

March 2019

# 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



## NOTICE TO PARENTS OF PONCA SCHOOL PUBLIC SCHOOL DISTRICT STUDENTS WHO MAY BE CONSIDERING ENROLLMENT OPTION FOR THE 2019 – 2020 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, 2019** – The Nebraska Department of Education deadline for filing enrollment option application for the 2019-2020 school year unless a waiver of dates is granted. (If the enrollment option application is filed before March 15<sup>th</sup>, 2019, the application does not need to be taken to the school the student is leaving.

**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. According to Nebraska School Activities Association, those students who do not have their transfer applications signed and filed on or before May 1 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 (402) 755-5700.

### Ponca Public Schools Anti-Discrimination Statement

The Ponca Public School District does not discriminate on the basis of sex, disability, race, color, religion, veteran status, national or ethnic origin, age, marital status, pregnancy, childbirth or related medical condition, or other protected status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following persons have been designated to handle inquiries regarding the non-discrimination policies:

Students: Mr. Jody Phillips, Superintendent of Schools, PO Box 568, Ponca, NE 68770 (402) 755-5700 ([jodyphillips@poncaschool.org](mailto:jodyphillips@poncaschool.org)).

Employees and Others: Mr. Jody Phillips, Superintendent of Schools, PO Box 568, Ponca, NE 68770 (402) 755-5700 ([jodyphillips@poncaschool.org](mailto:jodyphillips@poncaschool.org)).

Complaints or concerns involving discrimination or needs for accommodation or access should be addressed to the appropriate Coordinator. For further information about anti-discrimination laws and regulations, or to file a complaint of discrimination with the Office for Civil Rights in the U.S. Department of Education (OCR), please contact OCR at One Peticcoat Lane, 1010 Walnut Street, 3rd Floor, Suite 320, Kansas City, Missouri 64106, (816) 268-0550 (voice), Fax (816) 268-0599, (800) 877-8339 (telecommunications device for the deaf), or [ocr.kansascity@ed.gov](mailto:ocr.kansascity@ed.gov).

*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.*

# From Mr. Lahm's "Pen"

One of the things that always brings me back to a calm center (if you will) is just how talented our students and teachers are at our school. It is a humbling and grateful feeling knowing that I get the opportunity to be a part of such a quality organization and people. Whether you agree with how we do business at school all the time, our kids and teachers really do amazing things.

## Did you know...

- There were 129 of 210 students in grades 7-12 on the Honor Roll for the 1<sup>st</sup> Semester. That is 61% of students, and they do not have pushover teachers...
- The average years of experience of our teachers is nearly 15 years as compared to the state average of 14 years.
- Our average ACT score for our 11th Grade students last year (our current seniors) was 22.2. The state average was 19.4.
- According to data collected by the Nebraska Department of Education through AQuESTT (A Quality Education System for Today and Tomorrow), our High School was classified as Excellent, our Junior High was classified as Good, and our school was classified as Good. These were based on test scores AS WELL AS scores in six other areas involving our school. Check out this NDE site to look at all the data.
- All of our test scores on the state test that we take in April every year are at least 13% higher than the state average, and in relation to the twelve schools nearest us in demographics called our "Peers," we outpace them by an average of at least 9%. Please see this website to look at that data - NDE Profile website (NOTE: Testing is not all telling of everything, but we are proud of what we are accomplishing as a school district.)
- We have a program that addresses bullying. We meet every two weeks for Character Meetings on Monday afternoons. This is a PK-12<sup>th</sup> Grade program that instills important character values based on a research-based program called Olweus Bully Prevention.
- We have students participating in so many different activities from Band and Choir, Jazz Band and Swing Choir, One-Act, Speech, Athletics, Art, National Honor Society, Future Business Leaders of America (FBLA) Student Council, and I know I better put a disclaimer statement on this because I guarantee I am missing some of the programs our students participate.

As you can see above, these are only a few of the amazing things that students and teachers are doing at Ponca Public Schools. And...I get to be a part of all of this. We are not perfect, and we have never claimed to be at this level. We understand that there may be areas we are lacking or programs that we may not be able to offer, but we take pride and at the same time are humble in these areas listed above. Thank you for allowing me to be part of this school.

