

September 2010

PONCA PUBLIC SCHOOL

505 3rd Street, P O Box 568
Ponca, NE 68770

www.poncaschool.org

223 North John Street, P O Box 67
Jackson, NE 68743



From the Desk of the Superintendent

William F. Thompson, Superintendent

Traffic Considerations - Construction of our new high school building has forced the District to change school bus pick-up and drop-off locations for students. Students are becoming accustomed to the new pick-up/drop-off location along 2nd Street on the north side of the elementary building. For the most part, things seem to be working out quite well.

We would like to ask the cooperation of parents regarding parking your vehicles at the end of the day as you wait to pick up your child. Please do not park along 2nd Street as this can create congestion with vehicles, and student traffic in the street when buses get ready to leave. This can present a dangerous situation that we can do without. I know that parking close to the school entrance is attractive and convenient. But, at the same time it puts vehicles and students into a situation that is potentially dangerous. Please make arrangements with your child to pick them up at a site away from 2nd Street and the school buses. Your cooperation in this matter is greatly appreciated.

November 8th - No School for Students - The 2010-11 school calendar, first approved by the Ponca Board of Education, listed Monday, November 8th, as a regular day of school for students. Since that time, the District has found out that Ponca High School will be hosting the Lewis & Clark Conference Vocal Music Clinic on that same date. Approximately 250 high school students from several conference schools will be in the high school building during the day requiring "home room" sites for those schools, rehearsal areas, and lunch facilities. It would be almost impossible for the District to hold regular class session during the day.

Monday, November 8th, will be a no school date for students. Certified faculty will report to school that day to assist with Vocal Music duties and to work on Staff Development activities. Students will not have to make this day up.

Enrollment Count - Last August, 437 students were enrolled in Ponca Schools on the first day of school, pre-school through grade twelve. Following is an accounting of students the first day for the 2010-11 school year.

Pre-School - 23	6 th Grade - 32
Kdgn - 29	7 th Grade - 28
1 st Grade - 36	8 th Grade - 33
2 nd Grade - 27	9 th Grade - 28
3 rd Grade - 33	10 th Grade - 40
4 th Grade - 32	11 th Grade - 29
5 th Grade - 36	12 th Grade - 35

Jackson Elementary (Pre-Grade 2) = 115
Ponca Elementary (Grades 3-6) = 133
Junior/Senior High School (7-12) = 193
Total Enrollment = 441

**PLEASE NOTE
 CALENDAR CHANGE:
 PONCA IS HOSTING THE
 CONFERENCE VOCAL
 CLINIC. THEREFORE,
 SCHOOL WILL NOT BE
 IN SESSION FOR PK-12
 STUDENTS
 ON MONDAY,
 NOVEMBER 8TH.**

PLEASE WELCOME OUR NEW TEACHING STAFF!

ADAM POULOSKY,
 H.S. SOCIAL STUDIES TEACHER
 & WILL COACH:
 JR. HIGH BOY'S BB,
 JR. HIGH TRACK AND ASST.
 HIGH SCHOOL FOOTBALL

SHANNON ROEMEN,
 PRESCHOOL TEACHER

INSIDE THIS ISSUE...

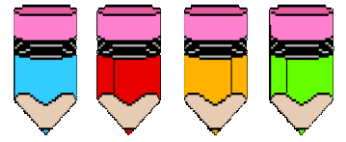
Homecoming Week Events
Concession Stand Schedule
Save! Save! Save!
Hunter Safety
Hearing Checks
Updates from Ms. Rinas
Calendar and Menus
Fall Sports Calendar
Driveway Painting Sign up



The Ponca Public School District 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 been designated to handle inquiries regarding complaints, grievance procedures, or the application of these policies of nondiscrimination:

Ponca Public Schools, Superintendent of Schools 505 3rd Street Ponca, NE 68770 (402) 755-2241
 Appeal procedures beyond the local level need to be addressed to the following office: Office for Civil Rights 8930 Ward Parkway, Suite 2037
 Kansas City, MO 64114 (816) 268-0550 FAX (816) 823-1404; TDD (800) 437-0833

Notes from Ms. Rinas...



