# Timber Tracks
# Exeter-Milligan Public Schools
# January, 2019

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**Holiday Basketball Tournament**
The girls and boys Holiday Basketball Tournament will be held at Roseland on December 27 and 28. Brackets are included in this newsletter.

**Exeter Public Library**
The Exeter Public Library will be having Story Time on Thursday, January 3rd at 6:00pm, they will also be having a kid's move on Friday, January 4th from 10:00am – 11:30am. ***All Children are Welcome***!

**Junior Parents:**
As you begin to plan doctor/dentist appointments for this semester, please keep in mind the juniors will be taking the ACT on Tuesday, April 2. This is a state mandated test so all juniors are required to take it that day. If you have any questions, please contact Mrs. Kovanda.

**School Closing Info...**
All notification of weather related late starts or school closing will be announced only at these media sites. Please tune in these stations to receive information updates:
-Television Station KLKN in Lincoln -- Channel 8
-Television Station KOLN-KGIN in Lincoln -- Channel 10/11
Announcements are also made through the ADT alert system that is sponsored by Generations Bank in Exeter.

**Cold Weather Information**
Please be sure your child comes to school dressed for the cold temperatures. Students should come to school with winter coats, hats, gloves, and boots when it begins to snow. This is very important especially for the elementary students because if the weather permits they will have recess outside. Also make sure your child's items are labeled with their name so they don't get lost.

**Thank You**
The Boosters would like to thank everyone who donated cookies for the Christmas Teas and a special thanks to those who worked during this busy time of year. We would also like to commend all K-12 students on their excellent performance at the Christmas concerts; and finally a big thank you to Mrs. Murphy on a job well done!

**Student Absences**
We are again asking that you notify the school by **8:30 AM** if your child will be absent or late from school. If you know in advance that your child will be absent, please send a note with your child prior to the absence. This is the most effective way for the school to monitor your child's attendance. If you do not know in advance or if your child is not in school by 8:45 AM we will make an effort to contact you as to the whereabouts of your child. When your child is absent if we do not speak to you personally or if you do not send a note your child will be considered UNEXCUSED

**Message from the School Nurse, Marilyn Pribyl, RN**

If your child is sick, please keep them home. We would like students to stay home until they feel better and have been without a fever for 24 hours.

***Signs & Symptoms you may be ill***: Fever – Headache – Aches in muscles or joints – unexplained tiredness – loss of appetite – nausea or vomiting – diarrhea – sore throat – nasal congestion – sore or inflamed eyes.

**Notice to Parents – Childfind**

This notice is to inform the patrons of the Exeter-Milligan District 01 that: Public Law 94-142 and State Rule 51 and 54 mandate that free appropriate public education is available to each handicapped child, years 0-21, who reside in a local school district. Handicapped children are defined as: Physically Handicapped, Visually Handicapped, Acoustically Handicapped, Speech Handicapped, Orthopedically Handicapped, Educable Mentally Handicapped, Behaviorally Impaired, Specific Learning Disabled, Mentally Retarded, Multi-Handicapped, Home and Hospital Bound. (By reason, thereof, require special education and related services.) If you feel that your child may qualify under any of the above categories please contact Paul Sheffield Superintendent, Exeter-Milligan Public School District #01, Exeter, NE. 402-266-5911.

## MUSIC NEWS

**Thank you** to everyone who attended the two concerts this month. The students and I appreciate your support! Thanks also to the basketball teams and coaches for helping with set-up and the teachers and students for being flexible with rehearsal schedules. I appreciate the high school choirs help with the elementary concert. Finally, thanks to Steve, John, Jackie, Melanie and Elly for their help with miscellaneous concert preparations.

**Congratulations** to the following students selected for honor groups:
Doane Vocal Festival - Caitlin Murphy
University of NE at Kearney Festival Band - Peytan Brandt
University of NE at Lincoln Winter Festival - Caitlin Murphy
Wayne State College Festival Band - Peytan Brandt & Braden Capek

**Good luck** to the following students who auditioned for the Meridian JH Honor Clinic:
*Band* - Savana Krupicka, Taylor Pribyl, Olivea Swanson
*Choir* - Devin Harrison, Troy Kallhoff, Jozie Kanode, Savana Krupicka, Taylor Pribyl, Andrew Vavra & Chase Vnoucek

**Upcoming Deadlines:**
Class D All-State Band & Jazz Band - December 21
CRC Honor Choir - January 11
CRC Honor Band - January 25

The **JH CRC Vocal Clinic** will be held in Hampton on January 28. The students will eat an early lunch before leaving the school. They should be dressed up for the day. There will be a 5 pm concert where the mass group will perform four songs and some of the individual schools will perform. Exeter-Milligan will not perform alone this year due to our circumstances. I hope we will be able to perform alone again next year. Students will have the choice between a sloppy joe meal or bringing their own supper. I will need to know their decision after break. We hope you can make it to the concert!

