

HHS NEWSLETTER

SEPTEMBER 2018



Holdrege High School
PO Box 2002
Holdrege, NE 68949
www.dusters.org

September 1, 2018

Dear Students & Parents,

This has become a tradition on my part. At the start of each year, I like to remind our parents and guardians that we live in an ever changing world that demands more from school systems all the time.. This part of what I put in a fall newsletter issue back in 2006:

“ Most parents of today can identify with current high schools because they haven’t changed that much in the last 50 years. We still go to school for about 9 months. Kids still move from classroom to classroom in roughly 45-50 minute periods (or perhaps 90 minute blocks). Students are still grouped, by and large, according to their age (Freshman/ Sophomore/ etc.). This teaching and learning process served our country well for the last 100 years, but things in our society are changing so rapidly, that we need to look to the future when considering how to prepare our children.

Jean Piaget, a Swiss psychologist with groundbreaking ideas in the mid to late 20th century, said that “the principal goal of education is to create [people] who are capable of doing new things, not simply repeating what other generations have done.” We need to look closely at what we are doing in our high schools today and how that matches up to what our students need as they leave our institution with diplomas. The demands placed upon young people in today’s workforce require that they have skills, ideas and attitudes that give them the flexibility to work in a variety of situations. Our secondary education system was not developed with this in mind. It was established to teach specific skills for specific vocations. To correct the problems that we have begun to identify in our systems, we need to first have open minds. Perhaps our schools should look different both in an organizational sense and in a physical sense. There is still the desire in our culture to help students learn and adjust socially as they head towards becoming adults in our society. What we need to look for is a way to help the kids work through the difficulties of adolescence while also preparing them for a world much different than the one their parents saw when they walked out of the school doors.”

A person would have to be living under a rock to not realize that our world changes quickly these days. Even though we’ve only been in our 1:1 program for technology for a few years, we’ve already changed platforms and adjusted to brand new communication/sharing methods. However, we must not get caught up in the smaller details and logistics of our programs, lest we lose the larger picture of what our purpose is and who we serve as a school. We try to anticipate what future needs will be for our kids and adapt accordingly. We look for ways to help them grow, not only academically, but socially and emotionally, in order to prepare for future challenges. This is no small task for the school, but it does not fall on us alone at HPS. We need the help of our entire community to educate those who hold the future in their hands.

Robert Drews, Principal
Holdrege High School

IMPORTANT DATES AND TIMES:

- Sept. 3 - No School – Labor Day
- Sept. 10-14 - Homecoming Week (noon dismiss Sept. 14)
- Sept 17-21 - MAP Testing (Fr-Soph-Jr)
- Sept 20 - HHS Picture Day



PROACTIVE COACHING EVENT SEPTEMBER 16- Through the efforts of Holdrege resident Jessica Sundquist and various other sponsors, Holdrege Public Schools will be hosting an event on Sunday, September 16 at the Tassel focusing on the positive impact that can result from today's athletic and team situations with youth in our schools and community. Proactive Coaching partners Bruce Brown and Rob Miller work with coaches and teams to help intentionally create character-based team cultures, provide a blueprint for team leadership, develop confident, tough-minded, fearless competitors, and train coaches for excellence and significance. See the flyer included within this newsletter for more details about the times and sessions scheduled.



ACT PREPARATION AT HHS: Again this year, students from HHS will be able to participate in a formal program aimed at improving student readiness for the ACT. We are offering the revised and updated John Baylor Test Prep (now called



OnToCollege) for ALL 9th-12th grade students for a \$20 fee. That's a significant reduction from our \$50 cost the last few years, AND students enrolled will have 24/7 access instead of needing to go through the

program at school. While students had been receiving assistance for preparation in the past, this program, delivered via the internet, creates a more formal process for them. Holdrege HS has been using JBTP for 10 years and the results, have been very positive. This year's version again includes 12 sessions that run about 45 minutes each. Students simply need to check with Mrs. Freburg or Mr. Drews to set that up. The program is aimed at Juniors and Seniors, but other students may participate if they plan to take the ACT this spring, or if they simply want early preparation that will help in a variety of classes, as there are basic study skills covered in the course as well. Anyone interested may sign up in the Guidance Office.