Ponca School students kicked off the school year on Wednesday, August 18. The Ponca School Student Council welcomed us back with wishes to "Float into a new year." Students were treated to root beer and orange floats on the front lawn. We have made it through the first hot days of the school year and are back to our studies and activities.

Because the school is concerned with the safety and welfare of our students and spectators at school events, we will not allow children of any age to play unorganized football and group games in the open area surrounding the football fields at home or away events. Parents please supervise your children and do not allow them to bring footballs and other sports balls to football games. Thank-you for helping to keep our sporting events safe for people of all ages!

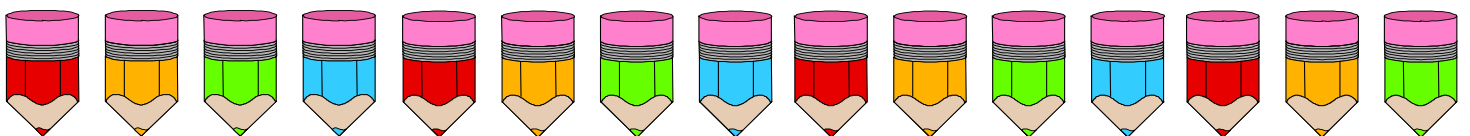
The Homecoming Dance on Saturday, September 11, will be the first dance of the 2010-11 school year. As in the past students in grades 9-12 and their guests may attend the dance. All students and their guests will be breathalyzed prior to being admitted to the dance. Parents will be notified and the consequences as stated in the school policy, "Guidelines for Extra-Curricular Activities" will be applied to any student whose breathalyzer test is positive.

On September 21, students in grades 8, 10, and 12 will participate in the Nebraska Risk and Protective Factors Student Survey. The survey is given to students in participating schools across the state of Nebraska. The survey questions have been designed to measure key behaviors and risk and protective factors without asking sensitive questions, although it is possible that some questions may be considered sensitive by some persons. The survey includes questions related to alcohol, tobacco, and other drug use; related risk and protective factors; and antisocial and violent behaviors. It is important to remember that the survey is anonymous, so no student response will ever be able to be connected with a student. Each student's participation in this study is completely voluntary. At the beginning of the class period when the survey will be administered, the teacher will read a prepared statement that informs the students that their participation is voluntary. They will be given the option to decline to participate, or to skip any question that they prefer not to answer. Students who decline to participate in the survey will be provided with an alternative activity to do while the survey is being administered. Likewise, parents have the option to choose not to have their student participate. Recent federal guidance indicates that schools may use passive consent to participate in the survey, but must inform parents of the survey opportunity and provide them with a mechanism for opting their student out if they so desire. If you do not wish your child to participate in the survey you may call Miss Rinas at the school and request that your child opt out of the survey.

The Jostens Ring and Announcement Company will be at school on Tuesday, September 21, to present their products to sophomores and seniors. They will meet with sophomores at 10:30 A.M. concerning class rings and seniors at 11:15 A.M. concerning announcements and senior products. Jostens will return to school on Tuesday, September 28, to take orders. Senior orders are scheduled for 10:45 A.M. and sophomore orders for 11:15 A.M. Senior and sophomore parents are welcome to attend the meetings. Stop in the Principal's office so we can give you a visitor's pass and direct you to the room in which the class is meeting.

Before the end of September, "Midterm Reports" for the first quarter will be processed. Students will receive the reports on Thursday, September 23. Parents are asked to please review and sign your child's report. In order to participate in or attend school activities, students are required to return the signed report to the school by Wednesday, September 29. Contact the school if you do not receive your child's midterm report so one may be mailed to you. You can also access you child's grades on PowerSchool, the student management system. Contact the school if you need your web login and password.

We hope your child's school year is off to a great start! We look forward to seeing you throughout the school year and especially at our first Parent Teacher Conferences scheduled for grades 3-12 on September 28. Our first conferences are scheduled after the midterm, but before the end of the first quarter. This will give our teachers and parents an opportunity to discuss any concerns they have about a student's academic progress and work together with the student on a plan for success before the first quarter ends.



