



# The Bluejay Bulletin

**Newman Grove  
Public Schools**

President: Jeanie McCloud  
Vice-President: Scott Nelson  
Treasurer: Ryan Chilson

Secretary: Ginger Buhl-Jorgensen  
Member: John Krueger  
Member: Becky Wallin

Web Site: <http://www.newman.esu8.org>

(402) 447-6294

~ ~ ~ ~  
2018-2019  
March, 2019

## Board of Education Meeting Summary March 11, 2019

- Meeting called to order at 7:31 p.m.
- Open Meetings Act was announced and posted in the room.
- The agenda was approved as published.
- Minutes of the February 11th meeting were approved as printed.
- The next meeting of the Board of Education will be April 8, 2019 at 7:30 p.m. A meeting of the Bluejay Foundation will be held at 7:00 p.m.
- Curriculum reports were provided by CILT (Continuous Improvement Leadership Team), Erin Forre and Donna Miller. This year begins a new 5 year continuous improvement cycle.
- Monthly reports were provided by Theresa Schmedding (Counselor) and Tim Rossow (Activities Director).
- Principal Barnes reported that we are entering "testing season" as NSCAS testing begins on March 19th for grades 3-8. ACT tests will be given to juniors and 3rd year high school students on April 2nd. Prom is March 30th. He provided information on the teachers and paras attending the NETA Convention in Omaha on March 28th and 29th, at which time some of our staff will be presenting.
- Superintendent Shalikow provided information on his attending the NRCSA conference on March 21st and 22nd and presenting the secondary teacher of the year award. He discussed a board retreat that has been scheduled for March 22nd at the Nebraska Association of School Boards Office in Lincoln, NETA Conference and his upcoming schedule. His report included a monthly report on the Nebraska Liquid Asset Fund.
- Approved Local Substitute Certificate for Becky Wallin.
- Approved "Olsson" for our upcoming construction material testing.
- The appointment of three BC/NG Cooperative Committee members (Nelson, Buhl-Jorgensen and McCloud) was made by President McCloud.
- Entered into Executive Session at 8:25 p.m. Returned to Public Session at 8:30 p.m.
- Approved a 2019-2020 contract for assistant principal, technology integrationist and librarian, Tina Sauser.
- Approved a one-year HVAC service agreement with Johnson Control.
- The Treasurer's Report was accepted as presented.
- Claims were approved for payment in the amounts of \$22,636.24 (General Fund), \$1,390.00 (Depreciation Fund), and \$208,651.23 (Building Fund).
- The meeting was adjourned at 9:00 p.m.

## CONGRATULATIONS TO:

- Tyson Haddix on earning a gold at the state level for his FFA beef placement proficiency.
- District CDE Results: Vet Science (Tyson Haddix, Abigail Pohlen, McKenna Haase, Mariah Dubas, Preston Sueper, Chelsea Reardon, Paige Beller) - District Runner Up; Meats (Sarah Johnson, Leighann Miller, McKenna Haase, Mariah Dubas, Cheyenne Cleland, Dominik Cuevas) - 3rd Place; Agronomy (Matthew Rast, Preston Sueper, Caleb Preister, Carter Schecher) - 6th Place; Envirothon (Sarah Johnson, Cheyenne Cleland, Abigail Pohlen, Dominik Cuevas) - 6th Place.
- NECC Scholastic Contest: Tyson Haddix placed 2nd in Medical Terminology; Taylor Matz placed 3rd in Chemistry; Brady Sokol placed 5th in Auto Technology; and Abigail Pohlen placed 4th in Anatomy and Physiology and 5th in Biology. As a team, our school placed 19th.
- Cheyenne Cleland and Emma Montoya - New Inductees in the National Honor Society.



### Registration 2019 - 2020



Registration started March 19th. Please stop by the Preschool classroom to fill out an application. Your child must be 3 by July 31, 2019. We have 2 sessions, 8-11:30 and 12-3:30 Monday-Thursday. Transportation will be available based on driver availability. When registering, you will need the following items to complete the application: birth certificate (raised seal only), and current immunization record. The AM/PM time slots will be filled based on competed applications. If interested please contact: Cassidy Wallin at 447-6051.



FROM THE OFFICE OF  
PRINCIPAL DARRELL BARNES

MR. BARNES



Celebrate the Success of our FFA!!!



**2019 State FFA Convention Qualifiers (Wednesday, April 3rd-Friday, April 5th)**

**Middle School - Ag Literacy Speaking** - Mara Ranslem

**Junior High Quiz Bowl (Friday only)** - Trent Patzel, Mara Ranslem, Austin Wiese, Autumn Patzel, Addy Donelson

**State FFA Degree Recipients** - Brady Sokol, Tyson Haddix

**Agriculture Issues Academy** - McKenna Haase

**Agriscience Fair** - Sarah Johnson, Cheyenne Cleland, Abigail Pohlen, Maddison Steffensmeier, Mariah Dubas, Morgann Johnson, Elyssa Cuevas, Addy Donelson

**Agriscience Contest** - Elyssa Cuevas, Isaac Potmesil, Morgann Johnson, Chelsa Reardon

**Agronomy** - Matthew Rast, Preston Sueper, Caleb Preister, Carter Schecher - 6th Place (Matthew 14th, Preston 20th)

**Vet Science** - Tyson Haddix, Abigail Pohlen, McKenna Haase, Mariah Dubas, Preston Sueper, Chelsa Reardon, Paige Beller - District Runner Up (Abigail 5th, Tyson 7th)

**Meats** - Sarah Johnson, Leighann Miller, Cheyenne Cleland, Mariah Dubas, McKenna Haase, Dominik Cuevas. - 3rd Place (Sarah 2nd, Leighann 13th, McKenna 18th).

