

November 2016

# 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



**On Monday, November 14<sup>th</sup> at 10:00 a.m., Ponca Public Schools will host a Veteran's Day Program in the west gymnasium.** The program will honor past and present heroes who have fought for our freedom. There will be coffee and rolls for the veterans and their families starting at 9:00a.m. The program is open to the public. Please attend this special event to honor our Veterans. Also, please encourage as many veterans to attend the Veteran's Day Program if they have not attended in the past.

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 Jeanne 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.**

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 school cancellations. **Make sure your correct cell phone number and home phone number are entered into the School Messenger Emergency Calling System with Ponca Public Schools.** If you have changed your cell phone service and have a new number, please call the school to let us know of the change.

The Lewis & Clark Conference Vocal Clinic will be held at Ponca Public Schools on Monday, November 7<sup>th</sup> with a concert at 5:30 p.m. Please attend the concert to listen to the Conference Choir. **Due to the number of students involved in the Conference Vocal Clinic, there will be NO SCHOOL on November 7<sup>th</sup>.**

As you may have heard by ear or FaceBook, I have announced my retirement effective on June 30, 2017. The severe injuries in my ankles / feet which occurred in the car accident back on November 20, 2015, have caused tremendous pain which occurs on a 24/7 basis. I have enjoyed my six years as being the Superintendent of Schools for Ponca Public Schools. There have been huge accomplishments and tasks completed for the school district which increased the educational status especially for the students and also helpful for the staff. I thank the many people that have got to know me and have become friends with me through the years, plus I even thank the foes who may think differently about the accomplishments of the district.

## **IMPORTANT DATES:**

**Wednesday, November 2<sup>nd</sup>:** PLC day Early out Nov. 2<sup>nd</sup> Jackson 1:55pm & Ponca 2:15

**Monday, November 7<sup>th</sup>:** **NO SCHOOL** Lewis & Clark Conference Vocal Clinic at Ponca

**Wednesday, November 23<sup>rd</sup>:** Early Dismissal at 1:00 – Thanksgiving Break

**Thursday, November 24<sup>th</sup> & Friday, November 25<sup>th</sup>:** – NO SCHOOL – Thanksgiving Break

**Wednesday, December 7<sup>th</sup>:** Early Dismissal at 1:55 Jackson / 2:15 Ponca

**Wednesday, December 21<sup>st</sup>:** End of 2<sup>nd</sup> Quarter and Early Dismissal – 1:10 Jackson / 1:30 Ponca

**Friday, December 23<sup>rd</sup> – Tuesday, December 27<sup>th</sup>:** NSAA Moratorium

**Thursday, December 22<sup>nd</sup> – Tuesday, January 3<sup>rd</sup>:** NO SCHOOL – Christmas Break

## January 4<sup>th</sup>: First Day of 2<sup>nd</sup> Semester

# Happy Thanksgiving!!!



# Notes from the High School

Ms. Rinas, Principal

YOLO. Be Drug Free" was our Ponca Schools theme for Red Ribbon Week 2016. Students were involved in several activities throughout the week to remind them of the importance of living a healthy and drug free life. We kicked off Red Ribbon Week on Monday October 25, with the theme "Keep Your Head in the Game Drug Free". Students wore our school colors and met in character groups to view a video on the history of Red Ribbon Week. "Have a Ball Be Drug Free" was our theme for Tuesday. Students wore their favorite sports team jerseys to school and participated in Red Ribbon Physical Education activities. Wednesday students were reminded to "Be a Drug Free Hero Every Day!" and dressed in camo. On Thursday, the Student Council sponsored a blood drive and students in grades K-6 viewed the video "I Am Only Me If I am Drug Free." Our theme was "Power of One to Be Drug Free." Red Ribbon Week 2016 ended with Friday's theme, "Say Boo to Drugs!" Students wore Halloween costumes to school. Students in grades 7-12 assembled to listen to a Ponca School alumnus speak on the impact of drugs on his life. Red Ribbon lessons were incorporated in classes throughout the week and our Ponca Student Council members created posters that were hung on our lunchroom commons walls.

