

November 2015

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



On Wednesday, November 11th 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 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 Julie in the high school office by 8:15a.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 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 received a new number, please call the school to let us know of the change.

IMPORTANT TO BUS ROUTE PATRONS - PLEASE READ: Please, please have all of your children ready to be picked up at the scheduled time for their bus route. Each bus route has the pick-up times on a timed schedule with students getting on the bus as early as 6:35-6:40 which means some students are riding the bus for over an hour of time. If the bus must wait for students an extended period of time, the bus is not only late for the start of the school day, but most importantly, the students being picked up early are inconvenienced by the tardiness of those families not paying attention to their pick-up time. Please be prompt with the route bus pick-up times.

The Lewis & Clark Vocal Clinic will be held at Laurel-Concord-Coleridge Schools (Laurel) on Monday, November 9th with a concert at 7:00 p.m. Please attend the public concert to listen to the Conference Choir of over 200 students. A trophy is given to the school with the most audience members present.

Some reminders:

Wednesday, November 4th - Early dismissal 1:55 Jackson / 2:15 Ponca

Wednesday, November 25th, Thursday, November 26th, Friday, November 27th - NO SCHOOL

Wednesday, December 9th - Early dismissal 1:55 Jackson / 2:15 Ponca

Tuesday, December 22nd - End of first semester - early dismissal 1:10 Jackson & 1:30 Ponca

December 23rd - 27th - NSAA Moratorium

SECOND SEMESTER STARTS ON WEDNESDAY, JANUARY 6TH

Happy Thanksgiving!!!



Notes from the High School

Ms. Rinas, Principal

NOVEMBER IS . . .

. . . **THE MONTH TO RECOGNIZE OUR PONCA SCHOOLS QUIZ BOWL TEAMS.** On October 21, our varsity and junior varsity quiz bowl teams traveled to Wayne State College for the Lewis and Clark Quiz Bowl competition. The varsity team of Jack Charlson, Timothy Hayes, Mason Fethkenher and Sophie Hartman went four rounds before their hopes of a championship were shattered. Our junior varsity team of Sam Brickett, Kathryn Meister, Colson Watchorn, and Casey Brentlinger made it to the very end of competition and brought home the championship gold medal. Congratulations to our junior varsity championship team!

. . . **THE MONTH FOR FINE ARTS ACTIVITIES.** On November 9, our 9-12 chorus students will be traveling to the Conference Vocal Music Clinic at Laurel-Concord-Coleridge Schools in Laurel, NE. After working with a clinician during the day the students will perform in concert at 7:00 p.m. The public is invited to the concert. On November 17, our One-Act cast and crew will be performing in the Conference One-Act Contest at Homer Public School. Both of these events are open to the public. Both the vocal music clinic and the one-act play contest are conference events and admission will be charged (\$5.00 for adults and \$4.00 for students).

. . . **THE MONTH FOR CELEBRATING OUR ALL STATE CHORUS STUDENTS.** Once again the hard work of our Ponca vocal music students has paid off. After numerous hours of rehearsal and taped auditions, six of our Vocal Music students were selected for the Nebraska All State Chorus. Congratulations are extended to Kelsea Fethkenher, MacKenzie Boyle, Rachel Bentz, Rachel Kneifl, Carin Mellick, and Sophie Kramper for achieving this honor. Sam Brickett and Jacob Bennett were selected as alternates

. . . **THE MONTH FOR HONORING OUR VETERANS AND OUR STUDENT COUNCILS.** Each year we have the opportunity to honor our veterans at our November 11, Veterans Day Program. It can never be said too many times that we live in the best country on earth. Thank-you to our Veterans for serving in the armed forces and defending our freedoms we too often take for granted. Thank-you also to our Elementary and Secondary Student Councils, our music directors and Mrs. Hayes for putting together our Veterans' Day Program! We hope to see you on November 11, at our 10:00 a.m. Veterans' Day Program.