**Envirothon/Natural Resources** - Sarah Johnson, Cheyenne Cleland, Abigail Pohlen, Dominik Cuevas - 6th Place

The Speech team finished their season at the district meet March 13<sup>th</sup>. The ISR (Independent Science Research) group is prepping for science competitions. The elementary did lots of reading and activities with the Dr. Suess theme and celebrated 3<sup>rd</sup> quarter successes with another Rockin' Rally.

State Tests

State Testing-NSCAS-(Nebraska Student-Centered Assessment System) are upcoming in the months of March & April. Assessments are geared to prepare our students for college and careers which will make the tests more rigorous.

The testing schedule for NSCAS tests at Newman Grove: 3<sup>rd</sup>-8<sup>th</sup> grade will be taking tests during the window of March 18-April 10th. Parents please encourage your student(s) to get plenty of sleep and to be eating breakfast either at home or at school.

Juniors and third year high school students will be taking the ACT test April 2nd

And not too far in the future is GRADUATION!!!-May 11<sup>th</sup> @ 2:00 p.m.



**Jump Rope for Heart 2019**

By Eric Albers



During the month of January, 1st thru 6th grade participated in Jump Rope for Heart. Jump Rope for Heart is part of the American Heart Association. Students had the chance to raise money for the American Heart Association. Throughout the month we talked about the importance of having a healthy heart by exercising, eating right and getting enough sleep. On Wednesdays the grades would perform different activities with jump ropes. At the end of the month students turned in their money raised. At the end of the month we celebrated Jump Rope for Heart month with a final day where students competed in jump rope contests for prizes. The totals were also added up to see which student in each class raised the most and also which class raised the most. The student who raised the most in each class became the PE teacher for the day; they picked the warm-up activity, game and also the teams for that game. After the money was all counted, grades 1-6 raised a total of \$1,787.00. American Heart Association sends prizes for the students who raised money. Each year students are really excited when its Jump Rope for Heart month. The 1st Grade Class was the winning class, raising \$738.



## COUNSELOR'S

O  
R  
N  
E  
R



Theresa Schmedding,  
K-12 Counselor

theresa.schmedding@ngpublicschools.com

## EducationQuest Foundation College Planning Bulletin

A monthly college planning guide for  
Nebraska high school students

March 2019

### Wrapping up your senior year

Seniors...stay on track to college by completing these second-semester tasks:

**Complete the financial aid process.** By now, you should have filed your FAFSA (Free Application for Federal Student Aid). If you haven't, apply at [fafsa.gov](http://fafsa.gov).

**Compare financial aid awards.** The colleges you listed on your FAFSA will send you notifications detailing the financial aid they're offering. Compare the notifications to determine which school provides the best package.

**Watch your grades.** If you slack off and get poor grades, your college admission could be revoked.

**Apply for scholarships.** See *ScholarshipQuest* at **EducationQuest.org** to find Nebraska-based scholarships. You'll also find links to national scholarship sites that are EducationQuest-approved.

**Make your final college selection.** Notify the other colleges so they can take you off their mailing list.

**Be aware of deadlines** to accept financial aid and college admission offers, submit your housing deposit, and register for new-student orientation.

### Juniors...it's time to narrow your college choices.

Narrow your college choices soon to prepare for these upcoming activities:

**ACT college entrance exam.** When you take the exam this spring, you'll be asked to provide a list of colleges that should receive your score.

**Completion of the FAFSA** early next fall. You and your parents can complete the FAFSA beginning October 1 of your senior year. The colleges you list on the form will receive the results.

**Apply2College Campaign.** Early next fall, it will be time to apply to your top college choices. You'll get help with your applications if your high school holds a college application event as part of the statewide Apply2College campaign.

### Campus visits will help you narrow your choices

Your spring break is a perfect time to visit schools that interest you. Schedule your visits at least two weeks in advance and be prepared with questions to ask. Find more tips in the "Selecting a College" section at **EducationQuest.org**.

You'll also want to check out these college-search resources at EducationQuest.org:

- "About Nebraska Colleges" provides cost and contact information for Nebraska colleges.
- College Profiles has information about colleges in Nebraska and across the country.

### Go on a scavenger hunt and you might win \$500 for college

Apply **by March 31** for EducationQuest's \$500 *Scavenger Hunt Scholarship*. Here's how it works:

1. If you haven't already, complete a profile in *ScholarshipQuest* at **EducationQuest.org**. *ScholarshipQuest* is a scholarship search tool with over 2,000 Nebraska-based awards.
2. If you're a Nebraska resident in grades 9-12, you'll see the *EducationQuest Scavenger Hunt Scholarship* as one of the scholarships you're eligible to apply for.
3. "Scavenge" around the EducationQuest website to find answers to questions in a survey.

EducationQuest will draw a winner from those who answer all questions correctly. The winner will receive \$500 to invest in a NEST 529 College Savings Plan account.

### March "To Do" List

#### Seniors

- \_\_\_ If you haven't already, complete your FAFSA!
- \_\_\_ Expect financial aid award notifications.
- \_\_\_ Continue applying for scholarships.

