



September 2017

**Dates to remember:**

**Sept 4—NO SCHOOL  
Labor Day**

**Sept 7—Picture Day**

**Sept 8—Student  
Council Elections**

**Sept 11 7:00pm  
PTO Meeting**

**\*SEE ACTIVITIES  
CALENDAR ATTACHED FOR  
ALL HMS ACTIVITIES**

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## Principal's Page

### *Relationship Building*

Whether you are a tween in the work force or a student in the classroom, positive relationships with peers and authority figures are essential to your success. Parents can encourage their child to use the following “people skills” in the school setting.

\*Listen carefully to your teachers, coaches or club supervisors. Following directions the first time they are given is a good way to show respect and care for the task at hand.

\*Be cooperative. Focus on the big picture and be a team player. It's more fun when everyone succeeds.

\*Put yourself in the other person's shoes. You may have been assigned a partner or group because you are a good leader, are able to go with the flow or are capable of showing empathy to others.

### *Incorporating Tools for Success*

Angie Girard

Volume 4, Issue 2



*“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.”*

*Brian  
Herbert*

## From the Counselor's Corner,

Here are some helpful tips for your Middle school student about setting GOALS. **Goals help students focus on what's important and what's not. When students are goal-oriented, they are more likely to say no to irresponsible behaviors - because they are saying yes to their visions of the future.** Take these steps to help your child set and achieve their goals:

1. **At the beginning of the week**, help your child identify one goal. It might be reading so many pages each night from a book. It might be getting a 90% correct on a spelling test.
2. **Have your child write the goal on a piece of paper.** Post it on the refrigerator or bulletin board.
3. **Talk about how to accomplish the goal.** Help your child break the goal down into smaller steps. For example, "You could read two chapters every day or so many pages each day. They could study their spelling words for fifteen minutes each day.
4. **Ask how things are going as the week progresses.** If problems come up, talk about possible solutions. If your child falls behind in reading, for example have him start reading earlier in the evening.
5. **At the end of the week, help your child evaluate how well he did.** Did he achieve his goals? Why or why not? Most importantly, praise your child for trying. Then help him set a new goal for next week.

**Is your child developing a G.R.I.T. attitude?**

### **G**enerating, **R**elentless, **I**nnner **T**oughness

GRIT is the ability and drive to work hard, persevere through trials and failures, and overcome hardships. To have GRIT is to develop behavior and actions that helps them stay the course as they pursue their goals and dreams. Life is tough and we need to develop a TOUGHNESS!

**\*THERE IS NO PLACE FOR BULLIES AT OUR SCHOOL!** Please let us know right away if your child is experiencing any kind of bullying. Here is a reminder of what bullying is... **BULLYING** is intentional, repeated and hurtful behavior that is aimed at a less powerful target (power imbalance). **CYBERBULLYING** is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

**MEANNESS** is offensive, selfish, unaccommodating or nasty behavior.

**RUDENESS** is bad-mannered, discourteous or impolite behavior.

**SIX STEPS TO STOP BULLYING:** 1) Tell the bully to stop 2) Walk away 3) Ignore 4) Zip the lip (don't engage with the bully) 5) Tell an adult 6) Stay away from trouble makers.

Mrs. Berreckman

**STUDENT COUNCIL** - any student interested in signing up for StuCo, may do so the week of August 28th - September 1st. Students interested need to pick up a StuCo packet from their homeroom teacher. Tuesday, September 5th-8th is when students who are running for Student Council may campaign. The students are allowed to make 2 signs to hang up in their hallway. **NO GUM, CANDY, BUTTONS or MONEY** is to be put on the posters or to be given out to your fellow classmates. Student Council elections will be Friday, September 8th. All candidates will need to write a speech and give their speech to their homerooms for the 5th grade; 6th,7th, 8th grade will give their speech in front of their entire grade.

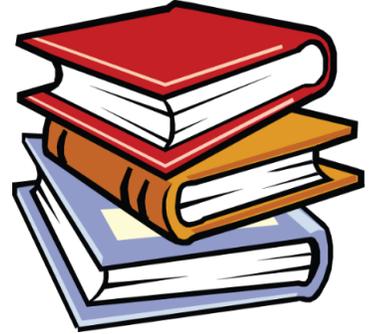
"Children must be taught how to think, not what to think."

