

November 2013

# PONCA PUBLIC SCHOOL

505 3<sup>rd</sup> Street, P O Box 568  
Ponca, NE 68770

[www.poncaschool.org](http://www.poncaschool.org)

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



Information from Joan M. Reznicek, Superintendent of Schools

An article entitled *Homework* was attached to your elementary child's report card recently. I sincerely hope that you took the time to read the article. Homework is an important tool in a student's life as it teaches responsibility, independent work habits, organization, and time management. If problems arise at home concerning the amount of time it takes your child to complete the homework or not understanding the assignment, it may be due to the fact that the student may not be using their time wisely at school. Students are given the opportunity to complete work at school during study time, during recess, and before or after school when teachers are available. As the twelfth tip in the article stated, most children adopt the value of their parents. Show your children that you value learning by doing educational activities such as reading, discussing current events, or going to the library.

## On Friday, November 1<sup>st</sup>, NO SCHOOL for Grades K - 6.

The teachers will be working on curriculum alignment.

The flu and cold season is upon us at Ponca Public Schools. Please remember to call Sue in the Jackson office, Patti in the Ponca elementary office, or Judy in the high school office by 8:15 a.m. to let the respective office know of your child's absence for the day. **Remember, your child must be without a fever for 24 hours before returning to school.**

Does your high school student have a **WINTER SURVIVAL KIT** in their vehicle?

As the winter season begins, school MAY be dismissed due to inclement weather. Listen to the local television stations for information concerning late starts, early dismissals, or complete cancellations. Make sure your correct cell phone number and home phone number are entered into the SchoolReach Emergency Calling System.

**On Monday, November 11<sup>th</sup> at 10:00 a.m., Ponca Public Schools will host a Veteran's Day Program.** The program will honor our past and present hero's who have fought for our freedom. There will be coffee and rolls starting at 9:00 a.m. for the Veterans and Auxiliary members. The program is open to the public, so please come to honor our Veterans.

The Lewis & Clark Conference Vocal Clinic will be held in Winnebago on Tuesday, November 12<sup>th</sup> with a concert at 7:00p.m. Please attend the concert to listen to the Conference Choir.

School will be dismissed early on Wednesday, November 13<sup>th</sup> for the teachers to work on school issues in their Professional Learning Communities. Jackson dismisses at 1:55 and Ponca dismisses at 2:15.

**Happy Thanksgiving to everyone!!!** Enjoy your family time together.

**SECOND SEMESTER STARTS ON MONDAY, JANUARY 6<sup>TH</sup>.**

# Elementary News

It's hard to believe January is behind us and February is here! The winter has been kind to us so far, except for the cold. Let's hope it stays that way. Second semester has started very smoothly with everyone getting back into his or her routine.

The flu season is upon us and you can help combat the flu. If your child has a fever or flu like symptoms please keep them home!! Please keep your child home for 24 hrs after the flu symptoms subside. This will help slow the spread of the flu and you won't have to pick them up from school early. We appreciate the fact you want your child to be in school but if they're not feeling well they're not very productive.

Parents please make sure your child has a way home after school. We have situations where students are not picked up until after 4:00pm. The teachers have other responsibilities when school is dismissed, they cannot be responsible for sitting with your child. Please call ahead or make other arrangements if you cannot be here at 3:20 in Jackson or 3:40 in Ponca. **Parents are not allowed in the building after school to pick up their child. Please wait outside until the students are dismissed.**

I had some questions regarding open enrollment recently. The date for open enrollment is March 15<sup>th</sup>. See below for further details.

**The date for kindergarten round-up has been set for Friday, April 4<sup>th</sup>.** More details on kindergarten round-up will be in the March newsletter.

Spring pictures will be February 11<sup>th</sup> at Jackson!

Kindergarten through 2<sup>nd</sup> Grade will go roller skating on February 12<sup>th</sup>.



## NOTICE TO PARENTS OF PONCA SCHOOL PUBLIC SCHOOL DISTRICT STUDENTS WHO MAY BE CONSIDERING ENROLLMENT OPTION FOR THE 2014 – 2015 SCHOOL YEAR

Parents or guardians considering the use of the enrollment options program to enroll their child/ren in another public school district in the state of Nebraska should be aware of the following date:

**March 15, 2014** - Deadline for filing enrollment option application for the 2014-2015 school year unless a waiver of dates is granted.

**Limitation** - The enrollment option shall be available only once to each student prior to graduation unless:

- (a) the student relocates in a different resident school district,
- (b) the option school district merges with another district.

**Eligibility** – Eligibility will be considered for transfer students who have transferred from one school to another when there is not a change of domicile by the parents. Those students who have their transfer papers signed and filed on or before March 15 shall be eligible immediately in the fall. Those students who do not have their transfer applications signed and filed on or before March 15 shall be ineligible for 90 school days.

**Transportation** – The parents of the optioned student shall be responsible for required transportation to the option district.

If you have questions regarding the enrollment option program, please contact the Ponca Superintendent's Office at 755-5700.