#### Juniors

- \_\_\_ Register by March 8 for the April 13 ACT.
- \_\_\_ Register by April 5 for the May 4 SAT.
- \_\_\_ Schedule campus visits.

For free help with college planning, contact  
EducationQuest Foundation:

<b>Omaha</b>	<b>Lincoln</b>
402-391-4033	402-475-5222
888-357-6300	800-303-3745
<b>Kearney</b>	<b>EducationQuest.org</b>
308-234-6310	
800-666-3721	





## THIRD QUARTER HONOR ROLL

**High Distinction (All A-4.00)**  
**Distinction (Average Greater Than or Equal to 3.50)**  
**Honor (Average Greater Than or Equal to 3.00)**

### High Distinction

Grade 7 - Trenton Patzel.  
 Grade 8 - Kevin Haase, Autumn Patzel, Darren Petersen, Mara Ranslem.  
 Grade 12 - Tyson Haddix, Sarah Johnson, Brady Sokol.

### Distinction

Grade 7 - Christyan Anderson, Giles Deeder, Ian Salinas, Ayden (Eli) Tannehill, Austin Wiese.  
 Grade 8 -- Caitlyn Aue, Addison Donelson, David Miller.  
 Grade 9 - Morgann Johnson, Isaac Potmesil.  
 Grade 10 - Emma Montoya.  
 Grade 11 - McKenna Haase, Abigail Pohlen.  
 Grade 12 - Maddison Steffensmeier.



### Honors

Grade 7 -- Jansell Enriquez-Lopez, José Luna, Cora Patzel, Bruno Santarosa, Noah Sorensen.  
 Grade 8 -- Lucas Krueger, Sierra Velarde, Kaison Voelker.  
 Grade 9 -- Elyssa Cuevas, Jayson Johnson.  
 Grade 10 -- Bethany Borgheiinck, Aaron Saldana.  
 Grade 11 -- Mariah Dubas.  
 Grade 12 -- Cheyenne Cleland, Dominik Cuevas, David Plugge.



## Beef in Our School Celebration!

By Darrell Barnes

March 12<sup>th</sup> Newman Grove School held a recognition celebration for people who have donated beef to our school this year. Hamburgers and Cheeseburgers were grilled, using donated beef, for our 7-12 grade students, staff, and representatives of those who had donated. The chefs for the day were Superintendent Mikal Shalikow, Principal Darrell Barnes, and FFA representative Tyson Haddix.

Beef this year has been donated by JSMM Farms of Albion, Harlan Jacobson of Newman Grove, & Brad, Becky, and Bart Wallin of Newman Grove. The school truly appreciates the support of our lunch program by these individuals and those who have donated in the past.



Becky Wallin (left) and Emily Niewohner (right) not pictured is Harlan Jacobson.



## Freshmen Attend Career Day

By Theresa Schmedding

On Monday, March 4<sup>th</sup>, I took the freshman to a 9<sup>th</sup> grade career day at Northeast Community College. Over 15 schools and over 300 students were in attendance. The day consisted of an opening speech from the president of the college and then the students attended 5 career exploration sessions that they had previously signed up for. Lunch was also provided by NECC. It was a very cold and blustery day, but it was a great experience for our freshman and was very college like having to walk across campus and meet many new people throughout the day. It is good for freshman to start thinking about their future and get as many different experiences throughout high school to try new things and help narrow down the many possibilities for their future.



## HPV Vaccination



As parents, you do everything you can to protect your children's health for now and for the future. Today, there is a strong weapon to prevent several types of cancer in our kids: the HPV vaccine.

HPV is short for Human Papillomavirus, a common virus. In the United States each year, there are about 17,500 women and 9,300 men affected by HPV-related cancers. Many of these cancers could be prevented with vaccination.

For more information about the vaccines recommended for preteens and teens: 800-CDC-INFO (880-232-4636), [www.cdc.gov/vaccines/teens](http://www.cdc.gov/vaccines/teens)

*Information is provided by the CDC*





## ELEMENTARY CITIZENSHIP & ATTENDANCE AWARDS



**KINDERGARTEN:** Good Citizenship: Conner Anderson, Dakota Berney, Ali Chilson, Jovie Fritz, Logan Guthard, Sophia Guthard, Aria Hall, James Matson, Everett Nelson, Sutton Scott, Case Sukup, Hazel Weier, Brooklyn Wiese. Perfect Attendance: Conner Anderson, Everett Nelson, Brooklyn Wiese. Good Attendance: Ali Chilson, Sophia Guthard, Case Sukup.

**FIRST GRADE:** Good Citizenship: Jayahn Banks, Pierce Fehringer, Owen Flood, Jace Forre, Paisley Fritz, Kelton Jorgensen, Lucy Kaufman, Tyler Luetkenhaus, Adrianna Morris, Natasha Nelson, Dacyn Patzel, Sydney Patzel, Mercedes Summers, Cash Sweeter, Zoey Tannehill, Lincoln Thompson, Douglas Velarde, Dominick Widhalm. Perfect Attendance: Pierce Fehringer, Lucy Kaufman, Tyler Luetkenhaus, Adrianna Morris. Good Attendance: Paisley Fritz, Natasha Nelson, Sydney Patzel, Mercedes Summers, Cash Sweeter, Zoey Tannehill, Lincoln Thompson.

