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Inserts included in the hard copy newsletter are the menus and activity calendars. Menus and calendars may be found on the CV Home page. Please be sure to check the calendars online as changes may occur!



Fit in some exercise



Physical fitness contributes to school success. Regular activity is linked to both higher self-esteem and attentiveness.

Get creative and find fun ways to get your child moving. Suggest games like tag or Simon Says. Turn on some fast music and race to finish a chore. Or just stop by the playground on the way home.

From the Desk of Mr. Todd Beck



One of our recent Rockwood Summit High School (RSHS) graduates came back for a visit after a few months of college. His observation was that the course content was not a problem, but the most important aspect for success in college was actually time management.

The conversation stuck with me because I learned this same lesson the hard way from my own children as they embarked on their freshman year of college. My son said, “In high school, the bell rings and you simply go to the next class.” In college, he didn’t feel prepared to use the open time in his schedule in a productive way when he could choose to simply take a nap or socialize with friends.

This year, RSHS has expanded our view of what it means to be college and career ready, and our staff has identified “soft skills,” which we call “essential skills” to focus on schoolwide, including:

- Self-management
- Self-awareness
- Interpersonal skills
- Collaboration
- Communication
- Creativity
- Problem-solving

We have worked to integrate development in these areas—along with literacy and technical skills—across the curriculum. Our staff identified these skills from our study of CASEL’s work on social and emotional learning; Framework for 21st Century Learning; and the “Redesigning the High School Experience” report conducted for our district by Hanover Research.

RSHS, like most other high schools, has fantastic opportunities for students to develop these essential skills in a robust offering of extra-curricular activities. We also have some unique opportunities for students to hone their skills through meaningful long-term projects in and out of the classroom such as our student-run radio station and our biofuel project, where our chemistry students make fuel from recycled kitchen grease to power a truck they converted to diesel, district lawn equipment, and even a school bus. We also have new cross-curricular courses including Geometry in Construction, where our students are partnering with a faith-based charitable organization to build a tiny house that will be used as transitional housing for homeless people, and an AMPED class where students apply Algebra I skills to their student-run business. Our freshman seminar students do “genius hour” projects as the frame for their library orientation. I could create a huge list of innovative projects and assignments that

students engage in through individual classes and activities.

I am very proud of our school; however, I am keenly aware that these rich opportunities are not part of every student's day at our school. The truth is that the majority of our students move between seven unrelated classes, and their work is done between bells or on their own at home. When every minute of our school day is scheduled and planned for students, it's difficult for them to truly develop those essential skills that we know they need to be college and career ready no matter how well-planned those minutes are.

Our role as school leaders is to cultivate more innovative learning experiences and provide less structured environments in order to help students develop these essential skills. Our goal is for every student to be able to make independent choices to support their own learning and take control of their own education.

How does your school develop these essential skills for all students?

Renee Trotier, EdD, has been a teacher, instructional coach, and administrator in the Rockwood School District for 25 years. She currently serves as the principal of Rockwood Summit High School and has been recognized as the Principal of the Year by the St. Louis Association of Secondary School Principals as well as the Missouri Association of Secondary School Principals. Follow her on Twitter @RSHSPincipal.



Keep social media safe, fun

Social media is a big part of many students' lives. It can have positive effects, but used recklessly it can damage self-esteem and academic performance. Monitor your child's social media use, and remind her that

- Nothing is private. Even if she only communicates with people she knows, they can share her posts with others.
- Social media makes it easy to hurt someone. Posting negative things about people is a form of bullying.



Promote regular organizing

Take notes in class won't help your teen if he can't find them when he needs them. Organization routines make studying easier. Have your teen:

- **Clean out his backpack** on Fridays. He should file school papers in a different colored folder for each class.
- **Attach sticky notes** to books and items that he needs to remember to bring home from school.
- **Organize at night.** Everything he needs to take to school—lunch, gym shoe, earbuds, etc.—should go into his backpack the night before.

Principal's Desk
Central Valley Elementary
Mrs. Connie Shafer

During the month of November we give thanks for another harvest, our education, family, friends, and co-workers. This month our students, and staff will be focusing on the character trait, "Gratitude". The meaning of gratitude is simply expressing thanks for anything we have received.