SCHOOL PICTURES: School pictures for all Holdrege High School students will be taken on Thursday, September 20. Students who are absent on this day, forget their money if they want to buy a package, or are unhappy with their pictures when they receive them, may have a picture retake on a date later this Fall.



SENIORS and SENIOR PARENTS! Senior photographs needed for the yearbook and/or Holdrege Daily Citizen are due December 1. You may send them digitally (jerry.buck@dusters.org) or give a printed copy to Mr. Buck, Yearbook Adviser, at the school.



EMERGENCY PREPARATION

We want you to be aware that Holdrege High School has made many preparations to deal effectively with emergency situations that could occur in or around the school. While we hope that a natural disaster or other serious incident never occurs, our goal is to be prepared for any potential emergency. At all times, our first priority is to protect all students and staff from harm.

IN AN EMERGENCY WHEN YOU HEAR IT. DO IT. LOCKDOWN! LOCKS, LIGHTS, OUT OF SIGHT.

STUDENTS
Move away from sight
Maintain silence
Do not open the door

TEACHER
Lock interior doors
Turn out the lights
Move away from sight
Do not open the door
Maintain silence
Take attendance



LOCKOUT! SECURE THE PERIMETER.

STUDENTS
Return inside
Business as usual

TEACHER
Bring everyone indoors
Lock perimeter doors
Increase situational awareness
Business as usual
Take attendance



EVACUATE! TO ANNOUNCED LOCATION.

STUDENTS
Bring your phone
Leave your stuff behind
Follow instructions

TEACHER
Lead evacuation to location
Take attendance
Notify if missing, extra or injured students



SHELTER! HAZARD AND SAFETY STRATEGY.

STUDENTS
Hazard
Tornado
Hurricane
Earthquake
Tsunami
Safety Strategy
Evacuate to shelter area
Slee the room
Duck, cover and hold
Get to high ground

TEACHER
Lead safety strategy
Take attendance



In order for our emergency-response plans to be effective, we depend on the cooperation and assistance of many people, such as law enforcement and fire/rescue personnel. We also depend on you, as parents, to support our disaster-response efforts. Your cooperation is vital in helping us protect the safety and welfare of all students and school employees. Last year, we started the process of using a Standard Response Protocol developed after a school shooting incident in Colorado many years ago. The Nebraska Department of Education has also now adopted this protocol in hopes that we all begin using a common language and have common procedures throughout all the school systems of the state. We are using these terms and teaching the students what our first actions will be in the need for a Lockdown, a Lockout, the need for Shelter or the need for Evacuation. Posters around the district remind students of the practices and we've begun to bring that information home to parents. Students new to HHS this year will soon be bringing home an

information sheet to discuss with parents. The training process will be done in phases, with the first step being knowledge of the terminology and student/staff practice.

In the event of a crisis, we ask parents to observe the following procedures:

- Do **NOT** telephone the school. We understand and respect your concern, but it is essential that the telephone system be available for emergency communications.
- Tune your radio to 1380 AM (KUVR) for emergency announcements and status reports. You will also receive instructions on where you should go and how/when you may pick up your student.
- Do **NOT** come to school until instructed to do so. It may be necessary to keep the streets and parking lots clear for emergency vehicles. If evacuation is required, students may be transported or walked to a location away from school. You will be notified of this through the media bulletins.
- Talk to your students and emphasize how important it is for them to follow instructions from their teachers and school officials during any emergency
- Carefully read all information you receive from the school. You may receive updates about our safety procedures from time to time.