**SECOND GRADE:** Good Citizenship: Carson Anderson, Bayonna Ashby, Ashanti Enriquez, Elia Jarecki, Tessa Mason, Griffin Nelson, Kale Nygren. Perfect Attendance: Carson Anderson, Griffin Nelson, Ariyana Potmesil. Good Attendance: Ian Chilson, Elia Jarecki, Tessa Mason.

**THIRD GRADE:** Good Citizenship: Joseph Berney, Niki Bollig, Korben Donner, Beckett Jorgensen, Oliver Kaufman, Alfred Mann, Jacob Wiese. Good Attendance: Joseph Berney, Beckett Jorgensen, Alfred Mann, Connor Rawson, Jacob Wiese.

**FOURTH GRADE:** Good Citizenship: Jayden Benson, Ethan Donner, Allyx Forre, Piper Jarecki, Dylan Luetkenhaus, Isabella Santarosa, Joshua Tannehill. Perfect Attendance: Isabella Santarosa. Good Attendance: Nate Fowlkes, Piper Jarecki, Preston Rawson, Austin Schulz.

**FIFTH GRADE:** Good Citizenship: Kylie Aue, Shawn Brixter-Hagnaya, Micah Cuevas, William Fyfe, Owen Kaufman, Leynn Luna, Summer McKinzie, Kailey Patzel, Serenity Strong, Jadyen Temme, Keira Voelker, Elise Witchell. Perfect Attendance: Kailey Patzel, Elise Witchell. Good Attendance: Shawn Brixter-Hagnaya.

**SIXTH GRADE:** Good Citizenship: Brooke Forre, Zander Jarecki, Aleeya Morris. Perfect Attendance: Christyan Anderson, Giles Deeder, Trenton Patzel, Ian Salinas, Austin Wiese. Good Attendance: Jansell Enriquez-Lopez, José Luna, Caden Nygren, Cora Patzel, Jaci Strong.

**GOOD JOB!**



## Newman Grove Dance Team

By Susan King



At the Nebraska State Cheer/Dance Championship the Newman Grove Dance team worked hard and brought home fourth place in the Class D Pom division. With their score, had they been in Class B, C1 or C2 they would have been in First place in each one of these classes. Pictured (l-r): Elyssa Cuevas, Bethany Borgheiinck, Cheyenne Cleland, and Leah Rast, not pictured is Coach Susan King.





# Senior Spotlight



**Brady Sokol**

Parents:  
Scott & Joan Sokol

Other Family Members:  
Jared, Shanna, Clayton,  
& Tessa (niece)

Favorite Pastime:  
Riding dirt bikes and motorcycles

Senior Activities:  
FFA, National Honor Society

Part-Time Employment:  
Barry Johnson Farms, Brady Sokol Mowing

Plans After Graduation:  
Possibly attend college or  
drive a semi throughout the country



**Maddison Steffensmeier**

Parent:  
Keri Dreger

Other Family Members:  
Maci and Talon

Favorite Pastime:  
Watching Criminal Minds and Coloring

Senior Activities:  
FFA, FBLA, Bowling,  
Individual Science Research

Plans After Graduation:  
Attend Northeast Community College  
and decide from there what I  
would like to do in the future.



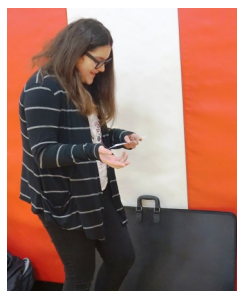
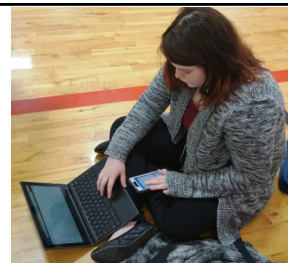
## Newman Grove Speech 2019

By Jared Wiemer

This year's speech season was a season of growth. The Newman Grove team grew this year from one participant in 2018 to five in 2019. Members included Abby Pohlen, Emma Montoya, Bethany Borgheiinck, Elyssa Cuevas, and Isaac Potmesil. All participants were either first-timers or participating in a new event. Abby tried out Poetry, Emma and Bethany did a duet as well as OI with Isaac, and Elyssa tried her hand at Informative speaking. Our goal was to continue to get better at each meet that we attended, and I believe that we did. We traveled to Albion, Humphrey, Lindsay, and Cedar Rapids. Sadly, we had no medalists at these meets, but each contestant improved from meet to meet. The team was hampered a little bit by inclement weather for most of the season. Newman Grove's Invitational was, unfortunately, snowed out as was Elgin's meet. This left us with a big gap in our season as we went 3 weeks without a competition.

Districts was then held in Bancroft at Bancroft-Rosalie. Mother Nature, again, refused to play fair and we were forced to leave the competition early to beat the floods. After a stressful drive home, we arrived safely, although it was on a somewhat sour note as several of our team members had a great shot at qualifying for state. All in all, though, we learned a lot about Speech and rolling with the punches. We are looking forward to next year, already, and hope that we can continue to grow as speakers and as a team!

Pictured on top is Abby Pohlen studying while waiting to give her speech. To the right is Elyssa Cuevas practicing. Bethany Borgheiinck and Emma Montoya are also practicing with Abby Pohlen and Isaac Potmesil waiting patiently for their turn.







