

# FILLMORE CENTRAL NEWSLETTER

## EVENTS

### DECEMBER 7TH

1:05/1:20/1:35 Dismissal

### DECEMBER 12TH

Board of Education  
Meeting 7:30 PM

### DECEMBER 20TH

1:05/1:20/1:35 Dismissal  
END OF  
QUARTER/SEMESTER

### DECEMBER 21ST - 31ST

No School



## DISTRICT NEWS

### MR. CUMPSTON

We have had a fantastic beginning of the year. We have larger numbers of students participating in our middle and high school athletics and activities, we have had several state qualifying individuals and teams, and we have had more assignments turned in on time, an increase in academic performance, and better attendance in all three buildings. We are excited to see how our winter teams and activities continue with outstanding performances. Thanks to everyone that is involved with our students and thanks for your continued support of our students and staff! Students and activities benefit when we have strong partnerships.

### Christmas Break Information

Our last day of school is on Tuesday, December 20th and students return to school on Thursday, January 5th. December 20th is an early dismissal day with students being dismissed at the elementary at 1:05, middle school dismissed at 1:20, and the high school at 1:35. We have our last athletic events prior to the break on Tuesday, Dec. 20th as well. The NSAA Moratorium runs from December 23rd – December 27th. On these dates, no activity group or athletic team should meet for any reason, either to practice, watch film, have planning sessions, etc. Watch for more information with regards to sports and activity practices over the break. This year's Basketball Holiday tournament is at Shelby on Dec. 28th and 29th, and we are hosting a Varsity/JV Wrestling tournament on Friday, December 30th.

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## Faculty Gift Reminder

We always look forward to the 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 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 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.

I hope that you and your family are able spend time together and really enjoy the upcoming Christmas Break!



Congratulations to the Fillmore Central Mock Trial team as they have qualified for this year's state competition in Omaha. Fillmore Central competed against Norris and Lincoln Pius, respectively. This marks the 4th time in 5 years that Fillmore Central mock trial has qualified for state. State will be held on Monday, December 5th and Tuesday, December 6th in Omaha.

# Elementary Updates

## MR. VELEBA

### WINTER PROGRAM

The elementary winter program will be at the high school on December 19th at 7:00pm. The students will rehearse for the program during the school day on December 19th. 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 (302-759-3184).

### 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.



### UPCOMING EVENTS

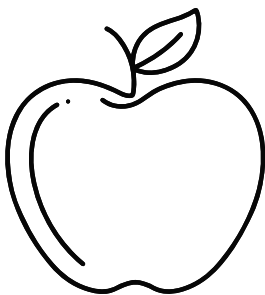
- Wednesday, December 7th, 1:05pm Dismissal
- December 6th – 15th, Winter Benchmark Assessments in Reading and Math
- Monday, December 19th, Elementary Winter Program at FCHS
- Tuesday, December 20th, Last Day of the 1st Semester Dismissal @ 1:05pm
- Wednesday, December 21st through Wednesday, January 4th, No School
- Thursday, January 5th, Classes Resume

## 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 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 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.