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Exeter-Milligan Public School does not discriminate on the basis of race, color, national origin, gender, marital status, disability, or age in admission or access to, or treatment of employment, in its programs and activities. the following person has/have been designated to handle inquiries regarding complaints, grievance procedures or the application of these policies of nondiscrimination:
Title: Supt. Paul Sheffield
Address: Exeter-Milligan Public Schools, Box 139. Exeter, NE 68351 Phone #: (402) 266-5911.

# December News from Mrs. Kroll

Now this is the law of the jungle,
As old and as true as the sky;

And the Wolf that shall keep it may prosper,
But the Wolf that shall break it must die.

As the creeper that girdles the tree trunk,
The law runneth forward and back.

For the strength of the Pack is the Wolf,
And the strength of the Wolf is the Pack!

-Rudyard Kipling-

# VIEW FROM THE FRONT OFFICE

Over the Christmas break, we will visit Karla's family in Phoenix, AZ. We are still fortunate enough to have the whole family together - Devin has completed his Army contract and Brett will have leave from the Navy. Before we know it, our kids will have families of their own and we will have to "share" the holidays. Another perk of gathering with Karla's family in AZ is the weather is usually wonderful, which always makes it very difficult to head back to Nebraska. However, it is nice to be back home in NE and away from all the hustle and bustle of the big city.

2019 – it seems so surreal to think we will soon celebrate the graduation of the class of 2019. This is the first class where ALL of the students were born in this millennium - none of them have 19-- in their birthdate. This only reinforces that I am truly becoming that "old guy" I always dreaded of becoming. Some day I will "embrace my oldness", but I am not to that point, yet!

As I prepare for the new year and develop my goals and objectives, I look back at what I've accomplished and also try to determine what I need to do to improve myself. It's always difficult to step back and take that critical look and be honest with myself on what I need to do to be a better administrator, father, husband, and overall human being. However, the only way to improve myself is to take this critical look and also enlist the help of others. I have used the phrase "admission is the first step to recovery" many times and this truly fits here. Admitting that I need others to help me improve is never easy, but it is necessary in order to move forward.

Not long ago, I received an email that asked a powerful question, "What did 2018 teach you?" I had this question in the back my mind all month and it was finally answered one night when I was surfing the Net. I came across Tim Tebow's interview during the 2009 Heisman Trophy presentation. During this interview he was asked what he enjoyed the most of the Heisman hype and college experiences. His answer was priceless - the relationships he has built throughout the years. He hit thenail on the head – the relationships. This answered my own question of what 2018 has taught me

and also seems to be a mantra I have written about for the past four months - it's all about the relationships!

As our family has made many new transitions this year, it has reinforced to us the power of relationships. Each family member has left behind relationships they will miss, but we are also excited about the new ones we will build. Our daughter Haylee said it right, "I will miss my old friends, but I will have the chance to make some new ones." There is the power of our choices coming through– choosing to use this experience as a way to build new relationships.

This past year has also taught me the power of past relationships. One quote that comes to mind and I have always appreciated is, "A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child." Nothing is more gratifying then having a previous student experience success, knowing that I may have played a small role in that person's life. Tim Tebow is right – it is all about the relationships.

So, what has 2018 taught you? Take some time to stop and reflect about what the past year has taught us and learn from it. If we faithfully practice this simple exercise to stop and reflect on what we have learned, some amazing things can happen. As I reflect on the past year, 2018 has taught me the power of relationships - building on the ones I have and looking forward to building more. I did take the time this past month to write little thank-you notes to some who have made a positive impact on my life. These little "drops" have helped refill my own bucket. So the new question nagging me is, "What does 2019 have in store!"

