

Bluejay Bulletin

**President: Jeanie McCloud Vice-President: Scott Nelson Treasurer: Ryan Chilson
Secretary: Ginger Buhl-Jorgensen Member: John Krueger Member: Becky Wallin**

Board of Education Meeting

December 9, 2019

- Meeting called to order at 7:30 p.m.
- The Open Meetings Act was announced.
- The agenda was approved as published. Minutes of the November 11, 2019 meeting were approved as printed.
- The next meeting will be held on January 13, 2020 at 7:30 p.m.
- Curriculum reports were presented by Jared Wiemer (Language Arts), Tim Rossow (Business), and Tina Sauser (Technology and Computer Education).
- Counselor Theresa Schmedding and Activities Director Tim Rossow presented their reports to the board.
- Principal Erin Forre reported on events in December and the beginning of January.
- Superintendent Shalikow made available the Nebraska Liquid Asset Fund activity report for the Month of November.
- Approved the blue and tan flooring for the new construction.
- Approved a 2020-2021 contract for science teacher, Andrea Miller.
- Approved a 2020-2021 teacher contract for Mark Seier.
- The Treasurer's Report was accepted as presented.
- Claims were approved for payment in the amounts of \$264,942.60 (General Fund), \$1,390.00 (Depreciation Fund), and \$676,959.78 (Building Fund).
- Entered into Executive Session at 8:30 p.m. Returned to public session at 9:30 p.m.
- The meeting was adjourned at 9:31 p.m.

From the Desk of Principal Erin Forre

Happy Holidays! I hope all students, staff, and community members took time this December to enjoy the company of those around us. We had a busy month filled with our Literacy Night and guest speaker Mrs. Karen Haase of KSB School Law, a book swap, and more. Following that we enjoyed a wonderful Yuletide Fest with many activities to enjoy throughout Newman Grove, I enjoyed listening to our students as they went caroling. I would like to give a special thank you for all the time and effort that our teachers put into our Winter Concert, it was a nice evening showcasing our students musical talents. We ended the month with celebrations for the K-12 students as a way to congratulate them on the previous academic year and hopefully providing some motivation as we end the first semester and move into the second. I am grateful for all the learning and growth we have had for the first semester! Our students have been working hard and our staff has gone above and beyond to put student needs and instruction as a top priority. I look forward to 2020 and all the possibilities the new year can bring to us!

Educationally,

Erin Forre

Congratulations to:

District One Act Outstanding Performance Award winners: Morgann Johnson, Alexander Thomsen, Emma Montoya, and Isaac Potmesil.

Jose Luna-Neligh Oakdale wrestling "Stud of the Week".

Those who placed at FFA LDE Contest: Runner Up in Discovery Speaking and qualifying for state- Austin Wiese; Job Interview- McKenna Haase (purple) and Blair Korth (blue); Ag Literacy Speaking- Trent Patzel (blue) and Brooke Forre (red); Junior Public Speaking- Elyssa Cuevas (red); Senior Public Speaking- Preston Sueper (blue); Natural Resources- Morgann Johnson (blue).

Brooke Forte and Aleeya Morris for their 2nd place finish in the Fall Stock Market Challenge Game. Brooke and Aleeya will be attending the Banquet of Champions in Lincoln on April 29, 2020. Also, congratulations to Halie Nelsen and Zander Jarecki for their 6th place finish. There were 85 teams in the competition.

Newman Grove School Breakfast/Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 6

Mini Donuts
Fresh Fruit & Juice
Mini Corndogs
Carrots
Applesauce

January 7

Breakfast Sandwich
Fresh Fruit & Juice
Hot Ham & Cheese
Sandwich
Peas
Pineapple

January 8

Mini Blueberry Waffles
Fresh Fruit & Juice
Breaded Chicken Patty
Mashed Potatoes
With Gravy
Pears
Dinner Roll

January 9

Pop Tart
Fresh Fruit & Juice
Sausage Links
Omelette
Tri Tater

January 10

Apple Turnover
Fresh Fruit & Juice
Chili
Cinnamon Roll
Peaches

January 13

Waffle Sticks
Fresh Fruit & Juice
Hamburger Gravy
Over Mashed Potatoes
Peaches
Dinner Roll