## 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.*

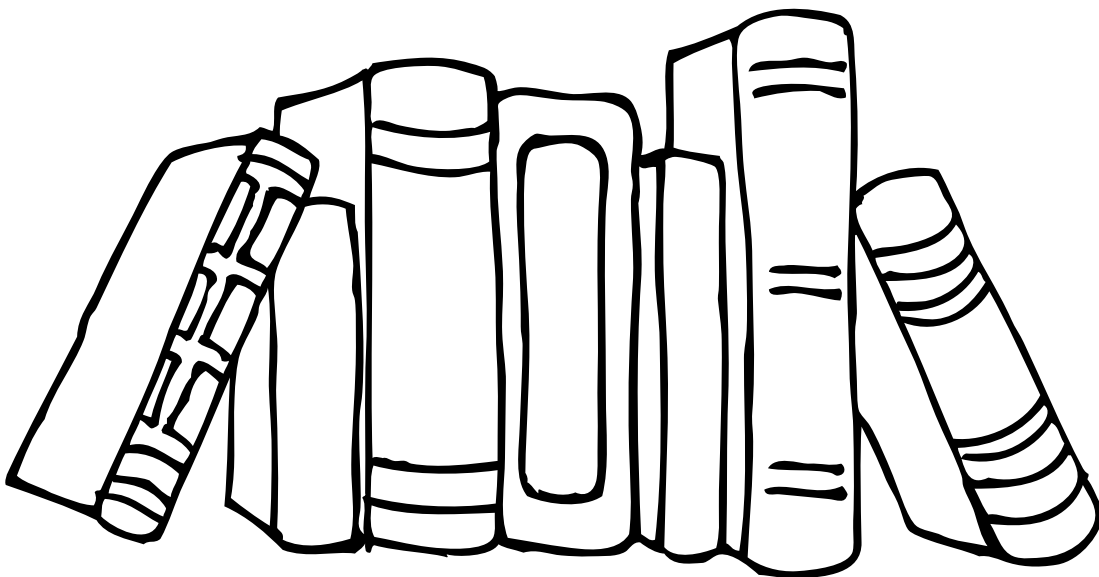
*There is no cost to families.*

### 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).

Borrowed from: “*Nebraska’s Young Families*”





# Middle School News

## MRS. LAMB

### Early Dismissal -- December 7

There will be a 2-hour early dismissal on Wednesday, December 7, to enable our staff to engage in professional development. These early dismissals each month allow our teachers and staff to learn new strategies to help improve student performance.

### End of the 1st Semester

The end of the first semester is quickly approaching. The middle school will dismiss at 1:20pm on the final day of the semester, December 20. Based on our Grading for Learning Policy, any assignments recorded as “Incomplete” will be converted to a “zero” in the gradebook on Monday, December 19th. 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 1:20 PM on Tuesday, December 20, for winter break. School will resume with a full day of classes on Thursday, January 5, 2023. All Fillmore Central facilities will be closed from December 23 – December 27 due to the NSAA Moratorium.

### Winter Concert

Please join us on Monday, December 12 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.

### Colder Weather

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.

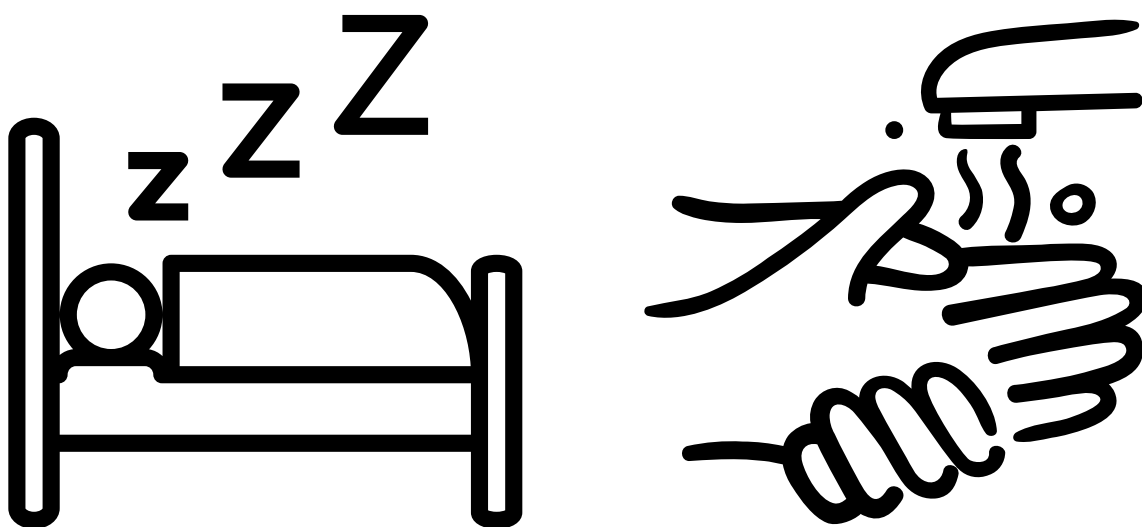
**Below are some suggestions that may help your student, your family members, and others to stay healthy and avoid prolonged absence from school, work, etc.**

### **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.



# High School News

MR. THEOBALD

## Finals Schedule

Semester finals will take place on Dec. 16th and 19th. December 15th is a designated review day. Plans are also being made for a MS/HS end of semester “friendly competition” day on Tuesday, December 20th.