There is research consistent with the thought that people who demonstrate high levels of gratitude do better on cognitive tests and tests of problem solving skills. They practice healthier habits, have better relationships, are more optimistic and live longer. Gratitude is one powerful emotion!

How do we cultivate gratitude in ourselves and our children? Developing gratitude is surprisingly easy. Here are 4 solid methods:

1. Keep a gratitude Journal. Every day or so, write about the good things that happened to you that day. Try writing in a journal daily for 3 weeks and see the results!
2. Write a letter of appreciation. Express your gratitude to people who have helped you, particularly those who have helped you without special reward. We are touched by others every day.
3. Make a gratitude list. This can often be a quick pick-me-up. Set a goal of listing 100 things you have to be grateful for, and then keep adding to your list until you reach that number. Some days it is hard to get started, but persistence pays as the longer list pushes us to examine our blessings more deeply
4. Take a gratitude walk. This method works a little like the list in that you have a set time period of the walk to focus on deepening your gratitude. The movement of a walk can help the brain and heart to work better. Each day the transition from work & school to home can be a good transition time to, for example, take a deep breath, look up to the sky, and commit to

thinking of something in your life deserving of gratitude. Ask your children each day, as you are going through these transition times, to also take a deep breath, look up to the beautiful sky, and state what in their day is deserving of gratitude.

Take the time to help children develop an attitude of gratitude and we can all enjoy a happier life.

What can you do to let your child's bus driver, school nurse, kitchen staff or teacher know that you are thankful for the support they offer?

Attendance Matters, Even on Wednesdays! Too many absences, excused or unexcused, can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track and put them behind. Leaving early on a Wednesday, even though it's the early release day can negatively impact your child's education. Students who miss too much school score lower on tests in every state and city tested. Chronic absence affects all kids, and not just the absent ones.

May you all enjoy your time off during the Thanksgiving holiday.

Important dates to remember in November:

- ◆ **Nov. 3- Daylight Savings Time**
- ◆ **Nov. 11- Veterans Day program** at 9:30 in the elementary gym
- ◆ **Nov. 13- No School** District One Act at the Scotia site.
- ◆ **Nov. 18-** Ms. Bennett's 4th grade will entertain at the North Loup Community Dinner
- ◆ **Nov. 27- Dismissal at 1:30** for Thanksgiving Break



The first grade classes had many exciting events that they enjoyed during the first quarter. We participated in the homecoming parade, went to the pumpkin patch, and visited the Scotia Fire Department.

Along with these fun activities, we have been working hard in the classroom as well. In first grade, we have been busy focusing on fluency passages, our new writing curriculum, and exploring how animals and plants survive in the wild. We are looking forward to many more exciting events both in and out of the classroom. After interviewing the students, here are their responses to their favorite 1st grade memory and fall activity.

Name	Favorite 1st Grade Memory So Far	Favorite Thing About Fall
Colin Berney	Writing in the Science notebook	Making a pile of leaves and jumping in them
Wyatt Privoznik-Bloom	Playing outside at recess	Jumping in the leaves
Eli Carrier	Learning about offspring in science	Picking out a costume for Halloween
Zach Jensen	Handwriting	Football
Cayda Landers	Seeing Mrs. Callan	Carving pumpkins with my family
Joanah Nordhues	Writing stories	Carving pumpkins
Coltyn Patrick	Math	Playing in the leaves
Jack Ryan	Math	Halloween
Kashlyn Samway	Making the food defense in	Halloween
Priscilla Sandoz	Pumpkin Patch	Raking leaves and jumping in the pile
Jentry Dugan	Science - Learning how ani-	Halloween
Korbin Gilmore	Handwriting	Raking and jumping in the leaves
Reed Gotchall	WIN time because I get to	playing flag football
Wyatt Hansen	Math Facts	Football
Lauryn Rosander	Pumpkin Patch	Halloween
Corey Schrader	Keyboarding	Halloween
Mason Shoemaker	Firestation	playing in the leaves and harvest
Mason Truax	Shurley English Jingles - Hot	Flag Football
Zethan Wolf	Pumpkin Patch	Playing in the leaves
Rylan Wood	Pumpkin Patch	Halloween