# High School News

February is the month to say "bravo" to our music students for their January accomplishments! On January 18, the following students earned medals at the Conference Honor Band: Piccolo - Lauren Brickett, 1st Chair; Flute - Shelby Rickett, 2nd Chair; Clarinet - Rachel Bentz, 1st Chair ; Alto Saxophone I - Brandon Bauman, 2nd Chair; Alto Saxophone II - Abby Sullivan, 2nd Chair;

Trumpet - Ryan Bentz, 2nd Chair; Trombone - Zach Heaton, 2nd Chair; Tuba - Jack Charlson, 2nd Chair;

Percussion - Spencer Criddle, 1st Chair; Timpani - Ben Brickett, 2nd Chair. Seventh grade student, Morgan Janssen, auditioned for and was selected to attend the January 25, Wayne State Festival of Bands. Alexis Anderson, Joel Beacom, Rachel Bentz, Lauren Brickett, Jack Charlson, Spencer Criddle, and Zach Heaton were selected for the University of South Dakota Quad State Honor Band. The Singing Youth of Nebraska Junior High Choir was held on January 24th and 25th in Holdrege, Nebraska at their performing arts center, "The Tassle". The choir of 120 seventh, eighth and ninth grade students were selected from across the state through an audition process. Congratulations to Ponca choral students, Jacob Bennett, Sophie Kramper, Sam Brickett, Walter Messerlie and Colson Watchorn who attended and performed in this event.

What are our teachers doing during those monthly Wednesday's when students are dismissed early? Our teachers are working in Professional Learning Communities commonly referred to as PLCs. Teachers are grouped into PLCs based on the task they are assigned for that day. Recently the focus of our PLCs has been to explore ways to improve student assessment results. Our teachers have been trained to evaluate student MAP and NeSA data. Areas of concern are identified and plans are written and put in place to help all students improve. We have teacher teams at the elementary and secondary levels that are also exploring ways to motivate our students to perform their best on assessments. All of our teachers are working hard to improve learning for Ponca School students!

February 4<sup>th</sup> is the middle of our third quarter. Midterm Reports will be processed and given to students on February 5. Your child is required to return the Midterm Report to the school with a parent signature. Remember to talk with your child about their midterm report.

Parent/Teacher conferences are scheduled from 2:00-8:00 p.m. on February 13. This is a great opportunity to collaborate with your child's teachers. Please make time in your schedule for Parent/Teacher conferences.

Mark your calendar for the Ponca School Spelling Bee on February 20, at 2:00 p.m. Students in grades 5-8 who scored the highest on the classroom written spelling test will compete in our local Spelling Bee. The top five spellers will travel to the Dixon County Spelling Bee on February 27, at 1:00 p.m. at the Haskell Ag Lab near Concord, NE. If you have a speller in the family you may access the "2014 Spell" at [www.myspellit.com](http://www.myspellit.com). The public is invited to attend both our local and the county spelling bees!

## **NEWS FROM THE PONCA PUBLIC SCHOOLS CRISIS TEAM:**

We often do not want to think of our school in crisis; however, it is important that we are ready if the time should arise. The Ponca Public School District has a crisis response plan and a crisis response team that has been trained by a Lincoln, NE native, Dr. John Dudley. Ponca's Crisis Team has worked with our staff over the years to prepare for and to respond to a variety of crisis situations. Since the tragedy at Newton, Connecticut, crisis response training has been modified. John Dudley spent time updating Ponca School's Crisis Team during the summer of 2013 in an effort to continue to improve our response time and actions to protect our children.

**The purpose of a crisis response team is to provide the most efficient plan to keep our children safe in as normal of a routine as possible.** When a crisis strikes there is nothing normal about it. Because of the numerous situations that can pose a crisis, the Ponca Crisis Response Plan addresses the following scenarios (yet not limited to:):

- Tornado Drills
- Lockdown Drills – Medical, Chemical, Intruder in the Building, Threat in the Area
- Evacuation Drills – Fire, Intruder in the Building, Chemical

The purpose of this information is to inform our parents and community members of how we implement our response plans and how we will prepare our students and staff to actually practice these drills. Part of the new training will educate our students and parents with the basic steps of the school district's crisis response in a variety of circumstances. A letter will be sent home to parents/guardians outlining the procedures that the school will follow in these situations. The letter will also outline the steps the parents/guardians need to follow.

We will begin by having a series of assemblies (for students in grades: PK-2, 3-6, 7-12) to explain the appropriate responses to a variety of crisis situations mentioned above. For example:

**In the case of an evacuation, off site locations have been identified. Once we are at those sites, students will be allowed to use their cell phones to contact parents. There will also be a reunification site identified where parents (emergency contacts) can pick up their child/children. At this site the guardian(s) picking up the student(s) will be required to show a picture ID.**

**Once the weather is warmer,** we will practice each of these drills that require us to move to the designated evacuation sites.

**The purpose of these drills is not to scare anyone, but to educate and properly prepare students and staff.** One fact we learned from our training is that it is impossible to handle every crisis perfectly. Our hope is that when crisis strikes, we can handle it to the best of our ability with the full support of our parents/guardians as to why certain procedures are followed in crisis response. If you have any questions or want to learn more about our Crisis Team and the services it provides, please feel free to visit with any of our members.

*With regards to John Dudley School Crisis Response Training: Dr. Dudley's crisis team training is known worldwide. He and his crisis teams have responded not only locally, but nationally, including the crisis situations in: Oklahoma City, OK; Columbine, CO; Paduca, KY; and Newton, CN; to name a few. The majority of the schools in Northeast Nebraska have been trained using Dr. Dudley's crisis response plan.*

# Notes from the Guidance Office

## Next A.C.T. Testing Date....

Packet Registration Deadline =  
March 7, 2014  
Testing Date = April 12, 2014

## SENIORS.....

Deadline for the Ponca  
Community Educational  
Foundation Scholarships is:

**Friday, March 14, 2014  
4:00 p.m.**

### Parents: Are you looking for great summer academic camps for your kids in grades 8-11?

Check out the: "Big Red Summer Academic Camps" @ the following  
website: [www.bigredcamps.unl.edu](http://www.bigredcamps.unl.edu)

## The Ponca Community Educational Foundation (PCEF) announces it's 2014 Funding Opportunities for Ponca Graduates and Patrons of the District.