SPELLING BEE 2019...I-N-D-E-L-I-B-L-E was the winning word spelled by Ben Bodlak at the Ponca Schools 2019 Spelling Bee. Twenty-four spellers started our oral Spelling Bee and the top five spellers moved onto the Dixon County Spelling Bee. Joining Ben at the Dixon County Spelling Bee were Cora Jackson, Julia McKinney, Bailey Paden, Lexi Swick, and Kemper Carlson (alternate). Our very own Cora Jackson won the Dixon County Spelling Bee. Ben Bodlak earned 2<sup>nd</sup> place, and Lexi Swick earned 5<sup>th</sup> place at the Dixon County Spelling Bee. Because Cora won the Dixon County Spelling Bee, she will now compete at the Omaha World Herald Spelling Bee competition on Saturday, March 2 for the chance to compete in Washington D.C. Congratulations to all our participants!

NSCAS SUMMATIVE AND ACT TESTING...The NSCAS state assessment will be administered to all 3<sup>rd</sup> -8<sup>th</sup> grade students on Wednesday-Friday, April 24-26. NSCAS stands for Nebraska Student-Centered Assessment System. Our 1:1 computer initiative allow us to test all of our students during this time allowing us to do some simple and fun incentives for all the students in these grades. If possible, please make plans to ensure your child is at school on these days.

On Wednesday, April 3, all Junior students at Ponca will be taking the state-mandated ACT test. This is a free test that is paid by the state of Nebraska for all Juniors throughout the entire state. Juniors are currently preparing for this test through OnToCollege with John Baylor training. We will administer this test using student Chromebooks thanks to our 1:1 computer initiative.

# PONCA ELEMENTARY



March has finally arrived and hopefully old man winter is behind us. The 3<sup>rd</sup> quarter will end on March 15<sup>th</sup> and it seems like the 3<sup>rd</sup> quarter flew by. I hope we can say the same about the 4<sup>th</sup> quarter in May.

NSCAS testing and spring MAP testing are just around the corner and teachers are working hard to prepare our students for these very important tests. These are very important tests to help us measure growth and compare how we are doing academically. Parents can do their part by making sure your children get plenty of rest and eat a good breakfast before coming to school.

The deadline for open enrollment forms is March 15<sup>th</sup>. The forms must be in the Superintendent's office by March 15<sup>th</sup>, if you wish to option enroll your child into the Ponca School District. Option enrollment is determined on an individual basis and not according to families.

Class field trips are not far off and we have expectations for field trips. Classroom teachers will send home expectations before students attend these field trips. Please review these expectations with your child. Students must be in good standing to attend the field trips. Good standing means homework assignments are complete, classroom assignments are up to date, and there are no behavioral concerns.

**Kindergarten roundup will be Friday, April 12<sup>th</sup>.** There will be no school for the kindergarten on Thursday, April 5<sup>th</sup>. Please check the list in this newsletter. If your potential Kindergarten child is not listed, please contact the Jackson Elementary (402-632-4276) so they can be added to the list. There is more information about Kindergarten round-up in this newsletter.

It's time to start thinking about Pre-school. **The Pre-School open house will be Tuesday, March 26<sup>th</sup> at 6:00pm.** Pre-school students must be 4 years old by July 31<sup>st</sup> and cannot be kindergarten eligible.

The next School Board meeting is scheduled for March 18<sup>th</sup> at 7:00pm in the Ponca School Library.





Parents who have children five years of age on or before July 31, 2019, may wish to send their son/daughter to kindergarten during the 2019/2020 school year.

Kindergarten Roundup for these students is scheduled for April 12<sup>th</sup> at Jackson Elementary. Parents may register their child for roundup by returning the form below or calling the Jackson Elementary School office at 632-4276. More information concerning Kindergarten Roundup will be provided as we get closer to that date.