Jackson Elementary News

Notes from Principal Bob Hayes,

The school year is off and running! We had a very good start and everyone is settling into a routine. The students and teachers seemed very eager to get school underway. I hope we can say this in April!

Like last year students in Jackson will enter the building through the south doors at the beginning of the day. Parents, please be sure to use the correct driveway entrance when entering the parking lot. The north drive is the entrance and the south drive is an exit only. In Ponca students enter through the east door. Please drop students off on Court Street to help keep the bus drop off area less congested. Please make it a priority to pick students up after school on time. School is dismissed at Jackson at 3:10 and at Ponca at 3:25. If a student has other arrangements for pick-up after school other than their normal routine please notify the school by phone call or a written note. Please do not leave it up to the student to relay the message.

When regular school hours begin on Sept. 6th the entrance bell will ring at 8:15am at Jackson and the tardy bell will ring at 8:30am, any students that are not in their desk at 8:30 are considered tardy. It is very helpful to have students here at 8:20, by arriving at 8:20 they can get things taken care of before 8:30 and classes can start on time without interruption. At Ponca, the entrance bell will ring at 8:10 and the tardy bell will ring at 8:15.

Students are not allowed to bring footballs (or any other type of ball) to football games. If a student brings a ball to a football game it will be taken away and not returned. We had numerous problems with injuries and spectators being hit with balls.

Student pictures will be September 22nd at Ponca and September 23rd at Jackson.

We look forward to a successful and exciting school year!

PreSchool Calendar

M	T	W	TH	F
		1 Starfish	2 Angelfish	3 Starfish (End of Heat Schedule)
6 No School	7 Angelfish	8 Starfish	9 Angelfish	10 Angelfish
13 Starfish	14 Angelfish	15 Starfish	16 Angelfish	17 Starfish
20 Starfish	21 Angelfish	22 Starfish	23 Angelfish	24 Angelfish
27 Starfish	28 Angelfish 1:10 Dismissal	29 Starfish	30 Angelfish	1 Starfish



In the PreSchool Classroom....

During the month of September we will be learning about the color blue. We will explore the amazing things that happen when you mix blue with other colors. We will also discover the letters C, D, E, and F. The shape we are focusing on will be the triangle. We will be on a triangle hunt everywhere we go!

Ponca Athletic Boosters



Homecoming Tailgates
Tuesday, September 21st – Volleyball
Friday, September 24th – Football

Pay dues at our September Tailgates
or mail to Joli Gehring, P.O. Box 142, Ponca, NE 68770
\$20.00 Couple \$15.00 Single



Senior Citizen Passes Available...

Passes are available in the Business Office for those patrons of the district who are over 65. The passes are good for any activities at the school.



Homecoming Tattoos and Suckers!!

Fundraiser for the P.H.S.
Cheerleaders and
Student Council.



Friday, September 17th
7:30 a.m. until school starts!!

Tattoos.....\$.75 each

*Suckers.....\$.50 each
(one per student)*



The Cheerleaders and Student Council Members will go to Ponca and Jackson elementary classrooms to sell tattoos and suckers during the morning.



HOMECOMING 2010: "THE BEST IN THE WORLD" IS BEING FINALIZED!

Homecoming Week 2010 is scheduled with a few changes this year!

Coronation of the king and queen is scheduled for Saturday, September 11 at 8:00 P.M. in the Auditorium. Immediately following coronation will be the Homecoming Dance. The dance will run from 9:00 P.M. until Midnight. P.H.S. senior, Aaron Bostwick, will serve as DJ for the dance. Students in grades 9-12 are invited to attend the dance. Cost is \$5.00/person (if the student is dressed up - no shorts/no jeans) and \$7.00/person if they are not dressed up).

Homecoming week runs from Monday, Sept. 13 through Friday, Sept. 17. The homecoming theme "Best in the World" is a play on words, as each class will decorate their respective hallways according to a certain country.