One of the purposes of the PCEF is to promote and support educational opportunities for the students of the Ponca Public School District. The main avenue of support has always been funding scholarships to Ponca High School graduating seniors. Because of recent growth from the generous support of its members, the PCEF is excited to sponsor additional funding opportunities. Listed below is a brief description of those opportunities. After reading these descriptions be sure to encourage a P.H.S. connected student, parent, or community member to apply for these resources.

Guideline information, cover sheets, and applications for each program may be found on the school website: [www.poncaschool.org](http://www.poncaschool.org). (Click on Foundation icon; then click on Grant-Scholarship Opportunities). Additionally, the information and forms may be obtained by contacting the high school guidance office at Ponca Public School (402-755-5702).

**Completed applications and supporting documentation must be returned to Fran Hassler, PCEF Scholarship Selection Committee Chairperson by Friday, March 14, 2014, 4:00 P.M., in person or via email at: [fhassler@esu1.org](mailto:fhassler@esu1.org)** (Please note: Due date deadlines will not be adjusted in the event of technology difficulties.)

Funding categories presently include:

1. Awards for P.H.S. Graduating Seniors
2. Awards for P.H.S. Alumni
3. Awards for Certified Staff Members at Ponca Public School
4. Awards for Non-Certified Staff at Ponca Public School

Should an individual, family or business wish to contribute to the PCEF, please contact **Foundation President Lionel Froseth**, Sioux Falls, SD, #605-357-8086. Thank you.

Funding Opportunities Article  
(updated: 1-15-2014)

## Sweetheart Plans Being Finalized by PHS Student Council

The 9th through 12th grade students will celebrate Sweetheart Coronation and the annual Sweetheart Dance on Saturday evening, March 1, 2014, in the high school gym. Coronation is scheduled for 8:00 P.M., followed by the Sweetheart Dance from 9:00 P.M. to midnight.

The dance is open to all PHS 9-12 grade students.

One senior boy and one senior girl will be crowned 2014 Sweetheart and Beau.

The public is invited to attend coronation.

Cost for the dance is \$7.00 per person, but if you dress up it is \$5.00 person.

**Make plans to help PHS celebrate Sweetheart!**



**Ponca High School  
2nd Quarter Honor Roll  
2013-2014**

<b>Seniors</b>		<b>Juniors</b>		<b>Sophomores</b>	
Brandon Bauman	Anthony Gehring	*Hannah Albrecht		*Alexis Anderson	
*Connor Brandt	Blake Hamar	*Angelica Antonio		Nathan Bakker	
*Aaron Carlson	Brandon Hamar	*Lauren Brickett		*MacKenzie Boyle	
Lorena Carmona	Abby Hayes	Kayla Crosgrove		Kelsea Fethkenher	
Charlie Charlson	*Zach Heaton	*Kianna Kramper		Anthony Galvez	
Madison Charlson	Brook McCluskey	*Bailey Maise		Kaylee Hamar	
*Hannah Cook	Gavin Richards	Colton Oswald		Tim Hayes	
*Tyler Davis	Christian Rush	*Jada Rush		*Rachael Lux	
	James Stark	Alisha Sullivan		Kari Rooney	
		Ethan Swick			
		Michael Walsh			
<b>Freshman</b>		<b>8<sup>th</sup> Grade</b>		<b>7<sup>th</sup> Grade</b>	
Joel Beacom	Katherine Lundberg	Alison Brennan		*Brooklyn Bacon	*Taylor Lamprecht
Jacob Bennett	Madison Niemeier	*Casey Brentlinger		Hailey Bellows	*Gage McGill
Rachel Bentz	Quincy Rich	*Sam Brickett		Kortney Fethkenher	Kathryn Meister
Ryan Bentz	*Shelby Rickett	Cullen Cook		Madelyn Fethkenher	Jayde Reid
*Bailie Bodlak	Maya Rush	*Mackenzie Crosgrove		Carson Fox	*Emma Riedel
Tristen Bostwick	Emily Salmen	Logan Kingsbury		Kelsey Hamar	*Grace Salmen
Jack Charlson	*Hunter Schweers	*Sophie Kramper		Claire Hoelsing	*Morgan Swick
*Sadie Finnegan	Cassandra Stowe	Braeden Maise		Sydni Hughes	Colson Watchorn
Brianna Goodier	*Derrek Touney	Elanna Monk			
Andrew Lamprecht	*Abigail VanDyke	Abby Schweers			
	*Elizabeth Watchorn	Alexa VanDyke			
		Samantha Zimmerman			

