAIN ENTREES OR A CHEF SALAD, A LARGE SALAD BAR WITH A VARIETY OF FRUITS AND VEGETABLES AND A CHOICE OF MILK



OUR LOCAL TO LUNCH PROGRAM IS STILL PROVIDING MEAT PRODUCTS FOR OUR STUDENTS. IF YOU SEE A (L TO L) IN THE MENU THAT MEANS THE MEAT WAS PROVIDED BY LOCAL FARMERS.



Monday

Tuesday

Wednesday

Thursday

Friday

[Empty box for Monday lunch menu]

GRILLED HAMBURGERS OR HOT DOGS, BAKED BEANS (L TO L) 1

HAM OR CHICKEN FRIED STEAK, HOME GROWN MASHED POTATOES, CHEESY GREEN BEANS, WG TEA ROLL 2

CHICKEN STRIPS OR PULLED PORK SANDWICH AND OVEN POTATOES 3

TACO OR CHICKEN FAJITA 4

BREADED PORK SANDWICH OR HOT HAM AND CHEESE 7

ITALIAN DUNKER OR REBELUNZA 8

BBQ RIB SANDWICH OR FISH SANDWICH OVEN POTATOES 9

HAMBURGER GRAVY OR FLAVOR YOUR OWN CHICKEN OVER WG RICE 10

CHICKEN NUGGETS OR A DELI WRAP 11

BACON CHICKEN RANCH PIZZA OR SAUSAGE PIZZA 14

CHILI OR POTATO SOUP WITH A GRILL CHEESE SANDWICH 15

FRENCH DIP (L TO L) OR POPCORN CHICKEN AND OVEN POTATOES 16

WALKING TACO OR BREADED BEEF PATTY SANDWICH 17

NO SCHOOL 18

BREADED CHICKEN SANDWICH OR MEATBALL SUB 21

ENCHILADA OR CASO BLANCO CHICKEN ON FLAT BREAD 22

CHICKEN CORDON BLUE SANDWICH OR BBQ PORK SANDWICH AND OVEN POTATOES 23

HOT TURKEY AND CHEESE SANDWICH OR NACHOS 24

SPAGHETTI WITH MEATBALLS OR CHICKEN ALFREDO AND BREAD STICKS 25

DELI SANDWICH OR CHICKEN STRIPS AND OVEN POTATOES 28

BEEF AND NOODLES OR CHICKEN AND NOODLES OVER HOME GROWN POTATOES 29

CHICKEN ALFREDO PIZZA OR CHEESEBURGER PIZZA 30

MUMMY WRAP DOGS OR FLYING SAUCERS 31



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 VB-JV-C-JrHi vs Burwell @ Loup City 4:30p,5p,6p,7p GGLF @ Ravenna 1p	2	3 VB-JV @ Doniphan-Trumbull 6p,7p GGLF @ Centura 9a	4 FB vs Ansley-Litchfield (A) 7p ALC Booster Tailgate 6p	5 Harvest of Harmony SAT National Test
6	7 JV FB @ North Central 6p JH FB @ Central Valley 4p Late Start 9a JrHi VB w Gibbon @ LC 430p	8 FCLLA District Conference VB-JV-C @ Central City 7p,6p,5p CC @ L-P Conference @ Ravenna District GG @ Indianhead	9 Area Land Judging 9a	10 StuCo Mtg 730a VB-JV-C vs Ord (A) 7p,6p,5p Fire Prevention @ K-2 2:30p	11 FB @ Burwell 7p Picture Retakes	12
13	14 BOE Mtg @ 730p JH VB vs Ravenna 430p VB @ L-P Conf @ Ord Late Start 9a	15 State GGLF FFA Mtg 7p VB @ L-P Conf @ ORD	16 State GGLF PSAT Test VB @ L-P Conf @ Ord	17 District CC @ Cambridge End of Quarter 1 VB @ L-P Conf @ Ord	18 StuCo State Convention FB vs Amherst (LC) 7p No School –Teacher PD	19 VB @ ALC Rebel Tournament (LC) 10a Minden Bandfest 12p
20	21 JH VB Jr Rebel Tournament (A) 2p JH FB @ Palmer 4p Club's Choir Fundraiser – Band Late Start 9a	22 VB @ SEM/Twin Loup 5p	23 State Land Judging 9a	24 StuCo Mtg 730a Inventure Day 810a FB @ Elm Creek 7p	25 State CC @ Kearney Dress Rehearsal One Act 630p	26 ACT National Test
27	28 VB @ Sub-Districts Late Start 9a	29 PreACT Test 810a VB Sub-Districts	30	31 1st Round FB Playoffs Halloween		