## ACT TIME!!!!

By Braxton Staack

It's that time of year again where juniors across the state of Nebraska will be getting ready for the ACT. While this test can be very stressful, there are many methods to help combat the anxiety and struggles of taking the test. The American College Testing (ACT) is a comprehensive test that encompasses English, Reading, Math, Science and more recently a Writing portion. Anxiety, fear and overall pressure students can put on themselves can be daunting. However there are many successful methods/practices that one can do to help alleviate these feelings.

First. Understand that this test, while important isn't the end all. If you aren't pleased with your first score, you can take the test again. They are offered throughout the year at various testing locations. If you have questions about signing up for the test again, you can ask the school guidance counselor or various other teachers that can point you in the right direction.

Secondly. Don't procrastinate your studying. Start preparing well ahead of time. Many teachers will begin going over relevant material that could come up on the test or be useful taking the test. If you want more material or further help on preparing, ask your teachers. They are more than happy to help you prepare. When you are studying, take breaks along the way. Don't sit at a desk for hours at end. Your body and brain needs time to relax. If you break the test prep down into sections, I have found it's more approachable to conquer.

Try a trial run at the test. There are time restraints on the test for different sections. If you go online there are many previous tests that you can practice on. Time yourself under the testing circumstances and requirements so that when the real test comes, you aren't as overwhelmed.

Next, when you're going into the test, make sure you eat a healthy breakfast and get plenty of sleep the night before. You need to be well rested and ready to go. Have your pencils and calculator with you and be prepared. As you go through the test keep a positive attitude. Work through the problems using your best test taking skills. The test is multiple choice, so if you can eliminate possible answers, that will give you a better chance of selecting the correct answer. Don't get hung up on 1 problem for too long. If one is giving you fits, circle or make a note and then come back to it at the end if you have time. Remember, you are NOT penalized for wrong answers, so don't leave a problem blank.

Finally once you are done with the test, congratulate yourself for completing it. It will be a nice weight of relief lifted off your shoulders being done. It will take a little while to get your results back. Don't be nervous or fretting everyday watching the mailbox. When you do get your results, whether you are happy or not, remember you can always retest. Colleges will only look at the best score you had.

Good Luck!!



## Spring Happenings

By Danielle Amen

Hard to believe March is upon us already and spring is just around the corner. Currently our Independent Science Researchers (ISR) are working hard on completing their projects and are preparing for the upcoming science fairs in March and April. ISR is such a rewarding program students may choose to take part in. I have truly enjoyed the large number of students who are not afraid to get their hands dirty, work hard, and dig deeper to find the answer to questions they have about how the world works around them. Stay tuned for future articles and see how our students competed at their upcoming contests! The other large project the Science and Ag department currently have underway is the Monarch Project. Students are preparing for our next batch of monarch larva to arrive by planting tropical and swamp milkweed as well as native flowers to create butterfly gardens. Watching the full life cycle of the Monarch butterflies in our greenhouse and the beautiful transformation that takes place is exciting. With the new batch coming soon, we can't wait to watch the whole process. If you are interested in purchasing your own butterfly garden, contact the school and we will get one ready for you.







## Newman Grove FFA Chapter Celebrates FFA Week

By Kylie Sweetter



The Newman Grove FFA Chapter celebrated National FFA Week from February 18th-22nd. During the week, chapters conducted a variety of activities to help others in their school and community learn about FFA agricultural education. On Monday, of FFA week, members wore their FFA t-shirt, decorated the main hallway with an FFA theme, and started the daily agricultural trivia. Tuesday was elementary agriculture literacy day. High school students presented agriculture related lesson plans to preschool through 6th grade. Thursday started with teacher/staff appreciation breakfast with members all dressed in official uniform and continued with business appreciation. The chapter ended the week by having an Ag Olympics in the gym. Students and teachers participated in an agricultural related obstacle course, with the senior/junior class completing the course the quickest. The winner of the "Kiss the mystery animal" contest winner was guidance counselor Ms. Schmedding. Elementary coloring contest winners were as follows - Logan Guthard and Brooklyn Wiese (Kindergarten), Natasha Nelson and Pierce Fehringer (1st Grade), Griffin Nelson and Ashton Zoucha (2nd Grade).







Lower Back Pain: How Exercise Helps: continued  
Submitted by Teresa Wondercheck, RN  
ESU 8 School Nurse



You may feel like resting, but moving is good for your back. Exercises for lower back pain can strengthen back, stomach, and leg muscles. Always ask your health care professional before doing any exercise for back pain.

**Try: Press-up Back Extensions** Lie on your stomach with your hands under your shoulders. Push with your hands so your shoulders begin to lift off the floor. If it's comfortable for you, put your elbows on the floor directly under your shoulders and hold this position for several seconds.

**Try: Bird Dog** Start on your hands and knees, and tighten your stomach muscles. Lift and extend one leg behind you. Keep hips level. Hold for 5 seconds, and then switch to the other leg. Repeat 8 to 12 times for each leg, and try to lengthen the time you hold each lift. Try lifting and extending your opposite arm for each repetition. While doing this exercise don't let the lower back muscles sag. Only raise the limbs to heights where the low back position can be maintained.

**Try: Knee to Chest** Lie on your back with knees bent and feet flat on the floor. Bring one knee to your chest, keeping the other foot flat on the floor. Keep your lower back pressed to the floor, and hold for 15 to 30 seconds. Then lower your knee and repeat with the other leg. Do this 2 to 4 times for each leg.

**Try: Pelvic Tilts** Lie on your back with knees bent, feet flat on floor. Tighten your stomach by contracting it as though you were preparing for a punch. You'll feel your back pressing into the floor, and your hips and pelvis rocking back. Hold for 10 seconds while breathing in and out smoothly. Repeat 8 to 12 times.