## Striv

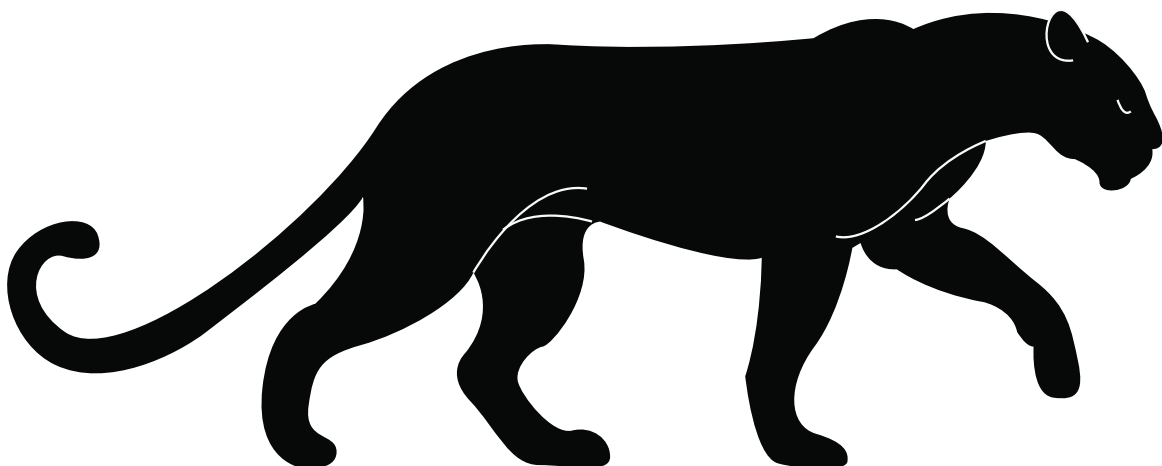
We will once again be doing our best to have all of our winter sporting events and concerts live streamed on our Striv page. We may not be able to provide audio/commentary for all games, but we will do our best to ensure that the video portion of these events are streamed. Please reach out to us if you have any concerns or trouble with Striv, and we will do our best to help. As long as you have a good internet connection, everything should work well.

## Band/Choir Winter Concert

The annual Winter Band and Choir Concert will take on a slightly different format for this year. In working with the music department and looking at how busy the school calendar is in December, and also taking into consideration gym availability, we are going to hold both the middle and high school concerts on Monday, December 12th at the high school. The exact time schedule will be shared via social media in the coming days, once everything has been finalized.

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

**GO PANTHERS!!!**





# Student Spotlight



Photo Credits: Brittney Patterson

Mrs. Patterson took her personal finance students on a tour of some local houses for sale on November 9th. The goal of the house tour was for students to get a look at the home buying process.



Photo Credits: Sheila Lauby

Fillmore Central hosted a Veterans Day Program on November 11th. The program featured guest speaker Marty Seward. Three Quilts of Valor were presented by Phyllis Schoenholz and Nancy Powers.



Photo Credits: Sheila Lauby

FC One Act Cast Members with their 2nd place trophy at the SNC Play Competition.



Photo Credits: Kenna Marchand

The High School ICU Blitz Challenge for November was Pumpkin Bowling.



Photo Credits: Brittney Patterson

Mr. Verhage's Homeroom posing with all their donated food for the FBLA food drive.

# DECEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pulled Chicken Sandwich Baked Beans	2 Pizza Lettuce Cookie
5 Chicken Sandwich Green Beans Tri Taters	6 Chili Cinnamon Rolls Carrots	7 Deli Sandwich Lettuce Chips	8 Chicken Fajita Mixed Vegetables Lettuce	9 Hamburgers Baked Beans
ES & HS 12 Lasagna, Garlic Toast Green Beans MS Hamburger Gravy Mashed Potatoes Green Beans	13 Crispitos California Blend Vegetables	14 Corn Dogs Tri Taters Mixed Vegetables	15 Chicken Noodle Soup Carrots	16 Hot Ham Sandwich Cheesy Broccoli
19 Chicken Fried Steak Mashed Potatoes & Gravy Corn	20 Pulled Pork Sandwich Green Beans Chips	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

# DECEMBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast Bites	2 Biscuits & Gravy
5 French Toast	6 Muffin Fruit Parfait	7 Breakfast Sandwich	8 Breakfast Bites	9 Biscuits & Gravy
12 French Toast	13 Muffin Fruit Parfait	14 Breakfast Sandwich	15 Breakfast Bites	16 Biscuits & Gravy
19 French Toast	20 Muffin Fruit Parfait	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

Cereal, fruit, juice, yogurt and milk served daily at all schools for breakfast. All Schools serve fruit, vegetables and milk daily for lunch.

Salad Bar available Middle and High School only

Breakfast Grades K-4 \$1.75 Grades 5-12 \$1.75 Adults \$1.75 Prices Subject to change

Lunch Grades K-4 \$2.80 Grades 5-12 \$3.10 Adults \$3.65, \$3.05 at the Elementary School Prices Subject to change

Menu Subject to change. For the most up to date Lunch Menu go to [www.fillmorecentral.org](http://www.fillmorecentral.org) and click the Lunch Menu button.