**Ponca High School  
Semester Honor Roll  
2013-2014**

<b>Seniors</b>		<b>Juniors</b>		<b>Sophomores</b>	
Brandon Bauman	Anthony Gehring	*Hannah Albrecht	Jacob Masin	*Alexis Anderson	
*Connor Brandt	Brandon Hamar	Angelica Antonio	Colton Oswald	Nathan Bakker	
Aaron Carlson	Abby Hayes	*Lauren Brickett	*Jada Rush	*MacKenzie Boyle	
Lorena Carmona	*Zach Heaton	Spencer Criddle	Alisha Sullivan	Kelsea Fethkenher	
Charlie Charlson	Brook McCluskey	*Kianna Kramper	Ethan Swick	Anthony Galvez	
Madison Charlson	Christian Rush	Lindsey Kvidera	Michael Walsh	Tim Hayes	
*Hannah Cook	James Stark	Bailey Maise		*Rachael Lux	
Tyler Davis				Kari Rooney	
<b>Freshman</b>		<b>8<sup>th</sup> Grade</b>		<b>7<sup>th</sup> Grade</b>	
Joel Beacom	Quincy Rich	Joe Albrecht	*Sophie Kramper	*Brooklyn Bacon	*Taylor Lamprecht
Bailey Bennett	*Shelby Rickett	Emma Beach	Colton Krusemark	Hailey Bellows	Ely McCluskey
Jacob Bennett	Maya Rush	Isaac Berg	Braeden Maise	Kortney Fethkenher	*Gage McGill
Rachel Bentz	Emily Salmen	Alison Brennan	Carin Mellick	Madelyn Fethkenher	Kathryn Meister
Ryan Bentz	*Hunter Schweers	Casey Brentlinger	Elanna Monk	Carson Fox	Jayde Reid
Bailie Bodlak	Cassandra Stowe	*Samuel Brickett	Caden Moore	Kelsey Hamar	*Emma Riedel
Jack Charlson	*Derrek Touney	Jacob Brockhaus	Zach Nelson	Claire Hoelsing	*Grace Salmen
Sadie Finnegan	*Abigail VanDyke	Cullen Cook	Emily Persinger	Sydni Hughes	*Morgan Swick
Andrew Lamprecht	*Elizabeth Watchorn	*Mackenzie Crosgrove	*Abby Schweers		Colson Watchorn
Katherine Lundberg		Connor Day	Zach Statema		Emma Webb
		Kelsey Fields	Alexa VanDyke		
		Sydney Harding	Joel Watchorn		
		Logan Kingsbury	Samantha Zimmerman		

\*Denotes "A" Honor Roll Students (students must earn at least a 93 numerical grade)  
"B" Honor Roll (students must earn at least an 85 numerical grade)



# Concession Stand Schedule



If you are not able to work, please switch with someone else, find a replacement or call your contact person.

**February 1 9:00-2:00 JH Girls Invitational Wendy Masin (402)-312-9042 (contact person)**

1. Jeff and Hallie Salmen 2. Treff and Elisabet DeRoin 3. Mark and Joli Gehring 4. Tim and Jodi Lamprecht

**February 4 5:00 Reserve Boys Kari Lowe and Joe Keefe 1 Hour Only-(Candy and Pop Only)**

**February 6 6:30 Boys Var. Conf. Tourn. 2 Games Julie Kramper (712)-203-0180 (contact person)**

1. Dan and Stephanie Richards 2. Wade and Mona Reid 3. Bill and Sheryl Persinger 4. Chris and Deanna Bennett

**February 8 9:00 Jr High Girls & Boys BB Workers To Be Announced**

**February 14 4:45 JV & Varsity Boys & Girls 4 Games Rhonda Criddle (712) 333-2774 (contact person)**

1. Jeff & Jennifer Mitchell 2. Jim & Jessica Kastning 3. Brad & Cheryl Perkins 4. Jeff & Heidi Rush 5. Scott & Renee Webb

## Library News...

*Thank you! Books and materials donations were made to the library by Mrs. Hamar and Mrs. McCarthy.*



*Please watch for information about our upcoming March Book Fair.*

## NATIONAL HONOR SOCIETY



On Thursday, April 10<sup>th</sup>, 2014, at 7:30 p.m., new nominees will be recognized and inducted into the Ponca Chapter in a formal National Honor Society Ceremony at the Ponca School Fine Arts Facility.

Ponca Public School's National Honor Society is a local chapter which is established according to the nationwide National Honor Society organization. National Honor Society was founded in 1921 as an organization which would recognize and encourage academic and citizenship qualities in students. National Honor Society continues its traditions in the 21<sup>st</sup> century.

Membership in National Honor Society is open to sophomores, juniors, and seniors who have a cumulative scholastic average of 85 percent or above and who demonstrate the qualities of service, character, and leadership. Students carrying a scholastic average of 85 or above are invited to an informational meeting to learn more about National Honor Society. Only those students who complete and return an information sheet by the deadline will be considered for nomination in the National Honor Society. A faculty council comprised of five teachers review and discuss each student's information sheet, attendance and discipline records, and teacher questionnaires. Private ballots are cast by the faculty council, and those students receiving three out of five "yes" votes are then received as members into National Honor Society.

Every third quarter, students have the opportunity to be nominated for induction into Ponca High School's local National Honor Society chapter. Selection guidelines and expectations will be presented to those eligible 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade students in an informational meeting on Thursday, February 6<sup>th</sup>. In order to be considered for nomination, students must return their completed information sheets to Mrs. Foulks by 4:00 p.m. on Monday, February 24<sup>th</sup>, 2014. Selection guidelines and information sheets are available online a [www.poncaschool.org](http://www.poncaschool.org) under the activities tab.

## Congratulations to the following medal winners from the Lewis and Clark Conference Honor Band

Piccolo- Lauren Brickett, 1<sup>st</sup> Chair  
 Clarinet-Rachel Bentz, 1<sup>st</sup> Chair  
 Trumpet-Ryan Bentz, 2<sup>nd</sup> Chair  
 Trombone-Zach Heaton, 2<sup>nd</sup> Chair  
 Percussion-Spencer Criddle, 1<sup>st</sup> Chair

Flute - Shelby Rickett, 2<sup>nd</sup> Chair  
 Alto Saxophone 1-Brandon Bauman, 2<sup>nd</sup> Chair  
 Alto Saxophone 2-Abby Sullivan, 2<sup>nd</sup> Chair  
 Tuba-Jack Charlson, 2<sup>nd</sup> Chair  
 Timpani-Ben Brickett, 2<sup>nd</sup> Chair

Also congratulations to the following students who auditioned and participated in the honor band:

Emily Salmen-Flute, Katherine Lundberg-Flute, Alexis Anderson-Clarinet,  
 Andrew Lamprecht-Trumpet, and Rachael Lux-Trombone

Lastly, for the THIRD consecutive year Ponca took home the attendance award for the greatest community following in the audience.