Dress Up Days include:

Monday:	Fashion Disaster Day
Tuesday:	Hobo Day
Wednesday:	"Dress Like Your Country" Day
Thursday:	Senior Citizen Day
Friday:	Blue and White Day

Class Countries include:

Seniors.....Egypt
Juniors.....Australia
Sophomores.....China
Freshmen.....Jamaica
8th Grade.....Italy
7th Grade..... France



A volleyball pep rally has been scheduled for Tuesday, Sept. 14, at 2:45 P.M. in the Gym for students in grades 3-12 and the community. At 3:15 victory treats will be served on the front lawn. The volleyball team has a triangular meet scheduled starting at 5:15 with games against Winnebago and Allen. If 7-12 students come to the games dressed in their Hobo Day attire, they will have \$1.00 off their admission fee.

At 1:30 P.M. on Friday, September 14, students in grades 7-12 will compete in a Homecoming Dodge Ball Tournament at the school. At 2:45 P.M. the community and students in grades 3-12 are invited to attend the football pep rally in the Gym.

The homecoming football game starts at 7:00 P.M. that evening. The homecoming king and queen and the royal court will be recognized at halftime on the field.

We are looking forward to a great homecoming week!

HUNTER SAFETY CLASS



A twelve hour Hunter Safety class will be held at the Martinsburg Community Hall from 7-10 p.m. September 14th, 16th, 21st & 23rd.

Students must be at least 12 years old to attend.

This class is free of charge.

If you are interested, please contact either

Doug Smith @ 945-2833

Charlie Mahler @ 945-2951

Monte Roeber @ 635-2334

Bob Kumm @ 635-2052



A note from Carol Conrad/SLP Speech-Language and Hearing Services

On Thursday afternoon August 26th and Friday morning, September 3rd, 2010 all of Ponca's elementary and secondary students will have had their hearing screened and or tested. The ESU's audiologist (Vernae Luhr) and several of the speech language pathologists, will either screen and/or test the entire student body's hearing. Those parents, whose children have a known hearing loss, as well as those with possible medical concerns will receive a letter, sent on that day, stating such. Any child who was discovered to have a possible new hearing loss will have their hearing tested again, to confirm the new hearing loss, within one month. If a loss is confirmed, at that time, a letter will go out to the parents informing them of their child's hearing loss. If you do not receive a letter by the end of September concerning your child's hearing difficulties, you may assume he/she has passed the hearing screen and has normal hearing levels. I am in the Ponca School and Jackson School full-time. If you have any questions concerning your child's hearing or speech/language development, please feel free to contact me.

Please note: If your child receives a Medical referral, it means the audiologist recommends that a medical doctor examine your child's ear(s).

TO ALL PARENTS OF STUDENTS ENROLLED AT PONCA PUBLIC SCHOOL

As a parent of a student at Ponca School, you have the right to know the professional qualifications of the classroom teachers who instruct your child. Federal law allows you to ask for certain information about your child's classroom teachers. It also requires us to give you this information in a timely manner if you ask for it. Specifically, you have the right to ask for the following information about each of your child's classroom teachers:

1. Whether the Nebraska Department of Education has licensed or qualified the teacher for the grades and subjects he or she teaches.
2. Whether the Nebraska Department of Education has decided that the teacher can teach in a classroom without being licensed or qualified under state regulations because of special circumstances.
3. The teacher's college major; whether the teacher has any advanced degrees and, if so, the subject of the degrees.
4. Whether any teachers' aides or similar paraprofessionals provide services to your child and, if they do, their qualifications. If you would like to receive any of this information, please contact the Superintendent's office.

The Ponca Public School requests your help in locating handicapped children. The school implements the Federal Handicapped Children's Act (PL 94-142) and Nebraska statute which guarantees a free appropriate educational program for all children between birth and 21 years of age. If you have students or know of any young person who meets these criteria, please contact Superintendent's office.

Ponca Music Department 2010-2011 Fall Fund Raiser



GREAT AMERICAN OPPORTUNITIES

On September 27th we will kick-off our 2010-1011 Band and Chorus Fall Fund Raiser,

Band and Chorus students in grades 5-12 will be involved in this fundraiser. Although many of the items are similar to previous years (cookie dough) we are also bringing to you a Christmas Holiday Showcase Collection containing over 170 items consisting of gifts, wrapping paper, food and products for your home.