Please return this form to:  
Jackson Elementary P.O. Box 67 Jackson, NE 68743

Child will attend \_\_\_\_\_ Child will NOT attend \_\_\_\_\_ Kindergarten in 2019/2020

Student Name: \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parents or Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

The following children are eligible to attend Kindergarten at Jackson Elementary during the 2019/2020 school year. This list is according to the current census and current preschool students. If your child is not listed and is eligible to attend, please contact the office at 632-4276 or return this form to the school address listed above.

- |                   |                   |                    |   |
|-------------------|-------------------|--------------------|---|
| Karlie Bostwick   | *Jenna Kneifl     | Kenlynn Robinson   | * Enrollment Option application necessary to attend Jackson Elementary. |
| Branson Chase     | Isaiah Korth      | *Liberty Schroeder |   |
| *Wayde Duerksen   | Gunnar McGhee     | Kyler Stark        |   |
| *Hunter Eagan     | *Jason Nelson     | Layla Thorton      |   |
| Audrey Etter      | Aiden Palmersheim | Jace Uthoff        |   |
| *Angela Goertz    | Maggie Poulosky   | Myles VonSeggern   |   |
| Buchanann Heath   | Broderick Priest  | Beau Thomas Walsh  |   |
| *Hudson Hirschman | *Elizabeth Reuter | *Tagert Westbrook  |   |
| Ridgley Kephart   | Balian Riley      |                    |   |

# Preschool Open House



Bring your treasured preschooler to our Open House to register for next year and visit their new classroom! They will go on a treasure hunt discovering their new school and the things they will be doing each day.

**Tuesday, March 26<sup>th</sup>**  
**6:00 pm at**  
**Jackson Elementary**

Students enjoy a unique curriculum with many exciting events throughout the year. *Preschool is a 4-year-old program that is a full-day, every other day program that includes shuttle bus transportation from the Ponca School for your convenience.* (Student must be four on or before July 31, 2019)

I can't wait to share all the details with you!  
Mrs. Mennenga, teacher



If you are unable to attend but would like to request a registration packet, please call Jackson Elementary at 632-4276.

**It is necessary to complete all of the enrollment forms and submit the registration fee in order to be on the official roster.**

# P.H.S. Graduates: Five-Year Follow-Up Survey

Each year school districts are asked to track the career path their graduates followed upon graduation. Here is Ponca School District's follow-up survey from the last five graduating classes.

Class	4 Year	2 Year	Military	Work	Other	TOTAL
2018	28	3	0	9	4	44
2017	19*^^	5	2 ^^	5 *	1	32
2016	10*	1	2	12 *	1	26
2015	13**	1+	4 **	15+	1	31
2014	7*	1	2	16*	1	27

\*1 is part time 4 year and part time work

\*\*2 are part time 4 year and part time military

+1 is part time 2 year and part time work

^1 is part time 4 year and part time work

^^1 is part time 4 year and part time military

## **The Ponca Community Educational Foundation (PCEF) announces it's 2019 Funding Opportunities for Ponca Graduates, School District Employees, 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, employee, or community member to apply for these resources.

Guideline information, cover sheets, and applications for each program may be found on the following website: [www.pcef.net](http://www.pcef.net) (For graduating seniors and PHS alumni, click on icon with the same name. For district employees, click on Staff Awards.) Additionally, the information and forms may be obtained by contacting the high school guidance office at Ponca Public School (402-755-5702).

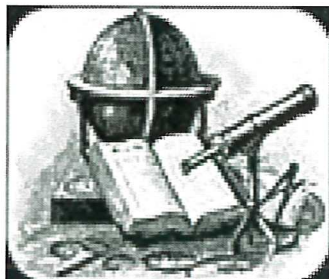
**Completed applications and supporting documentation must be returned to Fran Hassler, PCEF Scholarship Selection Committee Chairperson by Wednesday, March 6, 2019, 4:00 P.M., in person or via email at: [fran hassler@poncaschool.org](mailto:fran hassler@poncaschool.org) (Please note: Due date deadlines 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 Richard Dohma**, 402-755-2224. Thank you.