## Congratulations to the following students for being selected to the following highly competitive honor bands:

Wayne State Junior High Honor Band: Morgan Janssen - 3<sup>rd</sup> Trumpet

University of South Dakota Quad State High School Honor Band

Lauren Brickett - 1<sup>st</sup> Flute  
 Zach Heaton - 3<sup>rd</sup> Trombone  
 Joel Beacom - Percussion

Alexis Anderson - 3<sup>rd</sup> Clarinet  
 Jack Charlson - 2<sup>nd</sup> Tuba  
 Ryan Bentz and Andrew Lamprecht-Trumpet (alternates)

Rachel Bentz - 3<sup>rd</sup> Clarinet  
 Spencer Criddle - Percussion

## RECENT DONATIONS TO OUR BAND PROGRAM

Thank you to **Donna Lund** for her generous dollar donation to the band program. With Donna's help we were able to replace our severely damaged tambourine!

Additionally, thanks to Nancy Harder for organizing a donation collection at the Nancy Harder Studio Piano Recital. These funds were used to purchase choral music and helped purchase a new Piccolo!

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.

### CONFERENCE SCHEDULE

#### Thursday, March 20

Registration (4:30 p.m. - 6:00 p.m.)  
 Dinner  
 Welcome  
 Discussion Group

#### Friday, March 21

Breakfast  
 The IFSP/IEP Process  
 Building Positive Parent-School Partnerships  
 Lunch  
 Good Grief!  
 Discussion Group  
 Dinner (on your own)  
 Evening free to socialize, network and relax

#### Saturday, March 22

Breakfast  
 Concurrent Sessions  
 ■ Assistive Technology  
 ■ Estate Planning for Special Need Trusts  
 ■ For Men Only  
 ■ The Mediation Process  
 ■ Siblings  
 ■ Social Skills  
 ■ Transition  
 ■ You are Your Child's Best Advocate  
 ■ Behavioral Challenges  
 Lunch  
 Discussion Group  
 Pearls of Wisdom  
 Closing and Evaluations (3:30 p.m.)

# PEP

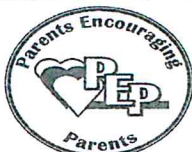
**PARENTS  
ENCOURAGING  
PARENTS**

March 20-22, 2014  
 Midtown Holiday Inn  
 Grand Island, Nebraska

Sponsored by Nebraska Department of  
 Education, Special Education & ESU 16

Are you a Nebraska parent of a child with special  
 needs? Does your child have an IFSP or an IEP?  
 Then this conference is for you!

**NO REGISTRATION FEE**  
 Lodging and most meals provided



Website: [www.education.ne.gov/sped/parentinfo.html](http://www.education.ne.gov/sped/parentinfo.html)

### WHAT IS PEP?

The purpose of PEP is to bring parents of children with disabilities together in an accepting and confidential environment, giving them the opportunity to share ideas, feelings and common concerns, and to obtain information on parenting and educating a child with a disability. A major objective of the weekend is to help parents realize that each is doing the best he/she can do at this time. By the end of the conference, parents will go home with renewed energy, spirit, hope and a desire to work closely with professionals who serve their child so that every child can experience the fullest life.

### WHO SHOULD ATTEND?

This conference is open to all Nebraska parents who are raising a child with a verified disability. The child with the disability must have either an active IFSP or IEP.

A small number of openings are reserved for education professionals who serve children with disabilities and are employed in NE school districts. Professionals will experience PEP from a parent perspective.

Enrollment is limited to 100 participants and registration is on a first come, first serve basis.

If you cannot attend PEP this year, please fill out the Parent Registration form (your name and address only) and check the box that states you cannot attend this year. You will then receive a brochure directly to your address for PEP 2015.

### HOW DO I REGISTER?

To register, first read the Guidelines for Participation in the PEP Conference. Then complete and return the conference registration form. Confirmation will be mailed or emailed to you and a hotel room will be reserved in your name. **Do not** register with the hotel directly. For further information, call Gina Roth at the Nebraska Department of Education, Special Education Office, at 402-471-2471 (Voice/TDD).