We appreciate the generous support of our community, families and friends. The proceeds from these fundraisers will go to each individual student's 2012 trip account first, and then to the music department to purchase items that we would otherwise have to go without. Thanks for your continued support.

Thanks so much,

Kari Lowe-Vocal Instructor & Amy Hansen-Band Director



Swing Choir Auditions

MONDAY-September 13th at 7:30 AM

TUESDAY-September 14th at 7:30 AM

PHS vocal music department offers a Show Choir, a second vocal ensemble. This is a smaller, mixed voice ensemble that is open to students in grades nine through twelve. This ensemble is often invited to participate in local community performances, and will compete at least three times per year at festivals or contests to be determined by the director.

Each student will be required to sing "America" (acapella) and be asked to duet with a contrasting part, singing, "I've Got a Name."

This is an advanced ensemble, designed for students with a high level of ability. That integrity must be maintained. Students who audition and are not accepted should not become despondent, but should join concert choir and work hard for a year on improving his or her vocal techniques.

All-State CHORUS-2010

November 18-20, 2010

Lincoln, Nebraska

Auditions: October 9, 2010 @ Norfolk

All-State rehearsals will be held before school at 7:30 AM and after school at 3:30 PM. During the heat schedule these times will be 7:30 AM and 2:00 PM. Students rehearsing at these times will need to make arrangements with Mrs. Lowe ahead of time.

Evening rehearsals will be held every Monday night at 7:00 PM.

All-State students are also required to listen to their individual CD recordings. (DAILY)



MUSIC BOOSTER'S MEETING

Wednesday, September 22nd

6:00 p.m.



WAYNE STATE BAND DAY

Saturday, September 25th

9:00 a.m.

Athletic Rummage Sale

September 14th
Volleyball Game
5:00-6:30pm

September 17th
Football Game
6:00-7:00pm

@ the football field

Items Available:
Volleyball uniforms
Basketball uniforms
Football equipment
Track uniforms



MUSIC BOOSTERS CONCESSION STAND WORK SCHEDULE

for
2010 FOOTBALL & VOLLEYBALL GAMES

Please check school newsletter/calendar for game times.

August 27, FB vs Lutheran High

Contact person: Julie Krampfer
Dean & Kelly Lieber
Joe & Deb O'Neill
Rick & Diane Rush

September 17, FB vs Stanton

Contact person: Kari Richards
John & Jeana Gill
Jeff & Heidi Rush
Rick & Marcella Schweers

September 24, FB vs Cedar Catholic

Contact person: Carol Conrad
Rhonda Criddle
Deb Gibbs
Dan & Lauri Krause
Trevin & Nancy Wimmer

October 15, FB vs Homer

Contact person: Julie Krampfer
Matt & Theresa Brockhaus
Shawn & Staci Fethkenher
Gail & Leslie Reece

September 9, VB vs Bancroft-Rosalie

Contact person: Wendy Masin
Larry & Paula Larsen
Chip & Melissa Watchorn

September 14, VB-Ponca Triangular Meet

Contact person: Dawn Bostwick
Dennis & Tina Rickett
Gary & Susan Way

September 21, VB vs Emerson-Hubbard

Contact person: Carol Conrad
Duane & Patti Boyle
Patti Echtenkamp
Kristin Stoos

September 30, VB vs Wisner-Pilger

Contact person: Kari Richards
Doug & Lynette Bauman
George & Amy Watchorn

October 12, VB vs Vermillion

Contact person: Wendy Masin
Mike & Jeanne Brandt
Max & Lana Oswald

Oct. 19, VB vs Laurel-Concord/Coleridge

Contact person: Dawn Bostwick
Doug & Christina Luebe
Joan O'Neill
Tami Pick



**Your Ponca Indians Cheerleaders
are at it again!!!**

Driveway Paintings!

Please allow us to decorate your driveway or sidewalk to show your Ponca pride! We will be offering vertical & horizontal paintings. We can also refresh an old painting! New paintings are \$10. A refresh is only \$5! Please fill out the form & return with payment to Mrs. Hartman. Please include directions if your house is not easily located. Orders are due by Monday, September 20 and paintings will be done Saturday, September 25.