January 14

Banana Bread
Fresh Fruit & Juice
Turkey Sub Sandwich
California Blend
Cinnamon Applesauce

January 15

Breakfast Burrito
Fresh Fruit & Juice
Chicken Nuggets
Corn Casserole
Orange Slices

January 16

French Toast Sticks
Fresh Fruit & Juice
Pulled Pork Sandwich
Green Beans
Tropical Fruit

January 17

Cereal
Fresh Fruit & Juice
Beef Nachos
Fiesta Beans
Pears

January 20

Mini Pancakes
Fresh Fruit & Juice
Chicken Alfredo
Peas & Carrots
Apple Slices

January 21

Blueberry Muffin
Fresh Fruit & Juice
Hard Shell Beef Taco
Rice
Pears

January 22

Cini Mini
Fresh Fruit & Juice
Cheese Pizza
Corn
Mandarin Oranges

January 23

Apple Turnover
Fresh Fruit & Juice
Chicken Rice Bowl
Mixed Vegetables
Pineapple

January 24

Pancake Wraps
Fresh Fruit & Juice
Lasagna Bake
Green Beans
Peaches
Garlic Bread

January 27

Breakfast Pizza
Fresh Fruit & Juice
Scalloped Potatoes
Ham
Corn
Pineapple

January 28

Long John
Fresh Fruit & Juice
Spaghetti & Meatballs
Pears
Garlic Bread

January 29

Cinnamon Roll
Fresh Fruit & Juice
Tater Tot Casserole
Green Beans
Peaches

January 30

Breakfast Sandwich
Fresh Fruit & Juice
Chicken Quesadilla
Broccoli
Fruit Cocktail

January 31

Cheese Omelet
Tri Tater
Fresh Fruit & Juice
Beef & Noodles
Carrots
Applesauce

(A variety of low fat & fat free milks offered daily with each meal salad bar available to 7-12 grade)

(menus are subject to change without notice)

Preschool Classroom

We are staying very busy in preschool this year! We currently have 18 kiddos in the morning class and 16 in the afternoon! The kids have been working very hard on letter recognition and letter sounds, number recognition and counting, shapes and colors, and writing their names. We spend each week focusing on a new theme, letter, sound, color, shape, and number. Center exploration is a great time for the kids to freely learn new skills such as sharing, taking turns, and communication skills.

Miss Cassidy just finished up home visits on November 6th, 7th, and 8th. At each home visit, we discussed the new skills each child was learning at school and at home along with coming up with a goal for each child to meet by the end of the year.

The preschool class has also been on three field trips so far this year. We visited the apple tree behind White Star at the beginning of the year. We also visited the City Café, where we learned about what goes on in the kitchen and the different jobs that take place in a restaurant. We then also visited the grocery store where we got to see their office, where the trucks unload the new foods, and the meat department. The kids enjoyed all the field trips very much! We also had a preschool family activity in the high school where the kids from both classes came with their parents to paint pumpkins! “Fire Safety Week” was also very exciting for the preschoolers. We rode on firetrucks and had some firemen come to our classroom!

We are looking forward to seeing how the preschool continues to grow and learn throughout the rest of the year!



WHAT HAPPENS TO YOUR BODY WHEN YOU DON'T SLEEP

SUBMITTED BY TERESA WONDERCHECK, ESU 8 SCHOOL NURSE

When you don't get enough rest, even for just one night, your body feels the effects. Your blood sugar control gets worse, blood pressure goes up, you crave junk food, your reflexes slow, you feel cranky, you feel hungrier, it's hard to problem -solve and learn, your immune system may get weaker. Overtime, you may be more likely to get diabetes, heart disease, obesity, colon cancer, and dementia.

Sleep does more than make you feel rested. It's a crucial part of life. During slumber, your body is hard at work. Your muscles repair themselves, your brain sweeps out waste, and memories are formed. Your body also releases hormones that play a role in everything from your hunger to stress levels.