**Try: Bridging** Lie on your back with knees bent and just your heels on the floor. Push your heels into the floor, squeeze your buttocks, and lift your hips off the floor until shoulders, hips, and knees are in a straight line. Hold about 6 seconds, and then slowly lower hips to the floor and rest for 10 seconds. Repeat 8 to 12 times. Avoid arching your lower back as your hips move upward. Avoid overarching by tightening your abdominal muscles prior and throughout the lift.

**Lifting Weights May Help** Done properly, lifting weights doesn't usually hurt your back. In fact, it may help relieve chronic back pain. But when you have acute (sudden) back pain, putting extra stress on back muscles and ligaments could raise risk of further injury. Ask your doctor whether you should lift weights, and which exercises to avoid.

**Try: Aerobic Exercise** Aerobic exercise strengthens your lungs, heart, and blood vessels and can help you lose weight. Walking, swimming, and biking may all help reduce back pain. Start with short sessions and build up over time. If your back is hurting, try swimming, where the water supports your body. Avoid any strokes that twist your body.

From WEBMD

## EASTER EGG HUNT



**Saturday**

**April 13th**

**1:00 PM**



**Children up to and including 4th Grade**

**at Mid Nebraska Lutheran Home & Newman House**

**Sponsored in association with the Community Club & NG FFA**

**Also including prizes, cookies, egg dying and the Easter Bunny**



## FFA Officer Highlight

**Sarah Johnson**

*2018-2019 Treasurer*

*Favorite Ag Class: Animal Science/Companion Animals*

**FFA Activities & Contests:** Agriscience Fair, Meats, Ag Sales, Senior Public Speaking, and Envirothon.

**Favorite FFA Memory** - Going in the secret tunnels that lead to the Capital in Washington D.C.

**How has FFA made a difference in your life?** I have learned many new skills that forced me to go out of my comfort zone and do fun things.





## K-6 Students of the Quarter Sponsored by Newman Grove Bowl

Dylan Luetkenhaus is in 4th grade and was nominated by Mrs. Karla Patzel who said "Dylan is a wonderful student. He works extremely hard to make sure that everything he works on is to the best of his ability. He is kind to his classmates. He is also very patient when his partners do not work as fast as he does."

"Tyler has a great attitude about school. He works really hard in each subject & participates in class. He loves to share things about his life with his class and asks many questions about his friends to get to know them. Tyler is a good leader in our room. He is on time, works hard, helps others, listens to directions right away, and is responsible for what needs to get done. Tyler comes to school each day with a smile on his face. We enjoy having him in our room." -Written by Mrs. Angela Gaspers, the 1st grade teacher that nominated Tyler Luetkenhaus.

Special thanks goes out to the Newman Grove Bowl manager Tim Krueger who provided free meals to the elementary students, parents, and teachers. Pictured (l-r): Tyler Luetkenhaus, Tim Krueger, and Dylan Luetkenhaus.



## 7-12 Students of the Quarter Sponsored by Jodi's Hair Classics

"My nickname for Emma is Ms. Dependability. Emma consistently applies herself to her full ability and is truly great to have in class. She hands her work in on time every time, participates in group conversations, and is active in our school outside of the classroom. She is also always upbeat and positive on a daily basis. I don't know that I've caught her in a bad mood yet this year. She has also started branching out and participating in activities outside of the classroom, which is great for her and the teams she is on. I can always count on Emma to do what needs to be done and for her to do it well." Written by Mr. Wiemer for Emma Montoya who is a sophomore.

"I am so proud of Bethany for stepping outside of her shell this year, and joining new organizations. She is a member of FBPA, FFA, Speech, One Act / Play, Dance Team, Shell Creek, and Bowling. Bethany is kind and considerate to everyone and makes them feel welcome." - Written by Mrs. Amen for Bethany Borgheiinck who is a sophomore.







## Fantastic 4th Grade!

By Karla Patzel



Hello! The 4th graders have had a busy year! We have been working extremely hard preparing ourselves to become the best students we can be. Within our classroom, we have been working on many hands-on science projects through our new series Amplify. The students enjoy the activities that it incorporates into each lesson. We also have incorporated our “Wonder Why Genius Hour” where the 4th grade students get to explore ideas they might be interested in learning about. They incorporate technology along with creating projects. The students also have been working hard on preparing themselves for the NSCAS tests that will be here in March-April.

We took a virtual field trip to Morrill Hall. The students were able to explore and feel real bones paleontologists have found. In May we will be going to Lincoln for our annual 4th grade field trip. We will go to Memorial Stadium and tour what it is like to be a college student-athlete. We then go to Morrill Hall where we will take what we learned in our classroom and apply it to things we see there. From there we will go to Nebraska’s State Capitol and take a look at our unique legislature system.







## Newman Grove Flooding

The morning of March 13th the students and teachers were all heading to school and finding themselves hitting difficulties on their usual routes. There were several roads beginning to be covered in water. Some roads became impassible. After most everyone had arrived at school, the administration realized that we were dealing with something more extreme than anyone would have imagined. The school immediately called the students' parents who rode buses (vans) in to school to have them pick them up before things got worse. The decision was made to have school closed at noon and all students dismissed with notification from parents.

