

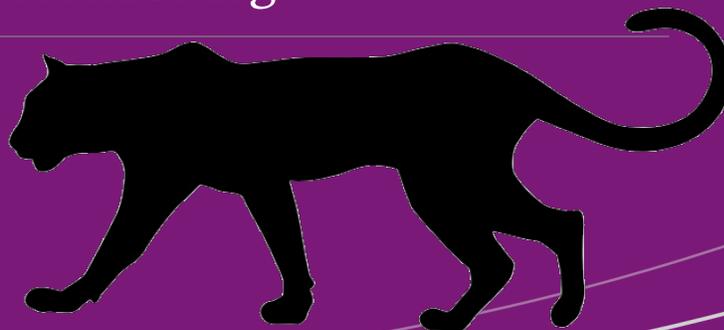
Fillmore Central Public Schools

www.fillmorecentral.org

High School: 402-759-3141

Middle School: 402-268-3411

Elementary School: 402-759-3184



District News

It was nice to see family over the holiday break. It is hard to believe that we are halfway through the 2019-2020 school year. I would like to take a moment and wish all of you a happy and productive new year!

School Board Service

Fillmore Central has just completed its first year with a six-member Board of Education. In the November 2020 election, Fillmore Central will have four board seats up for election; those seats are currently held by PJ O'Connor, Christin Lovegrove, Jana Schelkopf, and Mike Motis. Incumbents have until February 18th, 2020 to file for re-election. Non-incumbents have until March 2, 2020 to file.

If you are interested in serving the school district as a board member, I would encourage you to file at the County Clerks Office. If you need any further information, please contact the Superintendents Office at 402-759-4955.

School Calendar for 2020-21

Currently the Fillmore Central Steering Committee is working on a school calendar for the 2020-2021 school year. The calendar will be presented to the Board of Education, with possible adoption at the February Board Meeting. We will have the new calendar up on our website and in the newsletter by March 1.

Events

- Jan. 1st - 3rd No School – Winter Break
- Jan. 6th No School -Teacher Workday
- Jan. 7th First Day of Second Semester & K-4 2nd quarter report cards sent home with students.
- Jan. 13th School Board Meeting 7:30 PM High School Library
- Jan. 20th No School – Teacher Workday

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.



Fillmore Central Public Schools is excited to welcome Josh Cumpston as the new superintendent for the 2020-2021 school year. We look forward to Mr. Cumpston and his family joining the community this summer.

Warm wishes to everyone in the Fillmore Central School Community,

I am looking forward to joining you this summer. My wife Allene and I have three children. Katie is graduating from Wichita State in May and will be attending Dental School in Lincoln. Trevor is a freshman at Wichita State and Tyler is a sophomore in high school at Silver Lake.

I have lived and worked most of my life in central and south central Nebraska. I began teaching in Hastings at Hastings Middle School and coached wrestling and football at Hastings High. My first administration job was as the 7-12 principal at Blue Hill where I was also the football coach. I returned to Hastings and was an assistant principal at the high school and later the principal at the middle school. We spent seven years in Central City where I served as the superintendent/principal at Nebraska Christian Schools and most recently have been the superintendent at Silver Lake Public Schools.

We are eager to get to FC and meet everyone. A strong sense of community is important to us and from everything I've heard, read, and witnessed through the interview process, it seems that it is important to you as well. I am excited to get the chance to work with you.

Go Panthers!

Josh Cumpston



High School News

Spring Testing

March 24th will be our spring testing date for the ACT and MAPS. All juniors will be taking the ACT and all 9th and 10th grade students will be taking the MAPS assessment. It is very important that all students are in attendance on this date, so please mark your calendars and plan accordingly. More information will be shared with students and parents as we get closer to the test date.

ICU Update

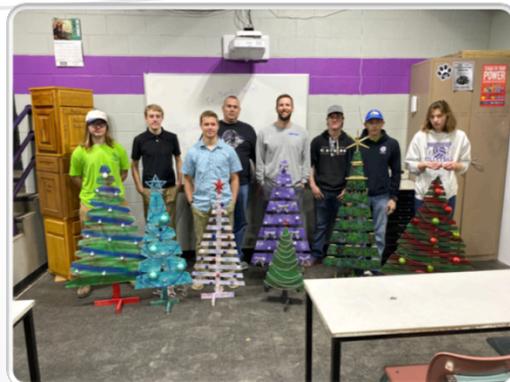
As we have now been through one semester of our ICU, my hope is that we have increased communication between students, parents and teachers regarding assignments and school work in general. Our goal when we implemented this program was for every student to complete every assignment, all in a quality manner. The data collected to date indicates that we are making strides, but still have some work to do.