First Grade Photos
Mrs. Kacia Callan and Mrs. Julia Wood,
Teachers



Back row l-r: Zethan Wolf, Wyatt Hansen, Corey Schrader, Mason Truax, Reed Gotschall, Jentry Dugan, Rylan Wood, Lauryn Rosander, Korbin Gilmore, Mason Shoemaker

Front row l-r: Jonah Nordhues, Coltyn Patrick, Jackson Ryan, Zach Jensen, Cayda Landers, Kashlyn Samway, Colin Berney, Wyatt Privoznik-Bloom, Eli Carraher



Back row l-r: Daryl Jorgensen, Tori Wadas, Jethro Koehn
 Third row l_r: Zethan Wolf, Reed Gutschall
 Middle row L-r: Lauryn Rosander, Jentry Dugan, Mason Truax
 Front row l-r: Korbin Gilmore, Wyatt Hansen, Mason Shoemaker, Corey Schrader



L-r: Mason Shoemaker, Jackson Ryan, Wyatt Hansen, Mason Truax

School Closings/Delays



At various times during the school year, the administration is called upon to make decisions to cancel or delay the start of school due to inclement weather. Regardless of the information sources the superintendent utilizes, this continues to be one of the most difficult decisions to make each year. In making weather related decisions, the superintendent always weighs the educational necessity of having students in attendance on a regular basis against the potential safety risks of having students in school when the weather is inclement. The superintendent will always attempt to error on the side of student safety. As a parent, you can always exercise your right to keep your child at home if you feel the weather conditions cause an unacceptable safety risk for your child. Please contact the school, as soon as possible, if you make the decision to keep your child home due to weather related safety concerns.

Whenever school has a non-scheduled closing, early dismissal, or a late start, parents/students will be contacted through our school alert system, which also includes Facebook, Twitter and is posted on the news section on the CV Home Page. We will also use this communication tool if we need to provide important information to parents and students regarding school operations. We have found this system to be very effective in communicating with parents and students in a very timely manner.

The superintendent will always attempt to make a weather related school closing or late start prior to 6:00am. If possible, the superintendent will attempt to make this information available for the 10:00pm news broadcast prior to the effected day.

Weather related school closing information will be carried on television stations WOWT 6 News NBC Omaha, KOLN/KGIN Channels 10/11, NTV/KFXL Channels 13 and 4, Channel 8 KLKN-TV and KNLV Radio Station. Please call the school at (308) 428-3145 or 245-3201 with any concerns or





On October 23-25, 8th-grade student Kendra Cargill and her Computer Applications teacher Michelle Grint attended Code Crush in Omaha on the UNO Campus.

Code Crush is an iSTEM immersion experience for girls. Over 100 students applied, and only 32 were chosen to attend. Code Crush shows girls the innovative world of IT. The goal is to inspire girls to take a deeper look at Information Technology through hands-on experiences in bioinformatics, IT innovation, music technology, and cybersecurity.

Kendra was able to tour Baxter Arena behind the scenes, create her own music at UNO, and toured various businesses around Omaha. The businesses included Silverline, FiServe, CRi, From Now On, and Travel and Transport.



Mrs. Karen Reynolds and Mrs. MaryAnn McQuillan, Coaches

Hey Cougars! Speech Team is looking forward to another dynamic year with veterans and new talent!

Kicking us off for a great season, please come to the informational meeting on Monday night, November 11th at 7 p.m. in the CV High School library. Treats for all!

Students and parents are urged to attend as we unveil our schedule and expectations for a spectacular 2020 season!!

Author: School Social Work Association of Nebraska

Central Valley Social Worker Highlighted by Association

Central Valley Social Worker, Ann Holley, was "Highlighted" by the School Social Work Association of Nebraska for the month of October! The following was released by the SSWAN. Keep up the good work Ann!



OCTOBER SCHOOL SOCIAL WORKER SPOTLIGHT

Facts:

- Works with students PK-12th grade
- This is her 2nd year as a School Social Worker
- One thing on her bucket list is to visit Ireland.

Highlight of your school social work career:

- The ability to work in a small district setting. Growing up in rural Nebraska, I feel fortunate to return to work in the rural area for a very supportive district.