Within a few hours the lower part of the town of Newman Grove was flooded and many were stranded. The Shell Creek was way above flood levels. The lower portion of the golf course filled up and overflowed. The swimming pool and park were filled with flood water. The football and baseball fields were covered with water. The houses up and down the highway, on 9th and 10th streets, and some down by the sports fields all were under lots of pressure from the flood waters, causing a lot of damage and basements to fall in. There were many farms also affected. Many events were canceled or postponed due to the flooding including the speech team who was at Districts and called to come home after just one performance and this year's Alumni Basketball Tournament.

Wednesday afternoon as this was all going on, Brady Sokol (senior) and Dylan Bagley (last year's graduate) decided to take a drone out and capture all of the devastation. Below are several of their photos. Their photography was posted on Facebook and other sites and was discovered by some news stations in the area. They were interviewed by phone and became our local celebrities. We appreciate their willingness to share their photos for so many to see and understand this once in a lifetime event.







# March 2019 Flooding





# APRIL 2019

Sun	Mon	Tue	Wed	Thr	Fri	Sat
31	1	2	3	4	5	6
	<b>3:00pm:</b> JH Track: BC/NG Quad in Albion  Local Scholarship Deadline  Youth Volleyball in gym (K Strong)	<b>7:15am:</b> CILT Meeting  <b>10:00am:</b> Boys Golf: Ord Invite (A)  <b>1:00pm:</b> TR: Wayne Invitational (A)  <b>3:30pm:</b> Gym in Use - Soccer (M Thompson)  ACT Test (Juniors)  NHS Meeting (Lunch)	<b>7:00am:</b> Dance Team Practice  State FFA Convention	FBLA State Leadership Conference - Omaha  State FFA Convention	<b>7:00am:</b> Dance Team Practice  FBLA State Leadership Conference - Omaha  <b>4:00pm:</b> Boys Golf: Ord Dual in Albion  State FFA Convention	<b>8:00am:</b> Gym in Use - Soccer (M Thompson)  FBLA State Leadership Conference - Omaha
7	8	9	10	11	12	13
K-12 Art Show (11th - 15th)  MAPS Testing (April 8 - 26)	<b>4:00pm:</b> TR: 9th/10th Ord Invite (A)  <b>7:00pm:</b> Foundation Mtg  <b>7:30pm:</b> Board of Ed Mtg	<b>3:00pm:</b> JH Track: BC/NG Invitational in Albion  <b>3:30pm:</b> Gym in Use - Soccer (M Thompson)  <b>4:00pm:</b> Boys Golf: Boone Central Quad	<b>7:00am:</b> Dance Team Practice  <u>8th Grade Career Day (NECC)</u>	Mid-Term	<b>7:00am:</b> Dance Team Practice  <b>1:00pm:</b> TR: Central City Invitational (A)  Dance Competition  District Music Contest	<b>8:00am:</b> Gym in Use - Soccer (M Thompson)  <b>9:00am:</b> Boys Golf: Boone Central Invitational  <b>9:00am:</b> FBLA Highway Cleanup  ACT Test  Dance Competition
14	15	16	17	18	19	20
	<b>9:30am:</b> Boys Golf: Columbus Scotus Invite @ Quail Run  <b>2:00pm:</b> JH Track: St Paul Invite (A)  <b>7:00pm:</b> PTO Meeting	<b>3:30pm:</b> Gym in Use - Soccer (M Thompson)  <b>7:30pm:</b> FFA Meeting	<b>7:00am:</b> Dance Team Practice  Student Council Meeting (lunch)	<b>2:00pm:</b> TR: GINW Invitational (A)  FBLA Meeting (lunch)	Good Friday  No School PK-12	<b>8:00am:</b> Gym in Use - Soccer (M Thompson)  <b>9:00am:</b> JH Track: Conference Tourney @ O'Neill  <b>9:00am:</b> Boys Golf: Conference Tourney - Crofton @ Lakeview Golf Course
21	22	23	24	25	26	27
Easter	<b>2:00pm:</b> JH Track: Norfolk Catholic Invite (A)  <b>4:00pm:</b> TR: Central NE Championship (@ Grand Island)  No School PK-12  UNL Water Center	<b>3:00pm:</b> TR: 9th/10th Pierce Invite (A)  <b>3:30pm:</b> Gym in Use - Soccer (M Thompson)  1st Grade Field Trip	<b>7:00am:</b> Dance Team Practice  <b>1:15pm:</b> NECC Music Performance (tentative)  ACT Test (make-up day)	<b>9:00am:</b> Boys Golf: Columbus Lakeview Invitational @ Quail Run (A)  <b>10:00am:</b> JV Boys Golf: Humphrey St. Francis Invite (A)	<b>7:00am:</b> Dance Team Practice  <b>11:30am:</b> Kindergarten Early Dismissal  FFA Chapter Banquet  19/20 Kindergarten Roundup  6th Grade Field Trip	<b>8:00am:</b> Gym in Use - Soccer (M Thompson)  <b>10:00am:</b> TR: Mid- State Conference Meet - Crofton @ Hartington Sports Complex
28	29	30	1	2	3	4
NSCAS Window Testing (Make up week April 29-May 3)	<b>4:00pm:</b> JH Track: Central City Triangular (A)  <b>4:30pm:</b> Boys Golf: Tri w/ Sp Acad, Elgin & Elgin PJ (A)  TR: Conference Rain Dte	<b>3:30pm:</b> Gym in Use - Soccer (M Thompson)  Dibels Testing  <b>7:00pm:</b> K-12 Spring Music Program				