. . . **THE MONTH TO WISH YOU A HAPPY THANKSGIVING!!**



Ponca's National Honor Society would like to thank those of you who donated dried/canned goods to their food drive during the month of October.

LIBRARY NEWS!!! Thank you to Jamie Hamar for her book donation this month.

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."

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.

We are having a problem with students wanting to stay in from recess because of illness. We understand there are times when students need to stay inside, but please do not abuse this situation. Studies show the fresh air is good for students; it causes them to be more alert and refreshed. If a student is too ill to go out for recess, they might be too ill to be in school. Students are not required to run at recess, they can do a variety of activities that are not strenuous.

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 some 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. 4th Jackson 1:55pm & Ponca 2:15
No School Nov. 25th through Nov. 29th Thanksgiving Break
3 thru 6 Christmas Concert, Thursday, Dec. 3rd @ 7:00pm @ Ponca
Pre-K thru 2nd Christmas Concert, Friday, Dec. 11th @ 7:00pm @ Ponca



Ponca Public School is 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 10th @ the Boys/Girls Basketball Doubleheader vs. Randolph





MUSIC NEWS



BRAVO!

Congratulations to Ponca's 2015 All-State Chorus Members

BRAVO!

Rachel Bentz – Alto II

Mackenzie Boyle – Alto II

Kelsea Fethkenher – Soprano II

Rachel Kneifl – Soprano II

Sophie Kramper – Alto I

Carin Mellick – Soprano I

Alternates: Jacob Bennett-Tenor II & Sam Brickett-Bass 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 Thursday, November 19th, through Saturday, November 21st, on the University of Nebraska-Lincoln Campus, the host site of the 2015 NMEA Conference Clinic.

A final public concert will be held on Saturday, November 21st at the Lied Center for the Performing Arts on the University of Nebraska-Lincoln campus.

Congratulations to the following students who were selected to participate in the Lewis & Clark Conference Honor Band!

9-10 Band: Carin Mellick- Flute, Katie Meister- Oboe, Sam Brickett- Trumpet, Morgan Janssen- French Horn

11-12 Band: Shelby Rickett- Flute, Rachel Bentz- Clarinet, Alexis Anderson- Clarinet, Rachel Kneifl- Alto Sax, Abby Sullivan- Alto Sax, Kelsea Fethkenher- Trumpet, Ryan Bentz- Trumpet, Rachael Lux- Trombone, Jack Charlson- Tuba, Joel Beacom- Percussion

The Lewis & Clark Honor Band will take place on Saturday, January 23rd at Wayne State College. Students will audition that Saturday for chair placement. The concert will start at 4:30 that afternoon.



BATTLE OF THE PEP BANDS



Friday, November 6th 7:00

Bancroft-Rosalie High School Gym

The Ponca Indian Pep Band will be competing against other schools to see who has the better pep band.

There will be a traveling trophy for the school that has the most audience members!

Please come cheer on our Pep Band and help us win that trophy!!!! \$2 admission charge.



Lewis and Clark Vocal Conference Clinic

Monday, November 9th, 2015

Public Performance 7:00 p.m. @ Laurel-Concord Consolidated Schools

PARTICIPATING SCHOOLS:

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

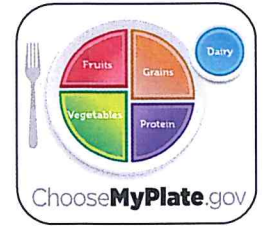
* 200+ talented musicians join together to create a night of entertaining music.

* 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.)



make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

CHANGE SERVICE REQUESTED

ECRWSS
Postal Patron

PONCA PUBLIC SCHOOL

NOVEMBER 2015



VETERAN'S DAY PROGRAM

Ponca Public School will present a
Veteran's Day Program, in the gym at 10:00 a.m.
on Wednesday, November 11, 2015.

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-2nd grade students at Jackson
Elementary to recognize Veteran's Day
during the week of November 9-13.