*CV Social Worker Highlighted continued:***Why are you a member of SSWAN?**

- Being a member of SSWAN allows me to maintain connections with other social workers in the school social work field. As a small, rural district, I am the only social worker on staff, so having the ability to connect with other social workers through SSWAN has been invaluable.

Favorite Motto:

- "Fair isn't everybody getting the same thing. Fair is everybody getting what they need in order to be successful."

**Library News**

Fall is a busy time in the library. Thank you to all who visited the Scholastic Book Fair, making it the largest in the history of Central Valley! Together you raised over \$1,400 worth of books for our libraries!

October 11, Peg Sundberg visited the elementary school. Peg writes the Cowgirl Peg book series. Peg entertained students with some of her books. She was able to share her love of writing and her reason for writing her books with students in kindergarten through sixth grade. The photo includes Cowgirl Peg and her dog, Hitch.

**Sora**

The Overdrive program associated with the library has changed. Sora is an online reading app students can use on their devices, iPad, Kindle or phone. In order to use Sora, you need to go to <https://soraapp.com> Next it says find my school, our school name is NOT there. Go to the link at the bottom of the screen. Click on: **I have a setup code**. Type: **neschoolsne** Then click on the Educational Service Unit 10 (district).

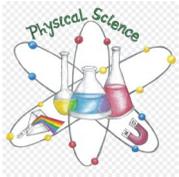
Now, type in your school email and then enter. Kindergarten through eighth grade can use their lunch code @cvps as their password to check out a book. High school students will need help from Kathy to change your password. Please let either Mrs. Boyce or Kathy know if you are interested in using the online reading app. This will take practice to use, but it is access to ebooks and audiobooks. If you are a student waiting to read a certain book this gives you an extra copy. The ebook is checked out like a real book. You only have access to it for two weeks. If you finish early you should return the ebook, so others can read it. If you are using a Kindle, you need to check it out on a computer and send it to the Kindle to read it.

Golden Sower Books

The Golden Sower Contest is Nebraska's state contest and the winners are chosen by students. Librarians across the state pick ten books for each category. There are three different categories for students to vote in. There is a picture book, a chapter book and a novel list, each containing ten books. Students interested in voting need to read four books off the same list by April. Students interested in voting on their favorite book need to let Mrs. Boyce know. This is your opportunity to have a voice and nominate your favorite book. The Golden Sower books are available in our libraries. Each Golden Sower book I have read has been very good. Make time for a book!

I'm currently reading Shine by Chris and J.J. Grabenstein. Next, I am reading The Loser's Club by Andrew Clements and The Vanderbeekers of 141st Street by Karina Yan Glasser. I can't wait to read Scythe by Neal Shusterman!

Central Valley Librarian, Mrs. Angie Boyce



Mrs. Rachel Lueck, Instructor

The 9th grade Physical Science classes have been learning about force and momentum. To help them better understand the concept, they had the opportunity to design a device that would minimize the force on an object during a collision. Each group was given a styro-foam cup, an egg, and a small piece of saran wrap. They were also given a "\$210 budget" to collectively spend on materials that would provide the best protection for the "passenger" egg in a collision. Among the materials available were popsicle sticks, string, pipe cleaners, a small piece of bubble wrap, tape and straws.

After they drew up a diagram of their designed plan and ensured its cost fit within their budget, the groups set to work making sure their "passenger" egg would be safe in its capsule during a collision. Their designs were very creative, and I was really pleased to see some of the innovative ideas the students came up with. My only stipulation was their egg had to "see" outside its capsule.

To test each design, the capsules were attached to a small rolling cart. The crash test involved the carts being rolled down a wooden ramp from three different heights into a concrete barrier. After each collision, we checked to see if the egg was either cracked or broken. The students were relieved to see that each of their design capsules survived the collision test and their "passenger" was unharmed.

To finalize their project, the groups had to gather and analyze their data, calculate the velocity and momentum of their crash tests, and draw conclusions about how they could have better designed their capsule.

For many of these students, thinking through the design process and applying it to a real life situation helped them realize the importance of science and the role it plays in nearly every aspect of our lives. This activity also drove home the importance of using vehicle safety features every day.