Congratulations to Rachel Bentz and Carin Mellick who auditioned and were selected for Nebraska All State Chorus. Rachel and Carin will travel to Lincoln in November for the All State Conference and Clinic. They will perform in the All State Chorus final concert on Friday, November 18.

Our Elementary and Secondary Student Councils and sponsors are busy preparing another memorable Veteran's Day program for our school and community. Everyone is invited to be our guests on November 14, at 10:00 a.m. for our 2016 Veteran's Day Program. The program will be held in the east gym in the Ponca School building. Thank you to all of our Veterans and current men and women serving in our armed forces. We appreciate your service to our nation and willingness to put your lives on the line for our freedoms!

## LIBRARY NEWS!!!

The following Elementary students met their AR goals for the 1<sup>st</sup> quarter.

Zain Stark

Addison Stewart

Julien Buckles

Gracen Evans

Abbie Hrouda

Alyssa Schamp

Isabella Eifert

Alexa Swick

Kemper Carlson

Ashlyn Kingsbury

Cole Jackson

Anthony Sigaty

Tucker McGill

Heydon Valez

Lorelai DeRoin

Bailey Paden

Ellie McAfee

Merissa Twohig



Thank you to Ryan Bentz and McKenzie Kneifl for their book donation this month.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, and of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or Fax: (202) 690-7442; or Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)  
This institution is an equal opportunity provider.

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.

# ELEMENTARY NEWS

## Mr. Hayes, Principal

The first quarter flew by and that means the holiday season is just around the corner! Please encourage your child to work hard as the end of the first semester will be here before you know it.

With the winter season upon us it is important to be ready for school cancellations, late starts, and early dismissals. Please realize Jackson will follow the Ponca schedule concerning dismissals and cancellations. There will **not** be a separate announcement for Jackson Elementary. If Ponca has a two hour late start, classes in Jackson will begin 15 minutes after the start time in Ponca. Example: Two hour late start in Ponca means school in Ponca will begin at 10:10am which means school in Jackson will begin at 10:25am. If there is an early dismissal, Jackson will dismiss 20 minutes **before** Ponca. Example: If Ponca is dismissing at 1:30pm, Jackson will dismiss at 1:10pm.

Another winter weather concern is dressing the students appropriately for winter weather. I realize we had a very pleasant fall, but "old man winter" is right around the corner. Please make sure students have a coat, some type of snow pants, gloves, and something to cover their ears. The Ponca/Jackson Elementary will be going outside for recess on most days unless the weather is too severe.

The second round of MAP Testing will begin Tuesday, Nov. 29<sup>th</sup>. If at all possible, please make sure your child is in attendance during these important testing days.

As you know, the flu season will be here soon. We have experienced a few incidents already with students coming to school sick. If your child is ill please keep them at home until their fever has gone away and their symptoms have subsided. We will do everything in our power to combat the flu. We sanitize our lockers, desks, door handles, drinking fountains, and rest rooms routinely. We insist on hand washing often and protect against sharing items as much as possible. Please help by keeping your child home when they are feeling under the weather.

Basketball and wrestling seasons are just around the corner which means many games in the gyms. We had problems with elementary students running around during the games last year and wanting to play in the west gym during games. This creates a dangerous situation for everyone involved. Please remind your elementary students to sit and watch the games.