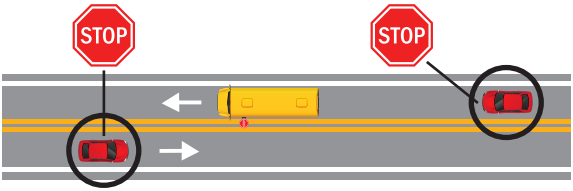
Make sure to enjoy the holiday season. Take the time to reflect on what we have learned from the past year and also take the time to thank those who have left that positive mark in our lives. Taking a timeout helps us to recharge and refocus. Who knows what amazing things can happen!

Though for the month: A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child.

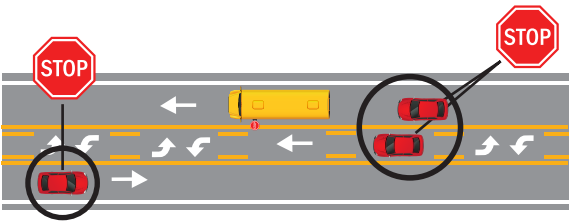
Nebraska Safety Center
EST. 1978

# KEEP OUR STUDENTS SAFE

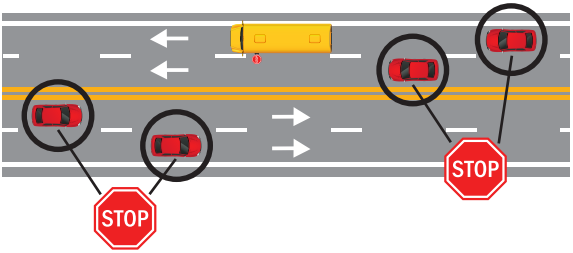
## NEBRASKA SCHOOL BUS STOP LAW




**TWO-LANE ROADWAY**
When school bus stops for passengers, all traffic from both directions must stop.




**TWO-LANE ROADWAY WITH A CENTER TURNING LANE**
When school bus stops for passengers, all traffic from both directions must stop.




**FOUR-LANE ROADWAY WITHOUT A MEDIAN SEPARATION**
When school bus stops for passengers, all traffic from both directions must stop.

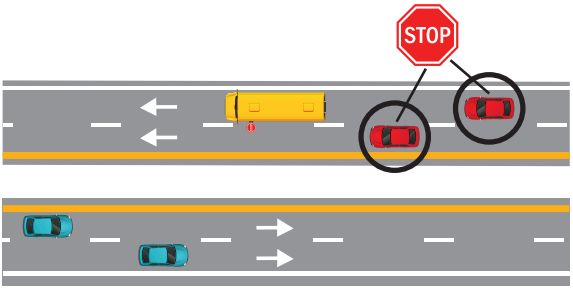
UNK.EDU/BUS

More information on reverse.

Nebraska Safety Center
EST. 1978

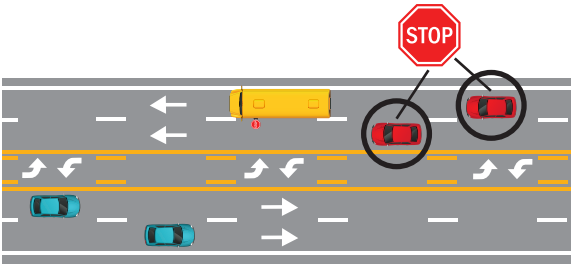
# KEEP OUR STUDENTS SAFE

## NEBRASKA SCHOOL BUS STOP LAW




**DIVIDED HIGHWAY OF FOUR LANES OR MORE WITH A MEDIAN SEPARATION**

When school bus stops for passengers, only traffic traveling in the same direction of the bus must stop.




**ROADWAY OF FOUR LANES OR MORE WITH A CONTINUOUS CENTER TURNING LANE**

When school bus stops for passengers, only traffic traveling in the same direction of the bus must stop.

For more information contact us at 308.865.1287 or bus@unk.edu.

PARENTING

# All parents wonder if they're getting it right.

**You're not alone**. Sometimes it's hard to tell what your child needs, what her behaviors mean and if you're doing right by him. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security™ Parenting is an opportunity to join other parents just like you, for an 8-week class where you'll learn to:

- Strengthen your relationship with your child
- Be present with your child during the best and toughest of times
- Recognize your child's needs and make sense of his or her behavior
- Meet your child's needs by being bigger, stronger, wiser and kind

**Who should attend:** Parents or Gardians of children

**Location:** Exeter-Milligan Community Classroom 318 S River Ave, Exeter, NE 68351

**Dates:** January 10,17,24,31 Febuary 7,14,21 **Times:** 5:30 pm-7:00pm

**Cost:** Free of charge

**How to register:** Email or call Stephanni Renn 402-239-5920 srenn@nebraskachildren.org

**Presented by:** Stephanni Renn

**Sponsored by:** Fillmore County Coalition

# SECURING MOBILE DEVICES

## LOCK IT UP!

Secure your device with a strong passcode, pattern, or pin, just like you would a computer.