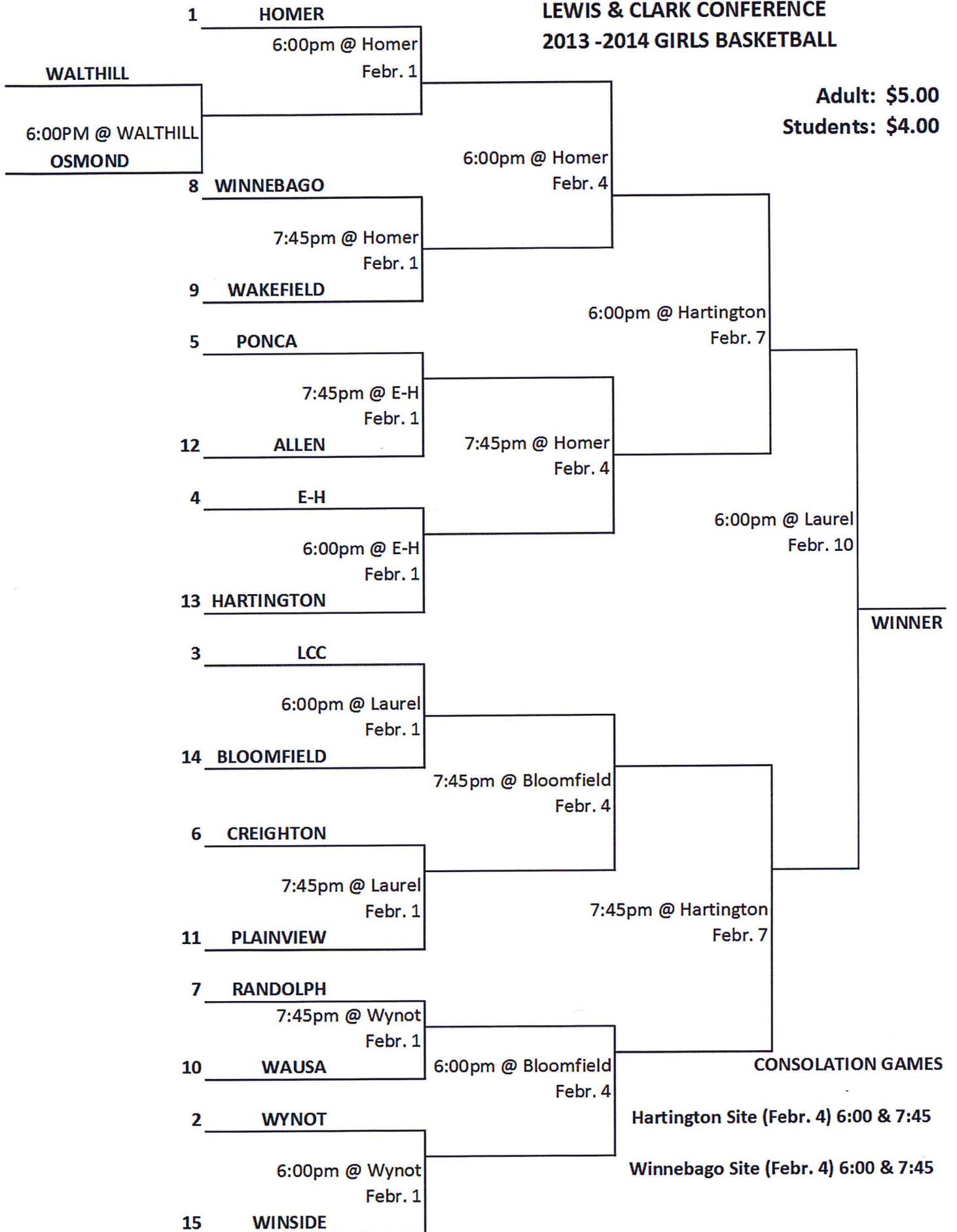
### Non-Discrimination Statement:

This explains what to do if you believe you have been treated unfairly. "In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."



