

Elkhorn Valley Schools



- Falcon Flyer -

December 2019

FROM THE DESK OF THE SUPERINTENDENT

By Darin Hahne

It is hard to believe the school year is already half over. The winter sports season is off to a successful start. As always, we will be hosting many events during the winter months. To ensure a safe and hospitable setting for everyone attending, we ask parents to please keep an eye on your children as they attend these events. We are excited to see so many younger students and children attend. Attending sporting events, concerts and programs helps to instill a sense of school pride and interest in extra-curricular activities. However, we also want to prevent accidents that could potentially happen when our younger children and students are running in and out of the gym and playing games in the lobby.

Since we are still in the middle of winter, I would like to remind everyone to take extra care while driving, especially after it snows. In closing, here's wishing you all a happy New Year. Keep in mind with every passing day of winter we are one day closer to spring.

CALENDAR CORRECTIONS

Please make the following additions or corrections to your January school activity calendar.

Friday, January 3: G/B basketball game will be played AT Randolph at 2:30 (not a home game).

Thursday, January 9: EV wrestling triangular will begin at 6:00 – not 7:00.

Saturday, January 11: Jr. Falcons will play during halftime of the varsity girls' and boys' games.

Saturday, January 18: Jr. Falcons will play during halftime of the varsity girls' and boys' games.

Thursday, January 23: NVC wrestling tourney at Niobrara-Verdigre. There will be NO wrestling quad at Central Valley.

Saturday, January 25: There will be a band supper during the home basketball game vs Boyd County. Serving will begin at 5:00 p.m.

Monday, January 27: JH G/B BB vs. Summerland at 5:00.

Tuesday, January 28: JV GBB at 3:45 at OCE – Clearwater. GBB and BBB varsity to follow.

Thursday, January 30: GBB vs. St. Ed is a HOME game at 6:00 – not away.

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www.elkhornvalleyschools.org/
402-368-5301 School Phone
402-368-5338 School Fax
402-368-2128 Bus Barn

DISTRICT FOOTBALL HONORS ANNOUNCED!!

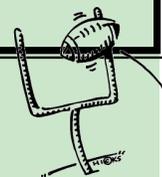
Congratulations to the following boys for receiving District Football Honors:

All District -

Braedyn Ollendick and
Adam Miller

Honorable Mention -

Caden Reikofski, Gavyn
Clause, and
Carter Rautenberg



Elkhorn Valley Wrestling Club

The Elkhorn Valley Wrestling Club will begin practicing on January 7th, 2020, with Preschool to 2nd graders practicing from 6:15 to 7:00 p.m. and 3rd through 6th grade practicing from 6:15-7:30 p.m. Practices will be Tuesdays and Thursdays from that point forward at the aforementioned times with the exception of January 9th due to the high school triangular at EV.

Please show your support to the EV high school wrestlers on January 9th during the triangular with Clearwater-Orchard and Madison. There will be exhibition matches for EV club wrestlers in grades 3-6. Please let Mitch Tegeler (402-649-0330) or Sam Johnsen (402-681-9329) know if your child is interested, or if you have any other questions about the club.

The EV Wrestling Club tournament will be on Sunday, February 9th, 2020!!

Serving the communities of the Elkhorn River Valley.

- **Purchase Yearbook Photos**

- SmugMug is up to date.

- **Personalized Memories from 2019-2020**

Yearbook photographs are now available for you to print, download or create keepsakes (magnets, stickers, coffee mugs, etc). Go to: evyearbook.smugmug.com or the **EV Yearbook SmugMug Photos** button under Quicklinks on the school website, to see all the images since the beginning of the school year.

There will be a band supper on January 25 during the home basketball game vs Boyd County. Serving will begin at 5:00 p.m.



JR. High BOYS' BASKETBALL

By Coach Meyer

Practice for the junior high boys' basketball team got underway on December 9. There are 24 boys participating this year! The 7th graders consist of Paxton Cleveland, Isaac Eckert, Elias Gusman, Jay Halsey, Trevis Halsey, Kale Larsen, Gabriel McFarland, Kellyn Ollendick and Easton Rystrom. The 8th graders going out are Kalub Beard, Blane Mollhoff, Nate Decker, Stevie Nelson, Kris Fernau, Dominic Ottis, Leevi Frey, Abe Rautenberg, Mav Hagemann, Mason Schaffer, Dawson Hansen, Waylon Warneke, Drew Hansen, Tristan Kallhoff and Layton Meyer. Games in January include: 1/11 (home vs Pierce @ 9:00), 1/16 (home vs. Boone Central, @ 4:00), 1/18 (AT Battle Creek @ 9:00), 1/20 (home vs. EPPJ @ 4:00), 1/27 (AT Battle Creek tournament TBA), and 1/31 (EV tournament TBA).



Seniors:

To commemorate your Senior year, the EV Yearbook needs FOUR photos from you!