## ENABLE REMOTE ACCESS

Most manufacturers offer a service that allows you to connect to your device from your computer in order to locate it, or remotely reset it to factory default.

## USE A VPN WHEN ON PUBLIC WIFI

VPNs (Virtual Private Networks) encrypt your connection and are a must-have for mobile security.

## INSTALL ANTIVIRUS AND ANTI-MALWARE SOFTWARE

Never forget that mobile devices are just as likely to get infected as computers, if not more so!

## KEEP IT CURRENT

The longer you go without updating, the more risk you assume. Enable auto-update to get the latest and greatest versions of software and firmware.

## TURN OFF BLUETOOTH

Bluetooth is unsecure and leaves you open to snooping. When not in use, turn it off.

## DISABLE AUTO-CONNECT

Cybercriminals set up rogue access points that spoof your previous wi-fi connections, which allows them to seize your personal information. Eliminate this concern by eliminating auto-connect.

## VERIFY THE SOURCE

App stores are full of imposters and malicious applications. Double-check the source and read a few reviews before installing.

## THINK BEFORE YOU CLICK

Smishing, or phishing via SMS, has been around for a long time. Don't click on any links sent to you randomly by text message.

## KEEP IT BACKED UP

In addition to manually backing up, there are a bunch of cloud options available at various price-points. If your device is lost or stops functioning, you'll still have your data!

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## Girls Bracket

**Silver Lake Girls - Home**

Game #3 3:15
Thursday, Dec. 27

**Alma Girls - Visitors**

Game # 7 3:15
Friday, Dec.28

**CHAMPION**

**Exeter-Milligan Girls - Home**

Game # 1 12:00
Thursday, Dec.27

**Shelton Girls - Visitors**

## Boys Bracket

**Silver Lake Boys - Home**

Game # 4 5:00
Thursday, Dec.27

**Alma Boys -Visitors**

Game # 8 5:00
Friday, Dec.28

**CHAMPION**

**Exeter-Milligan Boys - Home**

Game # 2 1:30
Thursday, Dec. 27

**Shelton Boys - Visitors**

## Girls Consolation Bracket

**Loser of Girls Game #3 - Home**

Game # 5 12:00
Friday, Dec. 28

**Loser of Girls Game #1 - Visitors**

**3rd Place Girls**

## Boys Consolation Bracket

**Loser of Boys Game # 4 - Home**

Game # 6 1:30
Friday, Dec. 28

**Loser of Boys Game # 2 - Visitors**

**3rd Place Boys**

# SILVER LAKE
# 24th Annual
# HOLIDAY CLASSIC

**Thursday, December 27**
**Friday, December 28**
**Silver Lake High School - Roseland, NE**

**Admission: $5.00 Adults & Students**
**NO PASSES**

# Exeter-Milligan January 2019 Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | Breakfast Choices are Main Menu or Cereal or Cereal Bar with Yogurt | Menu is subject to change | All meals come with 100% fruit juice, assorted fruit and milk | |
| 7<br>No School | 8<br>Mini Pancakes & Sausage Links | 9<br>Dutch Waffle and Little Smokies | 10<br>Berry Parfait and Apple or Cherry Frudel | 11<br>Homemade Breakfast Burrito |
| 14<br>Pancake Sausage Wrap on a Stick | 15<br>Homemade Breakfast Pizza | 16<br>PB & J Sandwich and Yogurt Cup | 17<br>Cinnamon Roll and Omelet | 18<br>Bacon-Grilled Cheese Sandwich |
| 21<br>Berry Smoothie and Bagel with Topping Choices | 22<br>French Toast and Little Smokies | 23<br>Banana Bread and Omelet | 24<br>Belgian Waffle and Sausage Links | 25<br>Double Stuffed Breakfast Pizza |
| 28<br>Pancake Power Sandwich | 29<br>Caramel Apple Yogurt Parfait & Mini Cinni Buns | 30<br>National Croissant Day<br>Sausage, Egg, and Cheese Croissant | 31<br>Biscuits & Gravy | |