**Reminders:** Early out Nov. 2<sup>nd</sup> Jackson 1:55pm & Ponca 2:15  
No School Nov. 7<sup>th</sup> High School Conference Vocal Clinic at Ponca  
Early out Nov. 23<sup>rd</sup> Jackson 12:40 & Ponca 1:00 Thanksgiving Break  
No School Nov. 24<sup>th</sup> through Nov. 27<sup>th</sup> Thanksgiving Break  
3 thru 6 Christmas Concert, Thursday, Dec. 1<sup>st</sup> @ 7:00pm @ Ponca  
Pre-K thru 2<sup>nd</sup> Christmas Concert, Friday, Dec. 9<sup>th</sup> @ 7:00pm @ Ponca



Ponca Public School is desperately looking for an announcer for girls and boys basketball games. If interested, please contact Bob Hayes @ school.



## MARK YOUR CALENDARS...

The elves are getting ready to bake for the P.H.S. Student Council

Holiday Cake Raffle!!!

Thursday, December 16<sup>th</sup>

@ the Boys/Girls Basketball

Doubleheader vs. Emerson-Hubbard





# MUSIC NEWS



*BRAVO!*

## Congratulations to Ponca's 2016 All-State Chorus Members

*BRAVO!*

Rachel Bentz – Alto II

Carin Mellick – Soprano I

Each year, approximately 3000 of the best high school musicians in the state audition for the Nebraska All-State Band, Chorus, Jazz Band and Orchestra which are sponsored by the Nebraska Music Educators Association. Selection as a member of one of these groups is one of the highest musical honors attainable in Nebraska

The chorus will rehearse Wednesday, November 16th, through Friday, November 20th, on the University of Nebraska-Lincoln Campus, the host site of the 2016 NMEA Conference Clinic.

A final public concert will be held on Friday, November 2nd at the Lied Center for the Performing Arts on the University of Nebraska-Lincoln campus.



## 5<sup>th</sup> Grade Instrument Display Night



November 3<sup>rd</sup> at 7:00 in the Fine Arts Theater. If you need an instrument for your child to start band, this is the meeting for you. You will hear about Midbell's rental programs. You can ask them or Mrs. Steckly any questions you have about getting an instrument for your child. If you



can't make the meeting and need an instrument, please get ahold of Mrs. Steckly.

[jessicasteckly@poncaschool.org](mailto:jessicasteckly@poncaschool.org)

## Lewis and Clark Vocal Conference Clinic

Monday, November 7th, 2016

Public Performance 5:30 p.m. @ Ponca Public School



### PARTICIPATING SCHOOLS:

Allen, Laurel-Concord-Coleridge, Emerson-Hubbard, Homer, Ponca, Wakefield, Walthill, Winnebago

\* 200+ talented musicians join together to create a night of entertaining music.

\* Medals are awarded to the top 24 vocalists.

\* A trophy is given to the school with the most audience members present! (Host school is excluded.)

## Congratulations to our Conference Honor Choir

### Sopranos

Rachel Kneifl

Carin Mellick

Claire Hoelsing

### Altos

Rachel Bentz

Sophie Kramper

Alexa VanDyke

### Basses

Colson Watchorn

Nathan Bauman



**10 tips**  
Nutrition  
Education Series

# make healthier holiday choices



## 10 tips for a healthier holiday

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

### 1 create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to <https://www.supertracker.usda.gov/myrecipe.aspx>.



### 6 tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



### 2 enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

### 7 be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

### 3 make sure your protein is lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. Trim fat before cooking meats. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

### 8 make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.



### 4 cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.



### 9 enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

### 5 bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.



### 10 give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



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

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## **PONCA PUBLIC SCHOOL**

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### **NOVEMBER 2016**



# **VETERAN'S DAY PROGRAM**

Ponca Public School will present a Veteran's Day Program, in the gym at 10:00 a.m. on Monday, November 14<sup>th</sup>, 2016.

The public is invited to attend this program along with the Ponca, Jackson, and area Veterans/Auxiliary Women.

The 3-12 students/staff at Ponca School will also be in attendance to help recognize the service and commitment of our Veterans, Auxiliary Women and active military men and women.

Plans are being made for PreK-2<sup>nd</sup> grade students at Jackson Elementary to recognize Veteran's Day during the week of November 7-11.