3rd Party Advertising

I have included information in previous newsletter articles over the past couple of years regarding 3rd party advertising, but felt the time was right to share again. We have some 3rd party organizations, from out of state, that call and solicit sponsorships for t-shirts, water bottles, banners, etc. These organizations ask that you donate, and in return, they provide the school with t-shirts and other small items, free of charge, for us to distribute as we see fit. While we as a school we appreciate this, we certainly do not expect anyone to feel obligated to participate. These companies claim to be soliciting funds on our behalf, but we have not provided that consent. If you as a business would like to donate to the school, and ensure that 100% of funds are directly benefiting our students and staff, please feel free to contact us directly and we can arrange something for you. In the end, local businesses can donate as they see fit, but I just want to make sure no one feels obligated to donate, especially when solicited from a third party vendor that is not local. Feel free to contact me if you have any questions.

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

GO PANTHERS!!!



FCHS Give Back Day

If you were in the downtown area on the morning of December 20th, you may have received a candy cane with a kind message. This was just one of ways students gave back to the community during the annual Fillmore Central High School Give Back Day. Several students gathered hygiene items from donation boxes at local businesses, purchased additional items, & took them to Blue Valley. Another group of students went to Heritage Crossings, where they enjoyed playing Bingo with the residents. Christmas cookies were baked, decorated, & plated by a group of students & staff. Crafty & creative students created homemade Christmas cards. A talented volunteer made Christmas trees out of pallets that were then decorated by students to be delivered to area businesses. A small group of students went to Rialto Theater to do some cleaning & rearranging. Another way students gave back was going to the elementary school. There they were able to assist in some of the classroom holiday parties and activities. Sowing Seeds Academy children & FCHS students spent their time together making gingerbread houses, coloring, & playing games. Some of the NHS/StuCo members stayed behind to set up for the afternoon activities. After lunch all the students reported to the gym where the NHS/StuCo group hosted the staff playing Jeopardy and Volleyball. The students enjoyed popcorn and their entertainment. Check out pictures from all the activities on the Fillmore Central Public Schools' Facebook page.

Middle School News

1st Semester Report Cards

Middle school report cards for the 1st semester will be mailed to parents after Friday, January 10, 2020.

2nd Semester Begins

Classes will resume for all students on Tuesday, January 7, 2020. This will begin the 3rd Quarter and 2nd Semester

Middle School Wellness Day

On Tuesday, January 7 the middle school students and staff will participate in a wellness day. The day will consist sessions throughout the day that will focus on educating them on items that affect their personal health and well being. Some examples of the session are – seat belt safety and distracted driving, myplate/healthy eating habits, fitness circuit, conflict management, screen time/social media to name a few. All of the sessions will take place at the middle school and the normal transportation schedule will be followed.

8th Grade Graduation

As fast as the 1st semester past by, it will not be long before we will be preparing for 8th grade graduation. The ceremony is an opportunity to honor our 8th grade students for their academic work during their years at the middle school. The 2020 8th Grade Graduation Ceremony will be held on Wednesday, May 20 beginning at 2 p.m. The normal bus and supervision routines for a 3:20 dismissal will take place. More information will be sent home in the spring.

Screen Time

Prior to the onslaught of desktop, laptops, and other mobile devices parents just needed to concern themselves with the amount of TV time their student would watch a day. The American Academy of Pediatrics has recently updated their guidelines for limits on exposure of children/students to ‘digital media’ or screen time. Here are some of recommendations taken from the study:

- Designate ‘media-free times together’. This should include dinners, driving, and media-free areas at home like bedrooms. These limits will encourage more face-to-face conversations and create more of an intimate bond.
- Keep bedrooms free of tech devices will aide in your child in getting better sleep and monitor its safe use.
- Set time aside to allow for video games and other online activities with your child.
- Demonstrate how to properly use digital media for communication and not just entertainment.

Adopt-A-Family

Mrs. Jenni Stengel and Student Council (S.W.A.P.) members once again assisted in collecting items for the Fillmore County Blue Valley. Individual PRIDE classes brought 1,329 pounds of items requested by Blue Valley to assist families in meeting daily needs. The winning PRIDE group will be recognized and receive a prize. This is the 13th consecutive year that our students have participated in this event. Each year it has been a huge success. I am extremely proud of the generosity that our students and staff show, and the leadership that Mrs. Stengel demonstrated for this useful activity.