We are working to make Holdrege High School as safe as possible, and we appreciate your cooperation and support. If you have any questions about our safety procedures, please feel free to contact Mr. Drews at your convenience.

DUSTER SEASON PASSES: Season passes for both adults and students are available now. Adult passes can be purchased at Holdrege High School. The all sport pass is \$50 per individual or \$95 per couple. These passes provide admission to all regular season home games including Varsity, Junior Varsity, Ninth Grade and Middle School events. Besides HHS, you can also purchase these at Hilsabeck's Sporting Goods, First State Bank-Holdrege and our HPS Central Office. *The passes do not provide admission to tournaments, away games or spring activities.*



PARKING AT ACTIVITIES: Parking at activities can be an adventure, although the situation has improved tremendously the past several years. If you attend one of our activities, please be sure to park in one of the painted stalls. Please **DO NOT** park in the driving lanes, along curbs that are painted yellow, in spaces reserved for drivers with handicaps, or in areas marked with No Parking signs. Remember that the areas in front of the bus barns is marked with No Parking signs. In addition, the area directly in front of the main doors on the south side of HHS is marked with No Parking Anytime signs. If you park in one of these areas, you may be asked to move your vehicle and/or receive a parking ticket from the police. Additional parking spaces are available on the east and west sides of Holdrege Middle School. We appreciate your help in parking in an orderly manner that will help everyone safely utilize our parking lot to its capacity.

REPORTING ABSENCES: Remember that if your student is absent on any day, please call the school office before 8:00 a.m. to inform us of the absence. If you know ahead of time that your student will be absent, please send a note or call the school office. We will attempt to contact you if your student is absent, and we have not been previously informed of the absence. Mrs. Perry and Mrs. DiGiovanni are in the office 1st period to attend to these issues. If you have questions about our attendance and tardy policies, refer to pages 15-17 of the Student/Parent handbook or contact us at the High School Office (308) 995-6558.



YEARBOOK SALES FOR 2018-19! Holdrege High School will be selling its all color yearbook for 2018-19 this fall. Orders will be taken in English classes. Students will order a yearbook and then be given notices to pay for the book later in the semester. Students will be given the option to pay for it in one sum or in two payments. Last year's book was a tremendous success and we plan to generate another fine product for this year

FROM THE GUIDANCE OFFICE:



ALL STUDENTS

- We've had a great start to the school year! Everyone is now fully immersed in their class schedule and we are headed for another great year at HHS!
- College and military representatives are beginning to make visits to the area schools. Visiting with these reps is a good way to begin learning about the many options available to students once they graduate high school. These will always be in the announcements and all students are encouraged to take advantage of the opportunity.
- All students should look at their second semester schedules and make any necessary changes as soon as possible.
- A list of peer tutors is being compiled and will be complete within the next few days. Anyone interested in having help from a peer tutor should check in the Guidance Office and matches will be made.
- Nebraska Career Connections is a web based program that can help students with identifying their interests, abilities, and work values. Any student in grades 9-12 may have access to this valuable resource. Come into the Guidance office to get an account set up. It's free!

SENIORS

- Senior Guidance discussions, held during Mrs. Olson's English classes, took place on August 23. Important dates and information were disseminated to the students and they received some materials from EducationQuest with important information regarding college planning.
- College bound seniors should be narrowing their choices of colleges to which they will apply. If necessary, plan to visit campuses as soon as possible. The guidance office can help arrange visits if necessary.
- A list of available scholarships will be created and shared with all the seniors. This list will be updated on a continuous basis as we receive information about scholarship offerings. The Guidance page of the school's website also has this list available at all times.
- We will host an "Apply2College" event on October 17. Students will be encouraged to use the day to make application to their selected colleges. Representatives from several colleges will also be on hand to assist students.
- Seniors planning to pursue higher education should try to have applications made to their top choices by October 20.