Thank you for continued support!!!!

Make checks payable to: Ponca Public School

Send to: P O Box 568, Ponca, NE 68770 ATTN: Jennifer Hartman

Name: _____ **Phone:** _____

Street Address: _____

(Directions, if needed: _____



___ **Horizontal**

___ **Vertical**

___ **Driveway**

___ **Sidewalk**

___ **New Painting \$10.00**

___ **Refresh Painting \$5.00**



HOSPICE OF SIOUXLAND'S FAMILY GRIEF SUPPORT GROUP

Hospice of Siouxland is offering grief support groups for children and teens ages 6 to 17 who are grieving the death of a loved one. Groups are held every other Monday during the school year, with a break during December and January. Meetings are from 6:00 – 8:00 p.m. at Siouxland PACE Center at 313 Cook Street, Sioux City (old HyVee on 4th and Hamilton). Supper is provided and daycare is available for younger children upon request.

Professional staff and trained volunteers provide a safe place where families can participate in the healing process. Age-appropriate activities and discussion empower each age-group to express feelings, share memories, learn coping skills and normalize the grieving process.

At least one adult family member must attend the adult support group, in the same time and location. We are now offering a Spanish language adult group as well as the English language adult group.

There is no fee, however families can make donations for an amount with which they are comfortable. Pre-registration is required. Parents or guardians may mail in the enclosed registration form or call Hospice of Siouxland at 712-233-4144 or 1-800-383-4545 in either English or Spanish.

Notes from the School Nurse, Sheila Herfel, RN

A quick reminder that all students must meet state requirements for immunizations, birth certificates, physicals and eye exams. If you have received notice from the school that your child is missing these items, please bring these records to the school as soon as possible. If your child received any immunizations over the summer, please send a copy, so we can update our records.

BACK TO SCHOOL TIME TO CHECK FOR HEAD LICE

Now that school has started, parents are encouraged to check for head lice as part of their family's regular routine. Families should make checking for lice as basic an activity as brushing their teeth or washing their hands. Head lice are common among elementary school students because young children have a lot of contact with their classmates.

Lice are reddish-brown wingless insects; lice eggs, or nits, are grayish-white, always oval shaped and are attached at an angle to the side of the hair shaft. Products over the counter can be purchased to control the lice. If it continues to be a problem, you should see your physician.

Some tips in combating head lice are:

- *Check children and watch for signs of head lice, such as frequent head scratching
- *Remove all nits with a comb or fingernails to assure total lice treatment
- *Use a medicated shampoo, lotion or cream rinse, but remember that all lice-killing products are pesticides and label directions should be followed.
- *Check with your physician before using lice treatment pesticides if the child has allergies, asthma or epilepsy.
- *Wash bedding and clothing in hot water and dry in a hot dryer.
- *Articles that cannot be washed can be vacuumed or placed into a plastic bag and sealed for two weeks to kill all lice and nits.



Library Notes...



Thank you for library book donations:

Kyley Krueger, Jamie Hamar and Carla Taylor

Save! Save! Save!

**Keep Saving
Your Pop Tabs!!!**

Turn in Your Box Tops!



Box Tops has helped America's schools earn over \$250 million in the past 12 years.

You can make a difference for your school every time you shop for groceries! Just clip the Box Tops coupons from hundreds of your favorite products and send them to your child's school.

SAVE YOUR MILK CAPS!!!!

Ponca Elementary Student Council is collecting Land O Lakes milk and orange juice bottle caps.

It is easy to save:

1. Buy gallons of LAND O LAKES[®] Milk, Orange Juice or Chocolate Milk.
2. Save the caps with the Save Five For Schools[™] stickers.
3. Bring the caps (clean and sanitary) to our school.



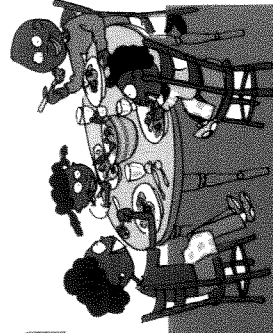
The Land O Lakes Milk Save Five for Schools Program provides funding to participating schools.