Middle School News (con't)

Getting Back Into The Routine

Starting school after a long holiday break is similar in many ways to the start of the school year. It is important to get back into the routine of school as soon as possible once the 2nd semester starts. Below are some reminders that you might find helpful as you work to establish a routine that helps your student to be successful in and out of school.

- Go to bed at a reasonable time each night. A young person’s body and brain are busy all day and they need a lot of rest at night to recover from the day and to prepare for the next day.
- Get up early enough so that you’re not rushed in the morning. Students who get up late and give themselves “just enough time” will start their day under unnecessary stress and confusion. “Bad mornings” lead to “bad days.”
- Get up and go to bed at the same time each day and night. Try to be consistent with the time you go to bed. By going to bed each night at the same time, you will fall asleep faster and experience more rest throughout the night. Again, try to get up at the same time everyday. You will feel more rested and ready to start your day by keeping the time you get up consistent.
- Eat Breakfast. By eating a breakfast with a healthy balance of carbohydrates, proteins, and fats children feel more energetic at the start of the day and generally perform better all day long. You would never attempt a long commute to work with an empty gas tank in your car; avoid sending your children to a long day of school without breakfast.



6th graders wrote and created books that they shared with the 4th graders.

- Organize clothes and school supplies (bag, books, homework, etc.) for each day the night before. This will avoid adding unnecessary stress to the morning and it will ensure that your student comes to school prepared each day.
- Maintain a healthy routine during breaks and weekends. Often students see breaks such as holiday breaks and summer breaks as an opportunity to stray from their normal routine. This might include such things as staying up later than usual, sleeping in, or poor nutritional choices. These types of breaks in routine can negatively impact a student once they return to school. Encourage a balanced, healthy routine for your student when they are on break from school. The best way to get into an effective routine is to never stray from an effective routine.

Elementary School News

UPCOMING ELEMENTARY EVENTS AND CALENDAR INFORMATION

- January 6th, No School, Teacher workday
- January 7th, Students return
- January 7th, 2nd quarter report cards sent home with K – 4 students
- January 20th, No School, Teacher professional development

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.

WHEN REVIEWING YOUR CHILD'S REPORT CARD.....

- Accentuate the positive, no matter how small it may be. Without encouragement, your child may give up.
- Be calm and talk to your child about what he thinks the problem may be.
- Talk about how things can be better. Let your child know how grades are important for their future.
- Make a plan with them. Some suggestions: do homework earlier; contact your child's teacher; have a parent or adult check over the work before it is handed in.
- Look behind the grade. Could it be an eye problem, attention disorder, learning disability, hearing difficulty? Is there something happening at home or at school (socially) that could be affecting academic performance?
- Encourage your child to always try his best – regardless of the grade earned.

SIX WAYS TO IMPROVE YOUR CHILD'S BEHAVIOR AT HOME AND AT SCHOOL

Everyone wants children to be well-behaved in school. But today, parents and teachers are often concerned about a lack of self-discipline in students. When classroom instruction is continually interrupted by students who misbehave, no learning can take place. Students need a quiet, orderly environment in which to grow and learn.

Good discipline begins at home. Here are some ways you can help your child develop self-control:

1. Know the school rules and regulations. Talk to your child about them and be sure to support them.
2. Take an active interest in your child's activities, both in and out of school.
3. Talk to your child's teachers about how she behaves in school.
4. Talk to your child about the importance of self-discipline at home and at school.
5. Show respect for your child and she will be more likely to respect herself and others.
6. Encourage independence. Give your child a chance to take part in making the decisions that affect her life.

Reprinted with permission from the January 2014 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2013 The Parent Institute®, a division of NIS, Inc.



Fillmore Central Public Schools
School Calendar

"I believe that education is all about being excited about something. Seeing passion and enthusiasm helps push an educational message." - Steve Irwin