**LEWIS & CLARK CONFERENCE  
2013 -2014 GIRLS BASKETBALL**

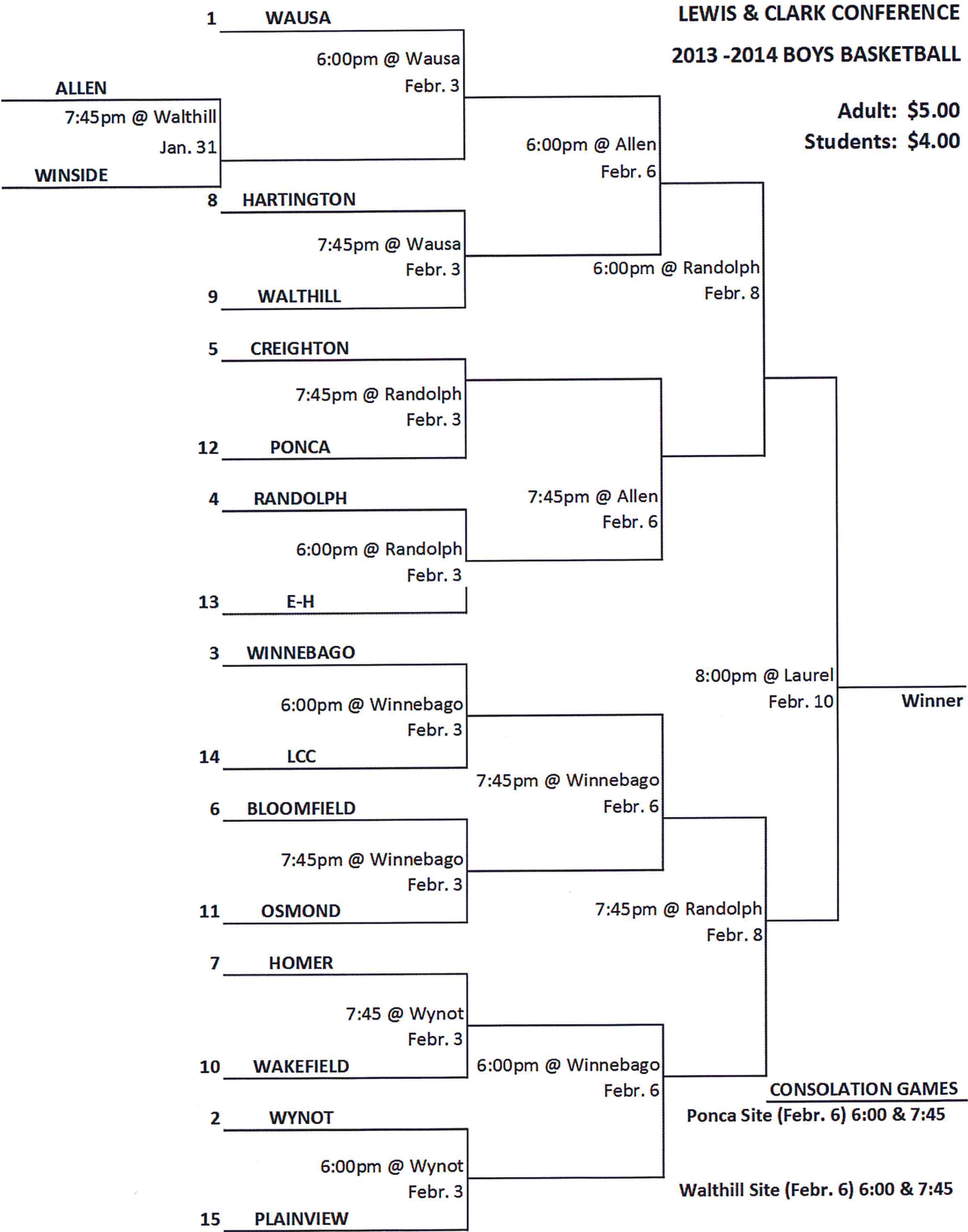
**Adult: \$5.00  
Students: \$4.00**



**LEWIS & CLARK CONFERENCE**

**2013 -2014 BOYS BASKETBALL**

**Adult: \$5.00  
Students: \$4.00**



# 10 tips

Nutrition  
Education Series

# got your dairy today?

## 10 tips to help you eat and drink more fat-free or low-fat dairy foods



**The Dairy Group includes milk, yogurt, cheese, and fortified soymilk.** They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups\* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

### 1 “skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn't reduce calcium or other essential nutrients.

### 2 boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.



### 3 top off your meals



Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

### 4 choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

### 5 what about cream cheese?

Regular cream cheese, cream, and butter *are not* part of the dairy food group. They are high in saturated fat and have little or no calcium.

\* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

### 6 ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

### 7 choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

### 8 caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

### 9 can't drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

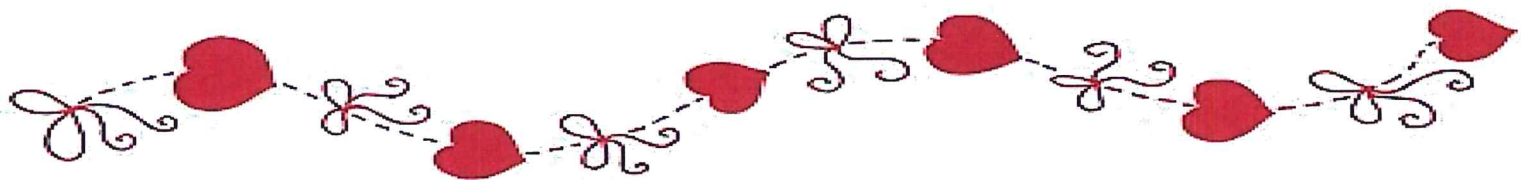

### 10 take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone's benefit.



# February 2014

Calendar is subject to change. Please refer to Ponca's website calendar for last minute changes.  
www.poncaschool.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Bancroft Speech Invite Boys BB 9th/10th grade @ Homer Invite 9:00 a.m. Girls Jr. High BB Ponca Invite 9:00 a.m. Wrestling @ Plainview 10:00 a.m. Girls Conference Basketball Tourney @ Emerson vs. Allen 7:45pm
2 Groundhog Day 	3 Girls Reserve BB @ Norfolk 6:30 p.m. Boys Conference BB Tourney @ Randolph vs. Creighton 7:45 p.m.	4 Boys Reserve BB Home vs. Osmond 5:00 p.m. Girls Conference BB TBA Midterm Grades Due	5 Post Prom Meeting 6:00 p.m.	6 Boys Conference BB TBA	7 Girls Conference BB Semi Finals @ Hartington vs. TBA	8 Speech Invite @ Winside Wrestling @ Wakefield 9:00 a.m. Boys & Girls Reserve BB @ Hinton 9:00 a.m. Girls and Boys Jr. High BB @ Home vs. Hartington 9:00 a.m. Boys Conference Semi Final @ Randolph
9	10 Conference Basketball Finals @ Laurel Girls @ 6:00 pm Boys @ 7:45 pm	11 Girls JV & Varsity BB @ Pender 6:00	12	13 <b>Jackson Dismissal @ 1:10</b> <b>Ponca Dismissal @ 1:30</b> K-12 Parent-Teacher Conferences 2:00 – 8:00 held at Ponca School 4th Grade Class to Orpheum Theater 9:30 a.m.	<del>           14  <b>No School Winter Break</b>            Girls and Boys BB Home vs. Homer            Boys &amp; Girls JV @ 4:45            Varsity Girls @ 6:15            Varsity Boys @ 8:00            District Wrestling 2:30 pm Battle Creek         </del>	15 District Wrestling 9:00 am Battle Creek 9th & 10th Girls BB @ Emerson 9:00 a.m. Girls and Boys Jr. High BB 9:00 a.m. @ Wynot Boys Reserve BB @ Wakonda Invite 9:00 a.m.
16	17 School Board Meeting 7:30 @ Ponca Music Boosters Meeting 6:00pm Outlaw Pizza Girls BB Sub-districts TBA @ Wayne	18 Girls BB Sub-districts TBA @ Wayne	19 <b>EARLY DISMISSAL</b> <b>Professional Development</b> <b>Jackson Dismiss @ 1:55</b> <b>Ponca Dismiss @ 2:15</b>	20 Girls BB Sub-districts TBA @ Wayne Ponca Spelling Bee 2:00 East Gym	21 Boys JV & Varsity @ Creighton 6:00 <b>State Wrestling 2/20-2/22—Omaha</b>	22 Speech Invite @ Crofton
23	24 Boys BB Sub-districts TBA @ Wayne	25 Boys BB Sub-districts TBA @ Wayne	26	27 Boys BB Sub-districts TBA @ Wayne Dixon County Spelling Bee 1:00 pm @ Concord	28 Girls BB District Final - TBA Conference Art judged Ponca	1 Conference Speech @ Ponca Conference Art on display @ Ponca