*Thank You For Helping
Our School!!*

Save! Save! Save!

10 tips be a healthy role model for children

MyPyramid
Nutrition Education Series

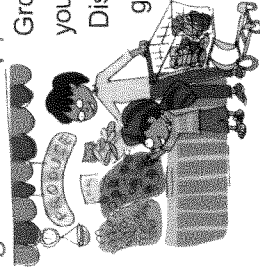


10 tips for setting good examples

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

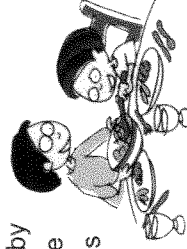
1 show by example
Eat fruits, vegetables, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together
Grocery shopping can teach your child about food and nutrition. Discuss where fruits, vegetables, grains, milk, and meats come from. Let your children make healthy choices.



3 get creative in the kitchen
Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone
Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



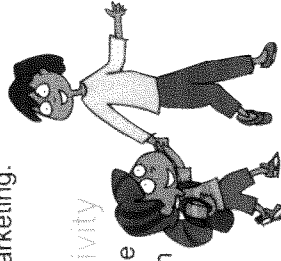
5 reward with attention, not food
Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table
Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make meals a stress-free time.

7 listen to your child
If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"



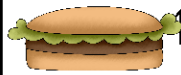





8 limit screen time
Allow no more than 2 hours of TV a day, as recommended by the American Academy of Pediatrics. Get up and move during commercials. Get some physical activity and avoid the marketing.

9 encourage physical activity
Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model
Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

Jackson Elementary ~ September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Sept. 3rd ~ Last Day of Heat Schedule Sept. 6th ~ No School Labor Day Sept. 7th ~ Regular School Hours (at Jackson Elementary 8:35 - 3:10) Sept. 23rd ~ School Pictures Sept. 28th ~ Early Dismissal 1:10 at Jackson 1:30 at Ponca			1 Breaded Chicken Patty Mashed Potatoes with Gravy Roll with Butter Orange Slices	2 Turkey Noodle Soup Tri-Taters Roll with Butter Pears	3 Loosemeat Sandwich Chips Cantaloupe Grapes	4 	
5	6 LABOR DAY NO SCHOOL	7 Turkey & Cheese Rollups Lettuce Salad Applesauce	8 Roast Beef Mashed Potatoes And Gravy Peas Roll with Butter	9 Pizza Mandarine Oranges Pumpkin Bar	10 Dog On A Log Curly Fries Watermelon 	11	
12 	13 Cheeeburger on a Bun French Fries Apple	14 Chicken Strips Mac & Cheese Pineapple Blueberry Cake	15 Meat Loaf Baked Potato Corn Roll with Butter	16 Soft Shell Taco Chips & Cheese Lettuce Salad Peaches	17 Chicken A La King Green Beans Mixed Fruit	18	
19 	20 Smoked Turkey Sandwich Tri-Taters Apple	21 Spaghetti with Meat Sauce Lettuce Salad Bread Stick Orange Slice	22 Hot Dog on a Bun French Fries Peaches 	Discover France! Cassoulet French Artichokes French Bread Creme Brulee		25 Quiche Lorraine Grapes and Strawberries French Toast 	
26 	27 Mac & Cheese Popcorn Chicken Peas Breadstick	28 Baked Ham Sweet Potatoes Roll & Butter Pineapple	29 Corn Dogs Curly Fries Apple	30 Fajitas Tater Tots Chips & Cheese Lettuce & Tomato Salad			

Lunch time!