Calendar Template © calendarlabs.com

# Exeter-Milligan January 2019 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| *Indicates Purple Ribbon Meat Program | | Menu is subject to change | | All meals include daily salad bar |
| 7<br>No School | 8<br>Mac & Cheese, Popcorn Chicken, Vegetable, Fruit | 9<br>Pizza Sticks, *Meat Sauce, Vegetable, Fruit, Bar | 10<br>Chicken Fried Chicken, Mashed Potatoes & Gravy, Corn, Fruit, Dinner Roll | 11<br>*National Milk Day – Enjoy a Fresh Glass of Milk*<br><br>Turkey, Ham, & Cheese Hoagie, Nacho Chips & Cheese, Vegetable, Fruit |
| 14<br>*Sloppy Joes, Potato, Vegetable, Fruit | 15<br>Chicken Strips, Potato, Vegetable, Fruit, Muffin | 16<br>***Chili***, Cinnamon Roll, Carrots & Celery, Fruit | 17<br>Homemade Timberwolf *FUNza, Crinkle Cut Fries, Vegetable, Fruit | 18<br>Chicken Fajitas, Topping Choices, Lettuce & Cheese, Potato, Fruit, Churro |
| 21<br>Hot Ham & Cheese Sandwich, Potato, Vegetable, Fruit | 22<br>"National Blonde Brownie Day"<br><br>Fiestada, Vegetable, Fruit, Blonde Brownie | 23<br>Teriyaki Chicken, Rice or Noodles, Stir-Fry Veggies, Egg Roll, Fruit, Fortune Cookie | 24<br>*Hamburger Gravy, Mashed Potatoes, Corn, Fruit, Dinner Roll | 25<br>*Lasagna, Garlic Bread, Lettuce Salad, Fruit |
| 28<br>Crispitos, Nacho Chips & Cheese, Vegetable, Fruit | 29<br>Breaded Chicken Sandwich, Potato, Vegetable, Fruit | 30<br>Grilled Cheese Sandwich, ***Tomato Soup***, Carrots & Celery, Fruit, Peanut Butter Bar | 31<br>Pepperoni Bosco Stick, Marinara Cup, Vegetable, Fruit, Pudding Dessert | ***January is National Soup Month*** |

Calendar Template © calendarlabs.com

# Exeter-Milligan Schools January 2019 School Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| All Home Basketball Games are played in Exeter | **Basketball Game Times will vary depending on JV & Varsity or Varsity Only** | 1<br>No School | 2<br>No School | 3<br>No School | 4<br>No School<br>G/B BB @ Shelby-Rising City (Shelby) | 5<br>G/B JV BB Tourney in Exeter |
| 6 | 7<br>No School<br>Teacher Cohort<br><br>MUDECAS BB | 8<br>School Resumes<br><br>MUDECAS BB @ Beatrice | 9<br>Board of Education Meeting Exeter 7:00pm | 10<br>JH G/B BB @ McCool 12:45/2:00<br>MUDECAS BB | 11<br>MUDECAS BB @ Beatrice | 12<br>MUDECAS BB @ Beatrice<br><br>Speech @ Fairbury |
| 13 | 14<br>JH Boys BB (H) Cross County 3pm<br><br>FCCLA Mtg. 6:15pm | 15<br>G/B BB (H) vs. Meridian | 16 | 17<br>G/B BB @ BDS (Davenport) | 18<br>UNL Winter Festival | 19<br>UNL Winter Festival<br><br>CUNE Speech<br><br>CRC BB |
| 20<br>UNL Winter Festival | 21<br>**NO SCHOOL**<br><br>Teacher Workshop<br><br>CRC BB @ York | 22<br>CRC BB @ York | 23 | 24<br>JH Boys BB @ Friend – 3pm<br><br>CRC BB @ York | 25<br>Cohort Career & College Day for Juniors | 26<br>MUDECAS Speech @ HTRS<br>Wayne State Honor Band |
| 27 | 28<br>JH CRC Vocal Clinic @ Hampton<br>UNK Honor Clinic | 29<br>G/B BB (H) vs. Giltner | 30 | 31 | ***Check the EM Website Friday Notes for BB Game Times*** | |

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