# NEWMAN GROVE SCHOOL BREAKFAST & LUNCH MENUS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 1</b> Pancake Wrap <u>Fresh Fruit &amp; Juice</u> Mini Corndogs Baked Beans Peaches	<b>April 2</b> Cherry Frudel <u>Fresh Fruit &amp; Juice</u> BBQ Rib Sandwich Mixed Veggies Mandarin Oranges	<b>April 3</b> Mini Pancakes <u>Fresh Fruit &amp; Juice</u> Sloppy Joe Corn Tropical Fruit	<b>April 4</b> Apple Turnover <u>Fresh Fruit &amp; Juice</u> Chicken Strips Mashed Potatoes/Gravy Pineapple Dinner Roll	<b>April 5</b> Donut <u>Fresh Fruit &amp; Juice</u> Cheese Quesadilla Green Beans Pears
<b>April 8</b> Cereal <u>Fresh Fruit &amp; Juice</u> Popcorn Chicken Peas Mandarin Oranges	<b>April 9</b> Waffle Sticks <u>Fresh Fruit &amp; Juice</u> Cheeseburger French Fries Strawberries/Bananas	<b>April 10</b> Strawberry Poptart <u>Fresh Fruit &amp; Juice</u> Breaded Pork Patty Green Beans Pears Cake	<b>April 11</b> Blueberry Muffin <u>Fresh Fruit &amp; Juice</u> Hamburger Gravy Over Mashed Potatoes Tropical Fruit Dinner Roll	<b>April 12</b> Mini Donuts <u>Fresh Fruit &amp; Juice</u> Cheese Nachos Fiesta Beans Pineapple
<b>April 15</b> Apple Churros <u>Fresh Fruit &amp; Juice</u> Chicken Quesadillas Lettuce/Salsa Corn Tropical Fruit	<b>April 16</b> Cheese Omelet Biscuit/Jelly <u>Fresh Fruit &amp; Juice</u> Grilled Chicken Sandwich Peas Peaches	<b>April 17</b> Mini French Toast <u>Fresh Fruit &amp; Juice</u> Sub Sandwich Carrots Pears	<b>April 18</b> Breakfast Pizza <u>Fresh Fruit &amp; Juice</u> Flying Saucer Tropical Fruit Dinner Roll	<b>April 19</b>  <i>NO</i>  <i>SCHOOL</i>
<b>April 22</b>  <i>NO</i>  <i>SCHOOL</i>	<b>April 23</b> Cinni Minis <u>Fresh Fruit &amp; Juice</u> Chicken Drumsticks Carrots Pineapple	<b>April 24</b> Long John <u>Fresh Fruit &amp; Juice</u> Hot Ham & Cheese Sandwich Peas Peaches	<b>April 25</b> Apple Frudel <u>Fresh Fruit &amp; Juice</u> Tater Tot Casserole Green Beans Mandarin Oranges Dinner Roll	<b>April 26</b> Banana Bread <u>Fresh Fruit &amp; Juice</u> Pepperoni Pizza Green Beans Strawberries
<b>April 29</b> Poptart <u>Fresh Fruit &amp; Juice</u> Chicken Nuggets Corn Pears Brownie	<b>April 30</b> Mini Pancakes <u>Fresh Fruit &amp; Juice</u> Breaded Beef Patty Mashed Potatoes/Gravy Pineapple Dinner Roll	<b>May 1</b> Mini Cinnamon Rolls <u>Fresh Fruit &amp; Juice</u> BBQ Rib Sandwich French Fries Tropical Fruit	<b>May 2</b> French Toast Sticks <u>Fresh Fruit &amp; Juice</u> Spaghetti Green Beans Mandarin Oranges Breadstick	<b>May 3</b> Cherry Turnover <u>Fresh Fruit &amp; Juice</u> Chicken Tacos Refried Beans Peaches



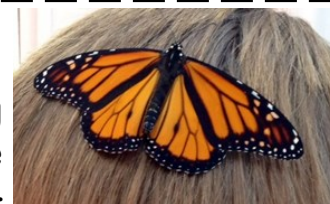
(menus are subject to change without notice)





## BRING BACK THE MONARCHS

The Newman Grove Monarch Project will be selling personal Butterfly Gardens. These gardens will be filled with native flowers that provide a habitat for monarch larva as well as becoming a nectar café for local pollinators. If you are interested in taking a part in the conservation efforts for the Monarch Butterfly, please contact Newman Grove Public Schools at 402- 447- 6294 to order your very own butterfly garden by May 1st.



- \$30 per Butterfly Garden
- If your refilling last years tub please contact us or bring the tubs in and we will restock them for \$20.
- We are also looking for lick tubs for the project. If you would like to donate any extra tubs, please let us know.

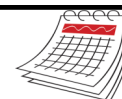


### MISSION STATEMENT

Newman Grove Public School District is committed to providing a safe environment where all students can develop academically. Students will be provided opportunities to acquire skills needed to accomplish their goals and to develop their potential as life-long learners, which will allow students to participate in and contribute to society.

NEWMAN GROVE PUBLIC SCHOOLS  
101 SOUTH 8TH STREET, PO BOX 370  
NEWMAN GROVE NE 68758-0370

### No School Announcements



Friday, April 19	NO SCHOOL PK-12, Good Friday
Monday, April 22	NO SCHOOL PK-12, Spring Break