This institution is an equal opportunity employer.

# FILLMORE CENTRAL DECEMBER 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				<b>1</b>	<b>2</b> JV GBB @ Milford 4:30 PM JV BBB @ Milford 4:30 PM V GBB @ Milford 6:00 PM V BBB @ Milford 7:30 PM	<b>3 JH GBB Tournament @ FC HS 8:30 AM</b> B WR @ Friend 9:00 AM G WR @ O'Neill 9:30 AM <b>JV GBB vs. Fairbury 2:30 PM</b> <b>JV BBB vs. Fairbury 2:30 PM</b> <b>V GBB vs. Fairbury 4:00 PM</b> <b>V BBB vs. Fairbury 5:45 PM</b>
<b>4</b>	<b>5</b> <i>JH GBB @ Sandy Creek 4:00 PM</i> <i>JH WR @ Tri County 6:00 PM</i> Reserve BBB @ York 6:30 PM	<b>6</b> <b>JH GBB vs. Deshler 4:30 PM</b> G WR Dual @ Wahoo 5:00 PM	<b>7</b> Early Dismissal 1:05/1:20/1:35 PM	<b>8</b> State One Act B WR Triangular @ Fairbury 5:00 PM JH GBB @ Milford 6:00 PM	<b>9</b> JV GBB @ Freeman 4:30 PM JV BBB @ Freeman 4:30 PM V GBB @ Freeman 6:00 PM V BBB @ Freeman 7:30 PM	<b>10</b> <b>ACT Test</b> B WR @ Osceola 8:30 AM G WR @ West Point Beemer 9:00 AM JH WR @ Centennial 9:00 AM JV GBB @ Centura 2:30 PM JV BBB @ Centura 2:30 PM V GBB @ Centura 4:00 PM V BBB @ Centura 5:45 PM
<b>11</b> One Act Encore Performance 1:30 PM @ Rialto II Theater	<b>12</b> <b>Band/Choir Concert</b> <b>MS 6:30 PM</b> <b>HS 8:00 PM</b> <b>School Board Meeting 7:30 PM</b>	<b>13</b> JH GBB vs. Thayer Central 4:00 PM JV GBB vs. Thayer Central 6:15 PM ( 2 Quarters only) V GBB vs. Thayer Central 7:45 PM	<b>14</b>	<b>15</b> V G WR @ York 4:30 PM JV WR Triangular @ York 4:30 PM V B WR @ York 4:30 PM	<b>16</b> G WR @ Wahoo 4:00 PM JV GBB @ Adams Central 4:30 PM JV BBB @ Adams Central 4:30 PM V GBB @ Adams Central 6:00 PM V BBB @ Adams Central 7:30 PM	<b>17</b> B WR @ Logan View 9:00 AM JV GBB vs. Wilber Clatonia 4:30 PM JV BBB vs. Wilber Clatonia 4:30 PM V GBB vs. Wilber Clatonia 6:00 PM V BBB vs. Wilber Clatonia 7:30 PM
<b>18</b>	<b>19</b> <b>Elementary Music Concert 7:00 PM</b>	<b>20</b> Early Dismissal 1:05/1:20/1:35 PM JV GBB @ St. Cecilia 4:30 PM JV BBB @ St. Cecilia 4:30 PM V GBB @ St. Cecilia 6:00 PM V BBB @ St. Cecilia 7:30 PM	<b>21</b> <b>NO SCHOOL</b>	<b>22</b> <b>NO SCHOOL</b>	<b>23</b> <b>NO SCHOOL</b> <b>NSAA 5 Day Moratorium</b>	<b>24</b> NSAA 5 Day Moratorium
<b>25</b> NSAA 5 Day Moratorium	<b>26</b> <b>NO SCHOOL</b> <b>NSAA 5 Day Moratorium</b>	<b>27</b> <b>NO SCHOOL</b> <b>NSAA 5 Day Moratorium</b>	<b>28</b> <b>NO SCHOOL</b> V GBB & BBB Tournament @ Shelby-Rising City Girls 11:00 AM Boys 12:30 PM	<b>29</b> <b>NO SCHOOL</b> V GBB & BBB Tournament @ Shelby-Rising City Girls 11:00 AM Boys 12:30 PM	<b>30</b> <b>NO SCHOOL</b> V GBB & BBB Tournament @ Shelby-Rising City Girls 9:00 AM Boys 9:00 AM	<b>31</b> Speech Mock Meet

Schedule is subject to change. For the most up to date information please visit [www.fillmorecentral.org](http://www.fillmorecentral.org) and hit the Events-R School button on the home page.