1. Yearbook/Class Composite: Vertical (portrait) head and shoulders shot. No hands to the face and shoulders must be covered.
 2. Senior Slideshow: Any senior photo, horizontal (landscape) is best. Let your personality shine through!
 3. Slideshow Baby: Any baby photo, 0-2 years old.
 4. Slideshow Kid: Any photo age 3-12.
- Digital photos can be emailed to: mrs.suckstorf@elkhornvalleyschools.org
 - NO screenshots of professional photos.
 - If photos need to be scanned, please bring them to Mrs. Suckstorf in an envelope with your name on it and they will be returned to you.
 - Deadline: March 13, 2020

Please email Mrs. Rood or Mrs. Suckstorf with questions.

The Yearbook Class wants to thank the following businesses for supporting Elkhorn Valley Schools by purchasing yearbook ads.



Gold Level Sponsors

**Performance Transmission **Wilken Seed Supply
 **Branding Iron **VooDoo Tattoo

JANUARY IS NATIONAL MENTORING MONTH

January is National Mentoring Month so it is time to thank the Elkhorn Valley TeamMates who have committed to mentoring EV students for an hour or less each week if possible. Time spent is playing games, doing crafts, or just spending the time together to talk. At the present time there are 26 matches. Some of them have been in the program for 13 years and some have just begun. Thanks to Linda Evans, Jerry Fields, Jolene Larson, Ken Rittscher, Linda Douglas, Stuart Vaughn, Mary Rautenberg, Heather Suckstorf, DeVon Kuether, Amber Koch, Pat Decker, Linda Tuttle, Jim Nykodym, Loretta Nykodym, Terri Larson, Pat Magwire, Sone't

Smutny, Sarah Taake, Wes Prater, Cindy Bossard, Deb Navratil, Paula Howard, Boyd Batenhorst, Cori Hansen, Linda Tegeler, and Dave Rittscher. A few have taken time off after being in the program for over 10 years, they are Bill Ross, Susan Fields, and Kylie Eckert.



Last year, the mentors at EVS averaged 24 meetings with their match for the 2018-2019 school year. **THANK YOU ALL FOR MAKING A DIFFERENCE IN THE LIFE OF A STUDENT AT ELKHORN VALLEY!!!**

News from the School Nurse

By Jane Tegeler, RN

Sleep and Health

Adequate sleep contributes to a student's overall health and well-being. Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance. Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, type 2 diabetes, poor mental health, and injuries. They are also more likely to have attention and behavior problems, which can contribute to poor academic performance in school.

How Much Sleep Do Students Need? How much sleep someone needs depends on their age. The American Academy of Sleep Medicine has made the following recommendations for children and adolescents:



What can you do as a parent? Model and encourage habits that help promote good sleep. Setting a regular bedtime and rise time, including on weekends, is recommended for everyone—children, adolescents, and adults alike. Adolescents with parent-set bedtimes usually get more sleep than those whose parents do not set bedtimes.

Dim lighting. Adolescents who are exposed to more light

(such as room lighting or from electronics) in the evening are less likely to get enough sleep.

Implement a media curfew. Technology use (computers, video gaming, or mobile phones) may also contribute to late bedtimes. Parents should consider banning technology use after a certain time or removing these technologies from the bedroom.

RECIPES FROM THE NURSE

Chicken and Cream Cheese Roll-Ups—serves 16

- 4 boneless skinless chicken breasts (cooked and shredded)
- 1 (8 ounce) package cream cheese (softened)
- 2 Tablespoons onion (diced) - optional
- 1 (4 ounce) can mushrooms (drained)
- 2 (8 ounce) packages crescent roll dough

Preheat oven to 350 degrees F. Mix together cooked chicken, softened cream cheese, onion, and mushrooms. Roll out your crescents, place a heaping spoonful of chicken mixture on wide-end of crescent and roll it up. Place on large cookie sheet (I use my largest jelly-roll pan). Bake for 12-14 minutes (watch for the rolls to turn golden). These are also delicious served with chicken gravy.

Pecan Pie Chex Party Mix

- 8 cups Rice Chex
- 2 cups chopped pecans
- 1 cup brown sugar
- 1/2 cup butter
- 1/3 cup light corn syrup
- 1/2 teaspoon baking soda
- 2 teaspoons vegetable oil
- 2 cups white chocolate chips

Combine Rice Chex and chopped pecans in a large mixing bowl. Combine brown sugar, butter and corn syrup in a microwave-safe bowl and microwave on high for 2 minutes, stirring after 1 minute. Remove from microwave and whisk in baking soda. Pour over cereal mixture and gently toss until cereal and pecans are evenly coated. Spread mixture onto a baking sheet lined with waxed paper; let cool. In a microwave-safe bowl, combine vegetable oil and white chocolate chips. Cook on high for 2-3 minutes, stirring every minute until smooth. Drizzle melted white chocolate over cereal mixture and refrigerate until set. Break into pieces and serve. Store in an airtight container.



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