L-r: Morgan Rosander, Chance Ackles, Kalli Schumacher



L-r back row: Tori Bonge, Tanner Landers, Logan Studley, Montana LaCost

L-r front row: Stetson Bottorf, Bo Pokorny, Aiden Freeman, McKade Pribnow, Joe Bykerk



L-r: Chance Ackles, Cohen Grossart, Zandar Wolf, Connor Baker

Happy Thanksgiving

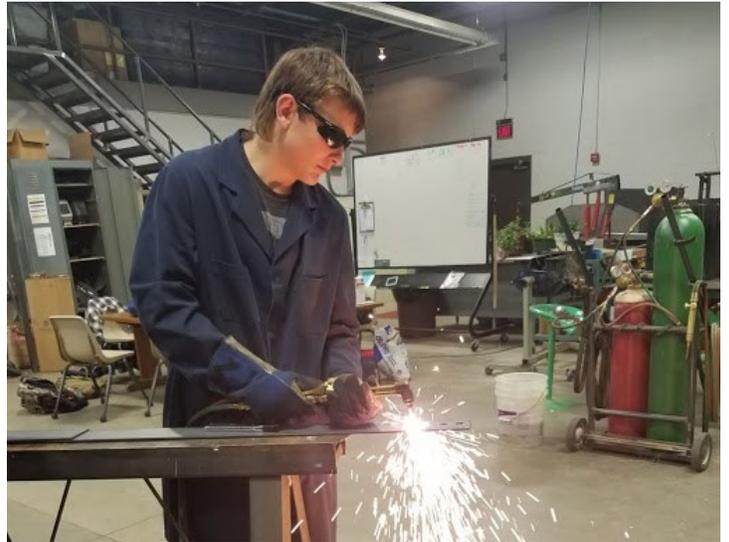
Agriculture Department

Animal Science students have been learning about the different phases of the beef industry. Today they processed calves focusing on vaccines, implants, parasites and nutrition to finish their Backgrounding Unit!

Casey Landers and Kerrigan Burk are practicing their metal cutting skills using an oxygen/acetylene torch. Casey and Kerrigan are in the Ag Mechanic Class.



L-r: Carly Johnson, Demi Daniels and Mrs. Dugan



Casey Landers



L-r: Madison Young and Kilee Ackles



Kerrigan Burk

ON SALE NOW
through November 6

Dough will be delivered before Thanksgiving.
Contact the school or any Junior to place an order.

Thank you for supporting the Class of 2021!!



Teen Driver Safety Day

During National Teen Driver Safety Week, Central Valley FCCLA hosted a Teens in the Driver Seat Safety Day, on October 22, 2019. Central Valley is one of three Nebraska schools to receive the “Respect the Rig” program.

The program was provided by the Teens in the Driver Seat (TDS) and National Highway Safety Transportation Council. Joining the CV team for the days events were Shannon Barkwell, Teens in the Driver Seat coordinator from Texas A&M Transportation Institute and Jeanne Bietz, Nebraska HHS Community Health educator and Nebraska TDS director.

America’s Road Team captain, Rhonda Hartman, a 37-year veteran truck driver with 2.8 million accident and ticket free miles with Old Dominion Trucking Company, educated students on “Respect the Rig”. Students learned about semi truck safety distances, blind spots, signage and had the opportunity to sit in the driver’s seat to actually observe (or not) vehicles in the danger areas.

In the second station of the safe driver experience, seatbelt safety was provided by Nebraska State Trooper John Kroeger. He showed the students the Patrol’s rollover simulator, emphasizing what happens in a rollover accident when they do and do not use their seat belt.

At the third station, school bus safety was the topic, with traffic cones and a lot of caution tape as visuals, students were able to visualize the 10 foot safety zone around all sides of the bus plus the additional 15-20 foot zone for the stopping area when the STOP arm is displayed. Students were reminded of the driving laws when the amber and red lights are active and participated in a bus evacuation drill.

The final station had students playing cornhole while wearing “drunk or sleep deprivation” goggles. Amid laughter, students were able to experience the loss of depth perception and reaction times while throwing and catching the bean bags.

The CV TDS team also had the assistance of community partners that provided materials, personal time, monetary donations and door prizes for the event.