Margaret Mead



Game Club- for 7th and 8th graders will be held every Tuesday from 12:10-12:50 in Mr. Petit's Room. Come hang out with friends and learn a new game!

What is G.R.I.T.?



BATTLE OF THE BOOKS FOR 7TH & 8TH GRADE WILL BE ON TUESDAYS FROM 12:10—12:50 IN MRS. HARTZOG'S ROOM.

BATTLE OF THE BOOKS FOR 5TH & 6TH GRADE IS ON WEDNESDAYS FROM 3:30-4:00 IN MRS. HARTZOG'S ROOM.

**TEAMMATES MENTORING PROGRAM** - Dr. Tom and Nancy Osborne founded TeamMates in 1991 in an effort to provide support and encouragement to school-aged youth. The goal of the program is to see youth graduate from high school and pursue post-secondary education. To reach this goal, youth meet once a week with a caring adult who serves as a mentor. Mentors give youth a sense of hope, purpose and vision.

School based - TeamMates is a school-based program - meaning that matches meet at the school during school hours and during the school year. In order for a student to get a mentor the student needs to be nominated by a parent, teacher or they may nominate themselves, once the nomination form is filled out it needs to be given to Mrs. Berreckman and she will give the family an application for the student. The student is trained about what to expect as a mentee, the adult is screened and trained about mentoring. I interview the mentee and the mentors and make the best match possible. The mentor and mentee meet once a week before school or during lunch, they get to know each other. Sometimes their our group activities that they participate in. The long term goal is for the mentees to stay with their mentors through high school graduation and earn a TeamMates scholarship to a two or four year college. ***We are looking for adult volunteers to become mentors. Someone who wants to build a positive relationship with a student in order to help them reach their full potential. Contact***

***Jean Berreckman or Denise Stevenson @ HMS, if you know of someone who would like to be in TeamMates either as a mentee or a mentor!***

### Lunch Extras and Ala Carte

Some things to know about middle school lunch program.

\*HMS has FIVE different choices for school lunch. Two different hot lunch choices, a deli sandwich or wrap sandwich, a salad, or even a yogurt with cheese stick and cracker.

\*In order to purchase an extra entre, you have to have purchased a school lunch.

For example, if you bring a sack lunch and think, "Oh I'd like a piece of pizza", you are unable to purchase that "extra" slice if you didn't purchase school lunch in the first place.

\*There are MANY ala carte items to be purchased whether you have school or sack lunch from home. These items include anything from chips, cookies, gummy snacks to ice cream. Please have a conversation with your child about how many extras they are allowed to purchase! Many students purchase for their friends, and parents can see their child's lunch account disappear quite quickly!

\*Students do have the opportunity to sit with whomever they choose.

\*STAFF HAS THE OPPORTUNITY TO SEPARATE WHOMEVER THEY CHOOSE.

\*Don't forget to enjoy the locally grown beef!

# PTO

Welcome back to Holdrege Middle School!! We hope your school year is off to a great start and you are keeping up!! As in the elementary, the middle school has a PTO (Parent + Teacher Organization) to assist in our students overall educational experience. Even though our children get more freedom and independence as they move to the middle school, parental involvement is still important in their success. We have one chance with our kids....give it your best shot! #NO REGRETS

As a PTO, we save box tops and Sun Mart receipts – you can send either of these items to school anytime with your students. These items can always be sent to the office or there is a box in the commons area for Sun Mart receipts. We still have Duster socks available, they are \$12.00 and can be purchased through Mindi in the office.

We are planning an organizational meeting Monday, September 11th at 7:00 pm in the HMS Commons. Everyone is invited, please come and find out a bit more about our program. We will elect officers at this meeting. If you have any questions, contact Mindi at 995-5421.