# FEBRUARY 2014



Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Pizza Chips Fruit and Veggie Bar	4 Tavern Scalloped Potatoes Fruit and Veggie Bar	5 Pork Fritter Mashed Potatoes/Gravy Roll Fruit and Veggie Bar	6 Super Nachos Apple Crisp Fruit and Veggie Bar	7 Orange Chicken Rice Roll Fruit and Veggie Bar
10 Mini Corn Dogs Potato Wedges Fruit and Veggie Bar	11 Chicken Patty Mashed Potatoes/Gravy Roll Fruit and Veggie	12 Hamburger/Bun Baked Beans Fruit and Veggie Bar	13 Enchilada Spanish Rice Fruit and Veggie Bar	14 <b>NO SCHOOL</b>
17 Goulash Cheese Bread Fruit and Veggie Bar	18 Tater Tot Casserole Green Beans Roll Fruit and Veggie Bar	19 BBQ Rib Scalloped Potatoes Roll Fruit and Veggie Bar	20 Chicken Fried Steak Mashed potatoes/Gravy Roll Fruit and Veggie Bar	21 Chicken Fajita Tri-Taters Fruit and Veggie Bar
24 Crispito Chili/Cheese Refried Beans Fruit and Veggie Bar	25 Turkey Mashed Potatoes/Gravy Roll Fruit and Veggie Bar	26 Pizza Chips Chocolate.Cake/Hot Sauce Fruit and Veggie Bar	27 Chicken Nuggets Fries Roll Fruit and Veggie Bar	28 Ham & Cheese Wrap Macaroni and Cheese Fruit and Veggie Bar

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



**Milk Served with Meal**  
**Meals Subject to Change**



# Jackson Elementary February 2014



	Mon	Tue	Wed	Thu	Fri	
2	3 <i>Cheeseburger Sweet Potato Fries Pickle Corn Pineapple</i>	4 <i>Breaded Pork Chop Buttered Potatoes Green Beans Roll Applesauce</i>	5 <i>Stone Soup Bread Stick Beans Carrots &amp; Ranch Dip Mandarin Oranges</i>	6 <i>Breakfast Taco Potato Wedges Lima Beans Peaches Orange Juice</i>	7 <i>Mac &amp; Cheese Peas Broccoli &amp; Cauliflower Pears &amp; Banana</i>	8
9	10 <i>Hot Dog on a Bun Baked Beans Mixed Fruit Apple</i>	11 <i>Potato Soup Turkey/Cheese Rollup Green Beans Apricots</i>	12 <i>Sack Lunch for Roller-Skating Party P.B.J. Potato Chips Grapes Carrots &amp; Celery</i>	13 <i>Pizza Wax Beans Cucumbers &amp; Ranch Celery &amp; P.B. <b>EARLY DISMISS 1:10</b></i>	14 <i>♥ happy ♥ Valentine's Day! No School</i>	15
16	17 <i>Soft Shell Taco Black Bean Salad Lettuce &amp; Tomato Orange Slices</i>	18 <i>BBQ Rib Sandwich French Fries Cooked Carrots Pineapple</i>	19 <i>Grilled Cheese Tomato Soup Dill Pickle Peas Celery &amp; P.B. Pears</i>	20 <i>Cheeseburger Sweet Potato Fries Green Beans Apple Mandarin Oranges</i>	21 <i>Omelette Tri-Tater Beans &amp; Bacon Peaches Banana Muffin</i>	22
23	24 <i>Chicken Strips Mashed Potatoes/ Gravy Roll Broccoli Applesauce</i>	25 <i>Mac &amp; Cheese Peas Beets Applesauce</i>	26 <i>Chili Cinnamon Twists Cheese Stick Corn Carrots &amp; Celery</i>	27 <i>Pizza Lettuce &amp; Tomato Carrots &amp; Ranch Dip Pears</i>	28 <i>Dog on a Log Curly Fries Baked Beans Apple</i>	

Ponca School Newsletter  
Ponca Public School  
P O Box 568  
Ponca, Nebraska 68770

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**PONCA PUBLIC SCHOOL**  
**FEBRUARY 2014**



# PONCA HIGH SCHOOL/COMMUNITY MUSICAL

**hairspray**



**THE MUSICAL**

March 21<sup>st</sup>, 22<sup>nd</sup> at 7:00 p.m. March 23<sup>rd</sup> at 2:00 p.m.  
Ponca Fine Arts Auditorium

Tickets on sale beginning February 17th. Adults = \$7.00 /19 and under = \$5.00  
You may purchase tickets by calling Lorrie or Patti at Ponca School (402) 755-5700