A HUGE Thank You goes out to:

The National Safety Council of Nebraska, Nebraska TDS, Nebraska State Patrol, Denise Wray-State Farm Insurance, Bomgaars-St. Paul, Country Market, Country Partners Cooperative, Henderson State Bank, Dick’s Auto, Malmstrom Agronomics, Shoemaker Hauling, Village of Greeley, Greeley Fire Department, Greeley County Sheriff Dept., NDOR-Greeley, Jim Johnson, Randy Dutcher, Bob Wood and CV administration, faculty and staff.

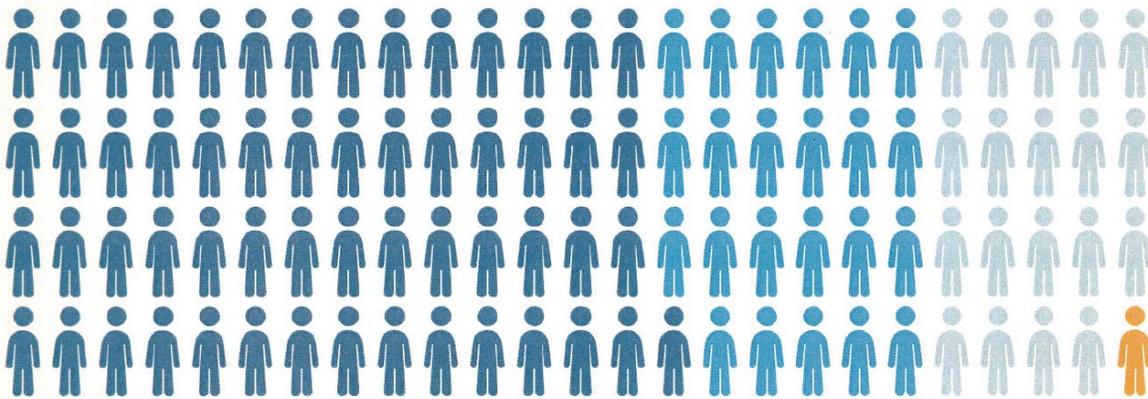


LEARN THE
FACTS
PLAY IT SAFE
schoolbusfacts.com

fact:
**THE SCHOOL BUS IS THE
SAFEST WAY TO TRAVEL
TO AND FROM SCHOOL**

YOUTH FATALITIES DURING SCHOOL TRAVEL HOURS

NHTSA FARS 2005 TO 2013 (FINAL), 2014 ARF



TEEN DRIVER: **57%** ADULT DRIVER: **23%** OTHER TRAVEL: **19%** **SCHOOL BUS: <1%**



*My choice...
their ride.*



Students are about 70 times more likely to get to school safely if they take the school bus instead of traveling by car. Factor in the environmental and financial benefits, and it's hard to find a reason to send kids to school any other way. Find out what you don't know about school bus ridership. Learn the facts and play it safe. Visit schoolbusfacts.com for more information.



**LEARN THE
FACTS**
PLAY IT SAFE
schoolbusfacts.com

fact:
**MOTORISTS WHO ARE CARELESS
AROUND THE SCHOOL BUS
PUT CHILDREN IN DANGER**

DANGER ZONE SAFE DRIVING PROCEDURES

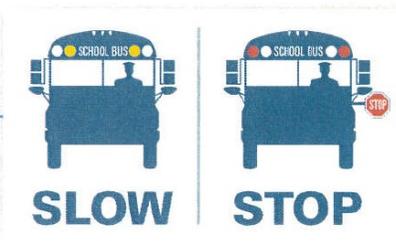
NATIONAL CONGRESS ON SCHOOL TRANSPORTATION



DANGER ZONE
MOTORISTS SHOULD NOT BE WITHIN
A 10-FOOT RADIUS AROUND ALL
SIDES OF THE SCHOOL BUS.
**10 FOOT
RADIUS**

STOP ZONE
STOP AT A SAFE DISTANCE AWAY FROM THE
SCHOOL BUS WHEN THE STOP ARM IS OUT AND
THE FLASHING RED LIGHTS ARE ON.
**UP TO
25 FEET**

WHEN A SCHOOL BUS IS PRESENT
TRAVEL SLOWER AND FARTHER AWAY FROM THE SCHOOL BUS.
SLOW DOWN WHEN THE FLASHING YELLOW LIGHTS GO ON.
**SLOW
DOWN**



PASSING VEHICLES CAUSE
AN ESTIMATED TWO-THIRDS
OF SCHOOL BUS LOADING AND
UNLOADING FATALITIES.