PTO Steering Committee

## Holdrege Middle School Office

600 14th Ave.  
P.O. Box 2002  
Holdrege, NE 68949-2002

Phone: 308-995-5421  
Fax: 308-995-4970  
E-mail: [mindi.young@dusters.org](mailto:mindi.young@dusters.org)



### *Mission Statement*

*"The mission of the Holdrege Public Schools is to prepare students to be life long learners and productive, responsible citizens by providing a quality education in cooperation with family and community."*

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

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 NO SCHOOL	5 Student 5:00 7th/8th FB @ home 7:00 HMS Instrument Display	6 Council	7 Campaigns School Pictures 4:00 7th VB @ home 4:00 8th VB @ Horizon MS in Kearney	8 Student Council Elections <b>HHS Homecoming</b>	9 2 TBD Cross Country at Cozad
10	11 5th & 8th MAP Reading Quiz Bowl Practice Begins 7:00 PTO Meeting in HMS Commons	12 5th & 8th MAP Math Welcome Back Team-mates Ice Cream Social @ lunch 4:30 7th VB @ Adams Central in Hastings 4:30 8th VB @ home 5:00 7th/8th FB @ home	13 6th & 7th MAP Reading	14 6th & 7th MAP Math Welcome Back Team-mates Ice Cream Social @ lunch N/AHS @ lunch 6:30 Cross Country @ Heritage Hills Golf Course in McCook	15 MAP Make-up	16
17	18 4:00 7th VB @ home N/AHS Fundraiser 4:00 8th VB @ Lexington MS	19 4:00 7th VB @ Ho Klrege Elementary 4:00 8th VB @ home 5:00 7th/8th FB @ Cozad High School	20	21 4:30 7th VB @ McCook HS 4:30 8th VB @ McCook High School TBD Cross Country @ Ogallala	22	23
24	25 Exec Stu Co mtg 4:30 7th VB @ home 4:30 8th VB @ Gothenburg	26 4:00 8th VB @ home 5:00 7th/8th FB @ home	27 Stu Co mtg	28	29 5:00 High School Football game @ home	30

# HOLDREGE MIDDLE SCHOOL

NO LUNCHTIME  
MEALS  
**CHOICES!**

# LUNCH MENU - SEPTEMBER

**Fruit & Veggie Bar & Milk Choices**



Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is required to have 1/2 cup of fruits or vegetables on their tray.

Look for the Farmer's Market Logo on this month's menu for the featured Farmers Market selection. Learn more about this month's Selection on the poster in the dining area or at <http://www.lunchtimesolutions.com/81/farmersmarket.pdf>



**Other Entrée Choices Available Daily:**

**C. Sub/Salad/Sandwich Entrées**  
**M** Sandwich Choice  
**W-F** Sub Sandwich  
**T-Th** Entrée Salad Choice  
 Choices vary. See menu board for details.

**D. Deli Wrap Entrées**  
**M** Combo Deli  
**T** Fajita Chicken  
**W** Turkey Deli  
**Th** Ham Deli  
**F** Grilled Chicken

**E. Vegetarian Entrées**  
**Daily** Uncrustable & String Cheese  
**T-Th** Fruit Yogurt & Cheese Plate  
 All E. includes Goldfish Crackers

**Lunch Meal Prices & Extras**

MS Lunch	\$2.80	Extra Entrée	\$1.60
Adult Lunch	\$3.50	Extra Milk	\$0.45
Chef Entrée	\$2.15	Extra Branded Pizza	\$1.75
Adult ONE TRIP	Fruit and Veggie Bar		\$1.80

Questions or comments: Contact Casey Greenlee at (402)209-4466 or c.greenlee@lunchtimesolutions.com or Susan Gracey 402-984-8212 S.gracey@lunchtimesolutions.com