Funding Opportunities Article (updated: 2-1-2019)



# SCHOLASTIC BOOK FAIR SCHEDULED

March 18-22, 2019

Ponca School Library

*Visit the fair with your children. Find their scheduled time below.*

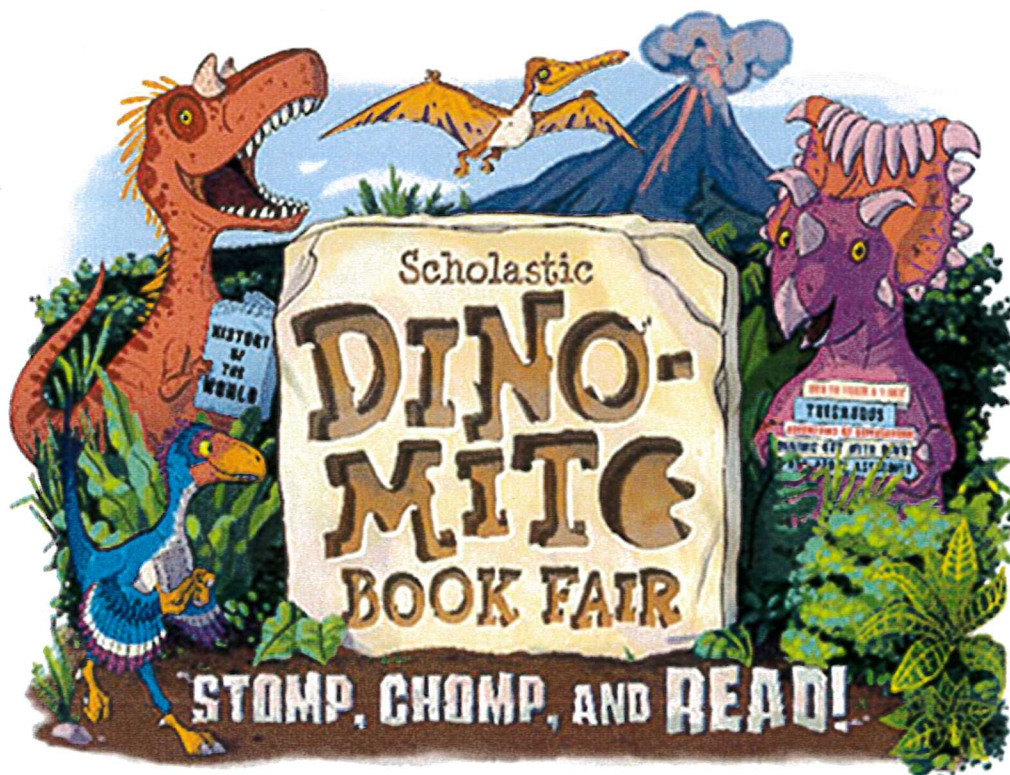
## JACKSON SCHOOL

We had a book fair at Jackson school earlier in the year but if you want to visit the book fair in Ponca, please stop by and take a look. There will be many spectacular books to look at, purchase and read.

## PONCA SCHOOL

March 18	6th Grade-Webb/Pfister	2:00-2:45
March 21	3rd Grade-Simington/Templeman	1:00-1:50
	5th Grade-Carnell/Stewart	2:00-2:45
March 22	4th Grade-Stroud	1:50-2:15
	4th Grade-Fields	2:20-2:45

You are welcome to come to the school any time on Tuesday the 19th and Wednesday the 20th





The Ponca's Elementary Student Council and Thrivent Financial will host a

# St. Patrick's Daddy/Daughter, Mother/Son Dance

for students up to 6<sup>th</sup> grade.



Friday, March 15, 2019  
Ponca School West Gym  
7:00-8:30 p.m.



Admission to the dance  
will be a freewill offering.