Diabetes: Sleep deprivation causes your body to release less insulin, a hormone that controls blood sugar. It also makes your cells less sensitive to insulin, a hormone that controls blood sugar. It also makes your cells less sensitive to insulin. Over time, too-high levels of blood sugar can lead to type 2 diabetes. Research shows that people who don't snooze enough are nearly twice as likely to develop the disease. The kind of slumber you get matters, too. The deepest stage of sleep plays a large role in blood sugar control. That could be why conditions that interrupt your sleep, such as sleep apnea, are linked with diabetes.

On the other hand, diabetes can set the stage for sleep issues. Classic symptoms of uncontrolled blood sugar are thirst and needing to pee often, which could keep you up during the night. Or you may wake up feeling dizzy, sweaty, or shaky because of low blood sugar. Diabetes also raises your risk for sleep apnea and restless legs syndrome.

High Blood Pressure and Heart Disease: When it comes to your heart, getting the right amount of sleep is important. When you sleep, your body regulates your stress hormones. If you don't get enough rest, those hormones stay high, which could lead to high blood pressure. Plus, sleep deprivation can lead to weight gain and diabetes, which are all trouble for your heart. Aim to get 7 to 8 hours of sleep each night for your heart's sake.

Overweight and Obesity: Too little shut-eye can lead to a bigger waistline. One reason could be that when you don't get enough sleep, your body makes more ghrelin, a hormone that makes you hungry. You also have lower levels of leptin, a hormone that controls your appetite. As a result, you tend to eat more, which can lead to weight gain. If you're short on sleep, you could also be less likely to have the energy to exercise. In fact, one study found that women who got 5 hours or less of slumber were 15% more likely to become obese than those who logged at least 7 hours.

Overweight can also take a toll on your rest. Extra fat around your neck may block your breathing during sleep, a condition called sleep apnea. Obesity may also raise your chances of having restless legs syndrome. You may twitch and kick at night, which interrupts your slumber. If you often feel exhausted during the day, talk to your doctor. They can talk to you about your symptoms, do a physical exam, or refer you to a sleep specialist to figure out what's going on.

Source: WebMD
Part 1 of 2

YEARBOOKS ARE ON SALE FOR \$35. PLEASE CONTACT TIM ROSSOW IF YOU WOULD LIKE TO PURCHASE ONE.

Business Department

By Tim Rossow

Merry Christmas from the Business Department! It has been a busy year so far. We currently have students enrolled in Yearbook, Business 7, Accounting I, Personal Finance, Computer Applications, and Introduction to Business. One of our Personal Finance students is also taking the class for college credit through Northeast Community College.

The 7th grade business students just finished competing in the Stock Market Game with other middle school students from around the state. We had two teams finish in the top ten in the state. Brooke Forre and Aleeya were second overall and Halie Nelsen and Zander Jarecki finished in 6th place. Eighty five teams competed in the middle school Stock Market Game Competition. Brooke and Aleeya will attend the Banquet of Champions in Lincoln this spring. The 7th graders also prepared a business plan for a community enterprise called "Newman Cone". They presented their findings to the Newman Grove Community Club earlier this month. We are very grateful to Dawn and Adam Witchell for their guidance and expertise in the project. Thank you also to the Community Club for welcoming us to present to them.

The Personal Finance students have spent the semester learning about money management, taxes, financial services, and credit. We are excited to learn more about housing, insurance, and investing in the second semester. In addition to our textbook, we also use the Dave Ramsey materials. Dave Ramsey is a strong advocate of staying out of debt.

The Introduction to Business class has spent the semester studying entrepreneurship and basic business topics. Much of our semester was devoted to preparing our Food Truck Business plans. They are also learning about business management through the use of Virtual Business.

In Computer Applications students have been learning about computers and their various applications through an online textbook called CompuScholar. Second semester will be exciting as we learn to build our own webpages, explore how to use iMovie, and various other topics. We are also going to tackle some projects which the students come up with themselves!

One student is taking Accounting and learning all about the processes of accounting for a small business.

We have 12 junior high FBLA members and nine high school members. We have done our highway cleanup, trick or treated for the food pantry and helped with Yuletide Fest. We are looking forward to the State Leadership Conference in Omaha this spring and our spring highway cleanup.

The Yearbook staff is busy taking pictures and preparing the 2019-2020 edition of our yearbook.

I am also the monitor for our Spanish I & II classes which are delivered via Skype. We have one student in Spanish I and three in Spanish II.