MORE SCHOOL-AGE
PEDESTRIANS ARE KILLED FROM
7 - 8 A.M. AND 3 - 4 P.M.
THAN ANY OTHER TIMES OF DAY.



Motorists risk children's lives when they fail to stop for the school bus as it loads and unloads its passengers. Yet it's estimated that over 10 million drivers illegally pass school buses every year. To keep children safe, start by learning the laws in your state. It's illegal to pass a school bus within the roadway as it drops off or picks up passengers—regardless of the direction of approach. Remember that there is no "safe" way to illegally pass the school bus, so be cautious when sharing the road with it. Finally, let others know that putting kids' lives at risk is not OK. Report aggressive drivers and spread the word by sharing material found at schoolbusfacts.com. Take a pledge to brake for the school bus.





CENTRAL VALLEY CROSS COUNTRY

RESULTS 2019/2020



MEET:	ALBION	LOUP CITY	CENTRAL CITY	ORD
	5000M	5000M	5000M	5000M
DISTANCE: JH	2200M	2 MILES	3K(1.8)	2000M
DAKOTA LACOST				
XCPP	15	0/15	2/17	4/21
PLACE:	118/133	53/51	170/172	78/82
TIME:	25:46	31:11	34:45	27:11:00
18/19	30:19	31:48	DNP	29:49:00
17/18	27:21	30:57.9	30:50.2	30:56:00
GABRIEL JACOBSEN				
XCPP	61	24/85	57/142	
PLACE:	72/133	27/51	115/172	DNP
TIME:	21:08	23:29	22:16	
18/19	24:51	DNP	25:07.05	23:06
	UNK	GOLDENROD CONF	DISTRICT	STATE
DATE:	8-31-18	9-6-18	9-13-18	9-21-18
	5000M	5000M	5000M	5000M
		1.5 MILES		
DAKOTA LACOST				
XCPP	13/34	10/44	8/52	
PLACE:	253/266	28/38	87/95	
TIME:	32:41.7	27:21.80	26:02	:
18/19	27:40.6	27:59	27:19	
17/18	28:58.6	*23:42	26:23	
GABRIEL JACOBSEN				
XCPP	96/238	17/255	56/311	
PLACE:	170/266	21/38	56/95	
TIME:	24:58	23:05.29	21:05	
18/19	22:45.4	22:53	22:27.50	
	PERSONAL BEST TIME			
	BEST TIME FOR MEET			
	IMPROVED TIME FROM PREVIOUS YEAR			

* 17/18 CONFERENCE DISTANCE NOT A FULL 5000M

By Coach Kathleen Rakness

DISTRICT CROSS COUNTRY

The Central Valley Cross Country Squad finished out the season by participating in the D-2 Cross Country Meet held in Hastings on October 24.

Cross Country continued from page 13

HS Boys:

Gabriel Jacobsen: 21:05, 56th /95 (Personal Best)

Dakota LaCost: 26:02, 87th /95(Improved time from last year)

Both Cougar XC athletes improved their times throughout the season. Dakota had his best times in 5 of the 7 meets this year and Gabriel had his best times in 4 of his 6 meets this year.

XC Pride Points: (number of runners passed in each of the meets)

Gabriel Jacobsen: 311

Dakota LaCost: 52

Both athletes also ran their personal bests this year:

Gabriel Jacobsen: 21:05 at District in Hastings

Dakota LaCost: 25:46 at the Boone Central Invite

The communities of Central Valley can be very proud of these athletes.

The Cougar Cross Country squad will miss senior athlete Dakota LaCost (6-year participant.)