Applications for Free and Reduced Price meals are available in the school office. Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
<p><b>NO SCHOOL</b></p> 	<p><b>DUSTER STAMPEDE</b>                      Hosted by: Gilmore &amp; Farming Brands</p> <p>6                      A. Soft Shell Tacos                      B. Hot Ham &amp; Cheese Sandwich</p> <p>Chili Lime Corn                      Carnival Cookie</p>	<p>6                      B. Breaded Beef Patty and Dinner Roll                      B. Chicken Nuggets and Dinner Roll</p> <p>Mashed Potatoes with Gravy</p>	<p>7                      A. Home-style Chicken Ranch Pasta and Dinner Roll                      B. Mini Corn Dogs</p> <p>Green Beans                      Sugar Cookie</p>	<p>1                      A. Baked Fish Sandwich                      B. Pizza Hut Pizza</p> <p>Golden Corn</p> 
<p>11                      A. Home-style Chicken Slew over Fresh Baked Biscuit                      B. Hot Dog</p> <p>Baked French Fries</p>	<p>12                      A. Home-style Buffalo Chicken Pasta                      B. Cheeseburger</p> <p>Baked Beans                      Chocolate Chip Cookie</p>	<p>13                      A. Chili Smothered Baked Potato &amp; Dinner Roll                      B. Grilled Chicken Sandwich</p> <p>Mixed Vegetables</p>	<p>14                      A. Home-style Beef Goulash and Garlic Bread Stick                      B. BBQ Rib Sandwich</p> <p>Green Beans                      Sugar Cookie</p>	<p>8                      A. Taquito Grande                      B. Home Style Pizza</p> <p>BBQ Beans</p> 
<p>18                      A. Home-style Beef Chili and Crackers                      B. Chicken Nuggets</p> <p>Green Beans                      Frosted Cinnamon Roll</p>	<p>19                      A. Chicken Fajitas                      B. Corn Dog</p> <p>Refried Beans</p>	<p>20                      A. Home-style Chicken &amp; Noodles                      B. Baked Breaded Beef Fingers</p> <p>Mashed Potatoes with Gravy</p>	<p>21                      A. Spaghetti with Meat Sauce                      B. Crispy Chicken Sandwich</p> <p>Peas                      FMS: Watermelon</p> 	<p>15                      A. Mexi Tots with Dinner Roll                      B. Pizza Hut Pizza</p> <p>Golden Corn</p>
<p>25                      A. Home-style Cajun Chicken Penne                      B. Cheeseburger</p> <p>Green Beans</p>	<p>26                      A. Chinese Tacos                      B. Chicken Nuggets</p> <p>Steamed Carrots                      Pineapple Coleslaw                      Cinnamon Bread Stick</p>	<p>27                      A. California Lasagna and Garlic Bread Stick                      B. BBQ Pork Sliders</p> <p>BBQ Beans</p>	<p>22                      A. Beef &amp; Bean Burrito                      B. Home Style Pizza</p> <p>Steamed Carrots</p>	<p>29                      A. Cuban Hot Dog                      B. Pizza Hut Pizza</p> <p>Mixed Vegetables</p> 

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# HOLDREGE PUBLIC SCHOOLS



## Fruit and Juice Available Every Day

### Breakfast Choices for K-12

Available every day, breakfast includes:

- Breakfast entrée on menu at right *or*
- Choice of cereals with toast
- Smucker's Uncrustable
- Fruit
- 100% Fruit Juice
- Milk choices

### Additional Middle School Choices:

- Dutch Waffle (Daily)
- Sausage and Gravy over Fresh Baked Biscuit (T, Th)
- Breakfast Pizza (M, W, F)

### Additional High School Choices:

- Dutch Waffle (Daily)
- Breakfast Pizza (Daily)

### Breakfast Meal Prices & Extras

PK-12 Student Breakfast	\$1.70
Adult Breakfast	\$2.05
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

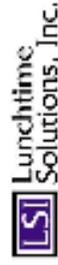
Menus are subject to change without notice.



# BREAKFAST MENU - SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
<b>4</b> <b>NO SCHOOL</b> 	<b>5</b> A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	<b>6</b> A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	<b>7</b> A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	<b>1</b> A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
<b>11</b> A. Breakfast Siders B. Cereal Choices and Toast Juice Choices Sliced Pears	<b>12</b> A. Iced Long John B. Cereal Choices and Toast Juice Choices Mixed Fruit	<b>13</b> A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	<b>14</b> A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	<b>15</b> A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
<b>18</b> A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Pineapple	<b>19</b> A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Applesauce	<b>20</b> A. Egg & Cheese Taco Roll B. Cereal Choices and Toast Juice Choices Fresh Orange	<b>21</b> A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Mixed Fruit	<b>22</b> A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Pears
<b>25</b> A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	<b>26</b> A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	<b>27</b> A. Oatmeal with Topping Bar B. Cereal Choices and Toast Juice Choices Apple Wedges	<b>28</b> A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	<b>29</b> A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches

**Questions, Comments** - Contact Casey Greenlee, Foodservice Director, (402)209-4465, c.greenlee@lunchtimesolutions.com or Susan Gracey at 402-984-4546 or S.Gracey@lunchtimesolutions.com



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