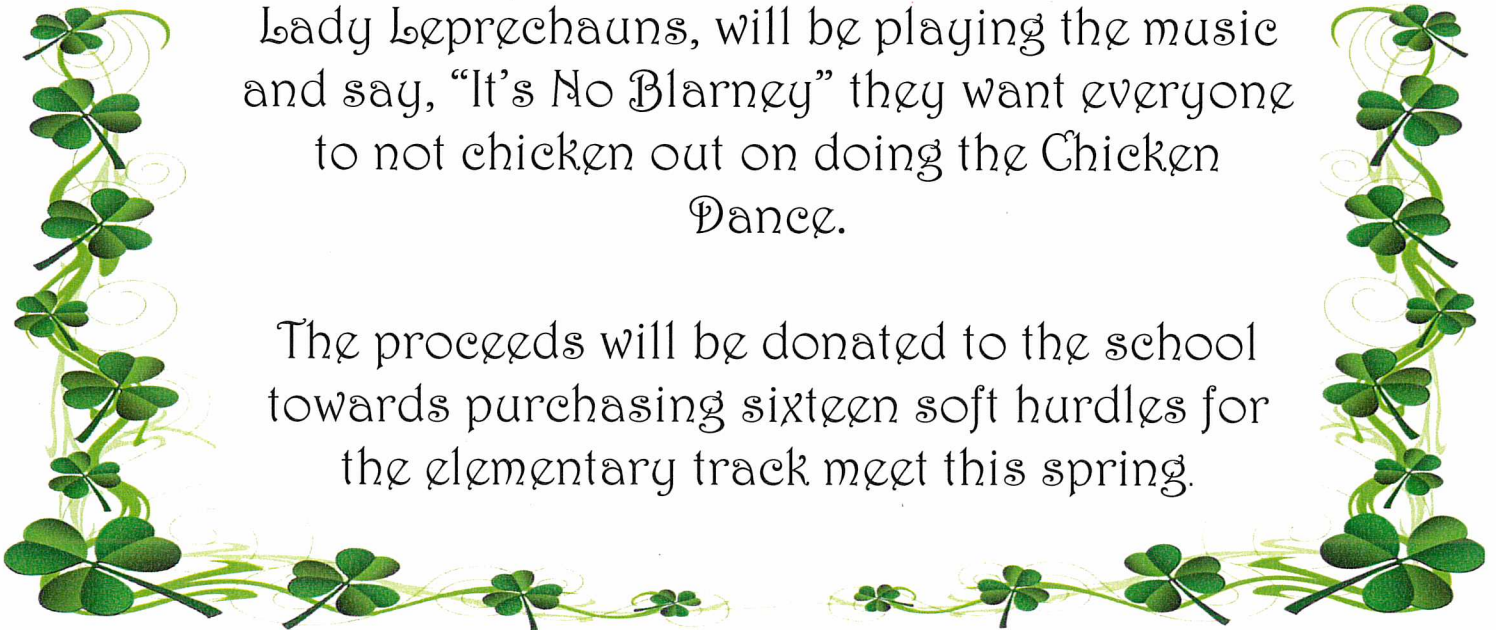
A photo booth will be available and several  
raffle items along with the dance.

Raffle tickets will be sold;  
one for a dollar or six for five dollars.

Snacks will be provided.

Lady Leprechauns, will be playing the music  
and say, "It's No Blarney" they want everyone  
to not chicken out on doing the Chicken  
Dance.

The proceeds will be donated to the school  
towards purchasing sixteen soft hurdles for  
the elementary track meet this spring.



# UPCOMING MUSIC EVENTS:

February 26th – Middle School Concert @ 7:00  
March 5th – Middle School Festival @ WSC time TBA  
March 12th – USD Jazz Festival  
March 23rd – Class C All-State @ Kearney  
March 25th – Northeast Jazz Festival  
March 29th & 30th - Pops Concert  
April 8th - High School Concert & Awards Night  
April 12th - District Music Contest @ South Sioux City



## Attention Pep Band!!!!

Our girl's and boy's basketball teams have been having a great season!!!  
There is potential for them to be playing at state.  
If this is the case, we will be traveling down to support them.

Girl's State Basketball is February 28-March 2  
Boy's State Basketball is March 7-9

---

# The Music Department is proud to present the 2019 Pops Concert!!



Join the 7-12 grade students in a fun evening of pop songs  
from the radio, stage and screen! You will hear  
performances from the band, jazz band, choir, show choir  
and many talented soloists!!