September 2010



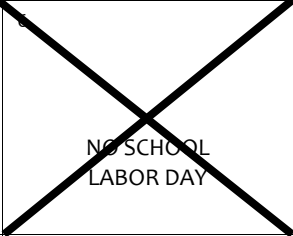





Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hamb./Bun Potato Cubes Baked Beans Fruit Cocktail	2 Chicken Nuggets Mashed Potato/Gravy Peas Pears Rolls and Butter	3 Crispito/chile/cheese Lettuce Salad Pineapple
6 LABER DAY NO SCHOOL !!!!!!!	7 BBQ Rib Scalloped Potato Corn Roll and Butter	8 Chicken and Biscuit Peas Peaches Cookie	9 Chicken Fried Steak Mashed Potato/gravy Green Beans Cinn. Applesauce	10 Meatballs Scalloped Potato Corn Pineapple Roll and Butter
13 Hot Dog/Bun Nachos/Cheese Cole Slaw Orange	14 Chicken Patty Mashed Potato/Gravy Green Beans Peaches Roll and Butter	15 Goulash Lettuce Salad Fruit Jello Garlic Sticks	16 Scalloped Potato/Ham Peas Pears Roll and Butter	17 Pork Fritter Mashed Potato/Gravy Corn Fruit Cocktail
20 Grilled Cheese Fries Baked Beans Pineapple	21 Chicken and Noodles Peas Peached Roll and Butter	22 Tavern Corn Mac amd Cheese Pears	23 Turkey Pot Pie Green Beans Rasp. Applesauce Choc Cake/Hot Sauce	24 Chicken Fajita Lettuce Salad Tri-Tater Fruit Cocktail
27 Shredded Pork Sand Scalloped Potato Peas Peaches	28 Tater Tot Casserole Green Beans Pineapple Roll and Butter	29 Mini Corn Dogs Corn Nachos/Cheese Whipped Jello	30 Beef Taco Lettuce Salad Chips Fruit Cocktail	



September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Yearbook Distribution	2 VB @ Emerson-Hubbard Triangular 5:15 p.m.	3 Hearing Screening Ponca a.m. FB @ Neligh-Oakdale 7:00 p.m. HEAT SCHEDULE ENDS	4 JV VB @ Emerson Triangular 9:00 a.m. FR VB @ Emerson Triangular 9:00 a.m.
5		7 Regular School Hours Ponca 8:15-3:30 Jackson 8:30-3:05 VB @ Randolph C-5:30 JV-6:30 V-7:45 p.m.	8 Elementary Student Council Training/ Installation Ponca Elementary Library 6:30 p.m.	9 VB @ Home vs. Bancroft-Rosalie C-5:30 JV-6:30 V-7:45 p.m.	10 FB-BYE WEEK	11 ACT Test Date JV FB @ Home vs Elk Point Jefferson 9:30 a.m. C VB @ Osmond/Randolph Inv. 8:30 a.m. Homecoming Decorating 3-5 Coronation 8:00 p.m. Dance 9:00 to Midnight
12	13 JV FB @ Wakefield 4 p.m.	14 PCEF 9:00 a.m. VB @ Home 5:15 p.m. Ponca Triangular	15 Annual Ad Sales	16 VB @ Homer C-5:30 JV-6:30 V-7:45 p.m.	17 HOMECOMING FB @ Home vs. Stanton 7:00 p.m.	18 
						
19	20 FB @ Home vs. Laurel JH 4:00 JV 6:30 School Board Meeting 7:30 P.M.	21 JOSTENS- SOPH & SR. MEETINGS VB @ Home vs. Emerson-Hubbard JH-3:00 C-5:30 JV-6:30 V 7:45	22 Music Booster Meeting Outlaw Pizza 6 p.m. Ponca Picture Day	23 VB @ Wakefield C-5:30 JV-6:30 V-7:45 p.m. Jackson Picture Day	24 FB @ Home vs. Cedar Catholic 7:00 p.m.	25 JH VB @ Home Ponca Inv. 9:00 a.m. WSC Band Day 9:00 a.m.
26	27 Music Fundraiser Kick-off FB @ Homer JH-4:00 JV-5:45 VB @ Newcastle Inv. 5:00 p.m. JH VB Sgt. Bluff @ Home 4:00 p.m.	 28 1:30 DISMISSAL Grades 3-12 Parent/ Teacher Conferences Varsity VB @ Newcastle Inv. 5:00 p.m. JOSTENS- SOPH & SR. ORDERS DUE	29 Annual Ad Sales	30 VB @ Home vs. Wisner-Pilger C-5:30 JV-6:30 V-7:45 p.m.	