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No School	2 No School 3:00/5:30PM JV/V Girls Basketball vs. Hastings St. Cecilia 4:15/7:00PM JV/V Boys Basketball vs. Hastings St. Cecilia	3 No School	4 9:00AM V Wrestling at Fillmore Central Speech Mock Meet
5	6 No School - Teacher Workday	7 2nd Semester Begins	8	9 4:30/6:00PM JV/V Girls Basketball at Central City 4:30/7:45PM JV/V Boys Basketball vs. Central City	10 2:00PM V Wrestling at Tri County 7:00-10:00PM FBLA MS Dance at DT Gym	11 Speech at Adams Central 9:00AM V Wrestling at Tri County 1:00/3:30PM JV/V Girls Basketball at Superior 2:15/5:00PM JV/V Boys Basketball at Superior
12	13 School Board Mtg 6:00PM R Girls Basketball vs Central City 7:15PM R Boys Basketball vs Central City	14 4:30/6:00PM JV/V Girls Basketball vs Malcolm 4:30/7:45PM JV/V Boys Basketball vs Malcolm	15 FFA District Leadership Development Events at York	16 4:30/6:00PM JV/V Girls Basketball vs Heartland 4:30/7:45PM JV/V Boys Basketball vs Heartland 5:00PM V Wrestling at Centennial	17	18 Speech at Raymond Central 10:00AM V Wrestling at Gibbon
19	20 No School - Teacher Workday 4:30PM JH Boys Basketball vs. Tri County 6:00PM R Girls Basketball vs. Adams Central 7:15PM R Boys Basketball vs. Adams Central	21 4:30PM JH Boys Basketball vs Hastings St. Cecilia	22	23 5:45PM R Girls Basketball at Milford 5:45PM R Boys Basketball at Centennial	24 3:30PM V Wrestling at Thayer Central 4:30/6:00PM JV/V Girls Basketball at Tri County 4:30/7:45PM JV/V Boys Basketball at Tri County	25 Speech at Thayer Central 1:00/4:00PM JV/V Girls Basketball vs Lincoln Christian 2:30/5:45PM JV/V Boys Basketball vs Lincoln Christian
26	27 4:30PM JH Boys Basketball at Centennial 4:30PM JV Wrestling at Weeping Water 6:00PM R Girls Basketball at Wilber-Clatonia 7:15PM R Boys Basketball at Wilber-Clatonia	28 4:30/6:00PM JV/V Girls Basketball vs Centennial 4:30/7:45PM JV/V Boys Basketball vs Centennial	29	30	31 4:30/6:15PM JV/V Girls Basketball at Gibbon 4:30/7:45PM JV/V Boys Basketball at Gibbon	

JANUARY LUNCH				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
NO SCHOOL	ELE/HS Lasagna Broccoli Grapes Middle School Honey Mustard Popcorn Chicken Salad Morning Glory Muffins Taco Soup	Fish Potatoes Vegetables Fruit	BBQ Pork Sandwich Potatoes Vegetables Fruit	Pizza Romaine Lettuce Pears Fruit Crisp
13	14	15	16	17
Walking Taco Lettuce Salsa Sour Cream	Goulash Garlic Bread Mixed Vegetables Peaches	Elementary Peanut Butter & Jelly Sandwich MS and HS Philly Steak Sandwich Potatoes Cereal	Chili Cinnamon Roll	Hot Dog Potatoes Baked Beans Pineapple
20	21	22	23	24
NO SCHOOL	Crispito Salsa Sour Cream Lettuce	Beef & Cabbage Roll Broccoli Mixed Fruit Cookie	Chicken Fajita Fajita Vegetables Oranges Cookie	Hamburger Potatoes Baked Beans Peaches
27	28	29	30	31
Chicken Tenders Potatoes Mixed Vegetables Applesauce	Deli Sandwich Chips Lettuce Tropical Fruit	Ham Mashed Potatoes Corn Watermelon	Chicken and Noodle Soup Green Beans Pears Cake	

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

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 - \$1.65 (All) Senior High/Middle School Lunch - \$3.00 Elementary Lunch - \$2.65 Adult Lunch - \$3.50

This institution is an equal opportunity provider.

Early Development Network Services Coordination



What is Early Development Network Services Coordination?

Services Coordination helps families of children with special needs below age three:

- Find services to meet developmental, educational, financial, health care, child care, respite care and other needs
- Work with multiple providers to make sure services are provided as needed

Why is Service Coordination Needed?

Nebraska families of children with special needs have found it difficult to locate needed services for infants and toddlers with disabilities and then to coordinate the services with the providers.

Who is Eligible for Services Coordination?

Eligible families are those with an infant or toddler below age 3 who has a disability or developmental delay and qualifies for special education through the public schools.

Year round services coordination is provided.

There is no cost to families.

How Can Families Apply?

To request Early Development services for your child or to refer a child, call the local number below. With prior parental permission, referrals may be made by anyone who suspects a developmental delay in an infant or toddler.

CONTACT: Beth Lightwine at ESU6-Geneva office (225 North 17th, Geneva, 402-759-3143).