**2 Shows Only!**



Friday, March 29th, 2019 at 7:00  
Saturday, March 30th, 2016 at 7:00



Tickets available in the Elementary Office  
Adults: \$8 | 19 and under: \$5


Ponca High School Fine Arts Auditorium

# Jackson Elementary ~ March 2019

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p><b>NO SCHOOL</b> <b>SPRING BREAK</b></p>
<p>4</p> <p><b>NO SCHOOL</b> <b>SPRING BREAK</b></p>	<p>5</p> <p>Swedish Meatballs Mashed Potatoes California Blend Veggies Mixed Fruit</p>	<p>6</p> <p><i>ASH WEDNESDAY</i> Fish Sticks AuGratin Potatoes Mixed Veggies Dinner Roll &amp; Butter Apple Slices</p>	<p>7</p> <p><del>BBQ Pork on a Bun Baby Baker Potatoes Coleslaw Carrots &amp; Ranch Peaches</del></p> <p><b>NO SCHOOL</b></p>	<p>8</p> <p><del>Cheese Pizza Ranch Wedges Lettuce and Tomatoes Sweet Peppers Fruit</del></p> <p><b>NO SCHOOL</b></p>
<p>11</p> <p>Cheeseburger French Fries Pickle Spear Lettuce Apricots</p>	<p>12</p> <p>Teriyaki Chicken Fried Rice Dinner Roll &amp; Butter Carrots &amp; Ranch Dip Orange Wedges</p>	<p>13</p> <p>Turkey a La King over a Biscuit Peas Carrots &amp; Ranch Dip Pears</p>	<p>14</p> <p>Chicken Patty on a Bun Sliced Pickles Tater Tots Lettuce Applesauce</p>	<p>15</p> <p><i>END OF 3RD QUARTER</i> Pancakes Scrambled Eggs Celery &amp; Peanut Butter Fruit Parfait</p>
<p>18</p> <p>Chicken Drumstick Mashed Potatoes &amp; Gravy Glazed Carrots Pineapple</p>	<p>19</p> <p>Breakfast Pizza Oven Potatoes Pudding Mandarin Oranges</p>	<p>20</p> <p>Chili Goldfish Crackers Celery &amp; Peanut Butter Banana</p>	<p>21</p> <p>BBQ Rib on a Bun Baked Beans Pickle Spear Lettuce Mixed Fruit</p>	<p>22</p> <p>Tuna &amp; Noodles Broccoli Slaw Carrots &amp; Ranch Dip Dinner Roll &amp; Butter Fruit</p>
<p>25</p> <p>Oven Roasted Chicken Baby Baker Potatoes Green Beans Peaches</p>	<p>26</p> <p>Hard Shell Taco Lettuce &amp; Tomatoes Cheese Black Bean Salsa Pears</p>	<p>27</p> <p>Chicken Fettucine Corn Bread &amp; Butter Strawberries</p>	<p>28</p> <p>Pork Chop on a Bun Tater Tots Lettuce Applesauce</p>	<p>29</p> <p>Tomato Soup Cheese Bread Stick Carrots &amp; Ranch Dip Lettuce Fruit</p>