L-r: Dakota LaCost and Gabe Jacobsen

JH Volleyball

Coaches Michelle Grint and Jodie Wood

Central Valley Jr. High Volleyball team completed their season with a 1st place finish at the Arcadia/Loup City tournament. We had 12 girls that participated this year and each one of them made tremendous improvements to their own goals. Even more improvements as a team. The overall goal for the team was to improve on our court awareness, communication skills, fluency in movement, and timing on our offense.

The season record does not provide a positive reflection on the ability of the girls, but the level of volleyball that they played during the last tournament to take home the 1st place finish does.

Great Job Lady Cougars!



Back row l-r: Callie Wadas, Taylor Sliva, Lexi Johnson, Olivia Martinez, Mia Butcher

Middle row l-r: Kendra Cargill, Natalie Poss, Morgan Johnson, Jenna Baker, Mattie Schumacher

Front row l-r: Piper Shepard, Emma Corman



© Can Stock Photo





Quarter 1

*Indicates all A's

SENIORS

*Kilee Ackles
Alyssa Dehart
Maya Dehart
Tristan Klein
Christina Lauria
Miranda Pribnow
Kensey Wadas

JUNIORS

*Cayton Butcher
Larista Barner
Taryn Barr
Trevor Cargill
McKenzie Johnson
*Jackson McIntyre
Kyle Nekoliczak
Ty Nekoliczak
Olivia Nelson
Danielle Wadsworth
*Ashlyn Wright

SOPHOMORES

Kerrigan Burk
*Airalee Evans
*Carly Johnson
Neleigh Poss
*Dilynn Wood
*Madison Young

FRESHMEN

Chance Ackles
Laura Crome
*Taya Engel
Cohen Grossart
*Kennady Holley
Tamryn Klein
Ty Landers
Morgan Rosander
Kalli Schumacher
*Zandar Wolf

EIGHTH GRADE

Mia Butcher
*Kendra Cargill
Alexis Johnson
Dierks Nekoliczak
*Natalie Poss
*Piper Shepard
Treyven Straka

SEVENTH GRADE

*Emma Crome
Canon Holley
Morgan Johnson
Cooper Perrott
Taesian Soto
Callie Wadas
Zaden Wolf





10th Annual Girls' Night Out



Join the Central Valley Class of 2022

on

Saturday, Nov. 16 at the

Central Valley Elementary Gym in Scotia

6:00-8:30pm

**Tickets are \$10 in advance or \$15 at the
door.**

**Contact any 10th grade student for
advanced tickets.**

**Your ticket includes one drink, dessert
buffet, appetizers, your chance to win, and
have a fun evening with friends.**

**It's a great way to get a head start on your
Christmas shopping, buy locally, and
support the CV 10th grade class as they
begin to earn their way to Washington D.C.**

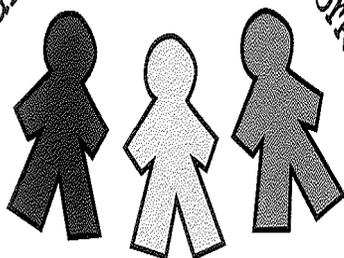
Hope to see you there!



IT'S NEVER TOO EARLY

To ask questions
about your baby's
development

Early Development Network



Babies Can't Wait

CALL TOLL FREE
1.888.806.6287

All children develop at different rates.
Listed below are some guides to see
how your child is developing.

0-1 YEARS

- ✓ Holds head up by four months
- ✓ Picks up objects by six months
- ✓ Responds to sounds by six months
- ✓ Makes some of the sounds made by others by nine months
- ✓ Uses furniture to pull self to standing position by 12 months

1-2 YEARS

- ✓ Holds out arms and legs while being dressed by 18 months
- ✓ Points to objects he/she wants by 18 months
- ✓ Walks without help by 18 months
- ✓ Says two words by 18 months
- ✓ Drinks from a cup by two years
- ✓ Shows one body part (eyes, nose) when asked by two years

2-3 YEARS

- ✓ Speaks in 2-3 word sentences by three years
- ✓ Walks up and down stairs without help by three years
- ✓ Plays with an adult by three years
- ✓ Undresses self by three years
- ✓ Asks some questions by three years
- ✓ Speaks so non-family members understand most words by three years

For your questions or concerns contact your
doctor, your local school district or call

NEBRASKA CHILDFIND
1.888.806.6287