# PONCA MENU

# MARCH 2019

Mon	Tue	Wed	Thu	Fri
			1 <b>NO SCHOOL</b>	
4 <b>NO SCHOOL</b>			5 Chicken Nuggets Baked Beans Roll Fruit and Veggie Bar	
6 French Toast Sticks w/ Syrup Yogurt Cup Fruit and Veggie Bar		7 <b>NO SCHOOL</b>		
8 <b>NO SCHOOL</b>		11 Bacon/Chicken/Ranch Roll *(New Item)* Mixed Veggies Krispie Bar Fruit and Veggie Bar		
12 Corn Dog Chips w/ Cheese Fruit and Veggie Bar		13 Beef Taco Refried Beans Fruit and Veggie Bar		
14 *Chicken Fritter* *(New Item)* Mashed Potatoes w/Gravy Roll Fruit and Veggie Bar		15 Cheese Pizza Chips Fruit and Veggie Bar		
18 Goulash Breadstick Fruit and Veggie Bar		19 Fiestada Corn Cookie Fruit and Veggie Bar		
20 Pizza Beef Sandwich Smiley Fries Fruit and Veggie Bar		21 Chicken and Biscuit Peas Fruit and Veggie Bar		
22 Shrimp Poppers Scalloped Potatoes Roll Fruit and Veggie Bar		25 Mini Corn Dogs Mac-n-Cheese Fruit and Veggie Bar		
26 Chicken Fried Steak Mashed Potatoes w/Gravy Roll Fruit and Veggie Bar		27 Hamburger French Fries Fruit and Veggie Bar		
28 Chicken and Noodles Peas Roll Fruit and Veggie Bar		29 Grilled Cheese Tomato Soup Fruit and Veggie Bar		

USDA IS AN EQUAL OPPORTUNITY

Milk Served with Meal  
Meals Subject to Change



# March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Calendar is subject to change. Please refer to Ponca's website calendar for last minute changes <a href="http://www.poncaschool.org">www.poncaschool.org</a>					1 <b>NO SCHOOL</b> Girls State Basketball 2/28-3/2—Lincoln	2
3	4 <b>NO SCHOOL</b> Conference Speech @ Walthill	5 Wayne State Middle School Contest Grades 6-8	6 PCEF Scholarships & Grants Deadline	7 <b>NO SCHOOL</b> Boys State Basketball 3/7-3/8 - Lincoln	8 <b>NO SCHOOL</b>	9
10 <i>Daylight Savings Time</i>	11 6th Grade Parent Meeting @ 6:00 High School Commons  <b>1 hour late start Staff Professional Development</b>	12 USD Jazz Festival	13 District Speech Contest @ Bancroft  Post Prom Meeting 5:30 p.m.	14 Cheer Tryout Mandatory Parent Meeting 6:00 p.m.	15 Elementary Student Council Dance 7:00pm - 8:30 p.m. West Gym  End of 3rd quarter	16
17 	18 School Board Meeting 7:00 p.m.  <b>1 hour late start Staff Professional Development</b>	19 PCEF Scholarship Selection Committee Meeting 1:00 p.m. Winter Activities Awards Night 7:00 Fine Arts	20	21	22 State Speech	23 Class C All-State Honor Band @ Kearney
24	25 Northeast Jazz Festival Jazz Band and Swing Choir @ Norfolk  <b>1 hour late start Staff Professional Development</b>	26 PreSchool Open House 6:00 p.m. Jackson Elementary	27	28 Cheerleader Tryouts 6:00 p.m.	29 Pops Concert 7:00 p.m.	30 Pops Concert 7:00 p.m.
31	1 Jr. High Track @ Hartington CC 1:00 p.m.  Varsity Golf @ Crofton 10:00 a.m.  <b>1 hour late start Staff Professional Development</b>	2 Varsity Track @ Hartington 2:00 p.m.	3 Music Boosters Meeting 6:00 p.m.  ACT Test - All Juniors  Post Prom Meeting 5:30	4  FBLA Leadership Conference @ Omaha April 4-6	5	6 <b>PROM</b> Grand March 7:00 p.m. (Ponca School) Dance 8-12 a.m. (State Park) Post Prom 12:30-5:00 a.m. (Ponca School)

# 10 tips

Nutrition Education Series

# eat smart and be active as you grow



## 10 healthy tips for teen girls



Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

### 1 build strong bones

A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.



### 2 cut back on sweets

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

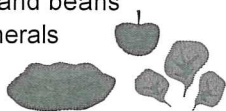
### 3 power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.



### 4 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.



### 5 check Nutrition Facts labels for iron

Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

### 6 be a healthy role model

Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

### 7 try something new

Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

### 8 make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.



### 9 include all food groups daily

Use MyPlate as your guide to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

### 10 everyone has different needs

Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

**SuperTracker**