ACT Testing

- There are three remaining dates for ACT testing that will count for scholarship purposes. Those are September 9 (registration deadline has passed), October 27, and December 8. Holdrege is a test site for the October and December tests. Register and find more information at www.actstudent.org. All college-bound students should plan to take 3-4 ACT tests prior to December of their senior year. The cost is \$50.50 for the ACT and \$67 for ACT plus writing. The fee includes sending scores to four colleges, additional colleges may receive scores for an additional fee. The code for Holdrege High School is 281115.
- Students registering for the first time, not including the April statewide ACT, should begin their process in the guidance office so we can have their upcoming October testing merged with the April test results rather than have two ACT accounts.

- Seniors still have access to ACT's online prep that was provided as part of last year's statewide ACT testing. In addition, the On To College (formerly known as John Baylor) test prep, is available for any student in grades 9-12 for \$20. This is a bargain! I encourage all students to take advantage of this. See Mr. Drews or stop in the guidance office for more information.

Financial Aid

- Families can begin filing the FAFSA (Free Application for Federal Student Aid) on OCTOBER 1. This means you will be filing using your 2017 tax returns, rather than waiting for your 2018 returns.
- EducationQuest will be in Holdrege presenting their financial aid program to the seniors during the morning English classes during periods 1-3 on Wednesday, September 26. ***Parents are invited and encouraged to attend one of these sessions as well.***
- Everyone should continue to work on completing and/or updating their activities resumes so that information will be easily accessible during scholarship application season.

Athletics In College

- Seniors interested in playing athletics in college must register at www.playnaia.org for the NAIA level and www.eligibilitycenter.org for NCAA participation. Both the NAIA and NCAA require that an ACT score be sent directly to them. Use 9876 for the NAIA, 9999 for the NCAA.

Stay Connected

- Visit www.educationquest.org website and the Holdrege High Guidance Office web page to stay up to date with your college planning and scholarship opportunities
- The HHS Guidance Office is on Twitter! Follow us @HoldregeGO to stay up to date on important announcements, deadlines, and scholarship opportunities.

As always, stop in or call with any questions or concerns you may have!

JUNIORS

- Junior Guidance discussions were held on August 27 in Mrs. Beerman's English 11 classes. Information about the PSAT/NMSQT and ACT tests was given. Students also received information from EducationQuest that is a great resource for college planning.
- The PSAT/NMSQT (Pre-SAT/National Merit Scholarship Qualifying Test) will be given on Wednesday, October 10 at the Tassel, beginning at 8:00. The cost to the student is \$16 and we have 35 spots available on a first come, first served basis. It is NOT mandatory. Sign up with Mrs. Freburg in the Guidance office.
- Juniors should watch the announcements for visiting college and military representatives. Visiting with these people is a good way to begin gathering information for the next step beyond high school.

ACT Testing

- Juniors should be planning ahead to prepare for the statewide ACT test in the spring. The ACT plus writing will be given to all HHS juniors on Tuesday, April 2. Holdrege is also a test site for the October and December national testing dates. Students planning to attend college should plan to take 3-4 ACT tests prior to December of their senior year for scholarship consideration. The April statewide test counts for college admission

- At some point this fall, the juniors will be given access to ACT's online test prep to ready them for the statewide ACT. In addition we are offering the On To College (formerly John Baylor) ACT prep course to all 9-12 HHS students for a minimal \$20 fee. See Mr. Drews to get started.
- The ASVAB will be given to all juniors on November 14 at the Tassel. This is a free career exploration test.
- Juniors are encouraged to begin a resume or continue to keep their resumes of activities, work experience, honors, community service, etc. up to date so that when the time comes for scholarship application, this information is ready.

FRESHMEN AND SOPHOMORES

- Mrs. Freburg visited the 10th grade English classes on August 30 to give them information about making the most of their high school experience.
- The Freshmen will have their sessions on September 5.

Contact us:

- HHS Guidance Office 995-8988
- Email: julie.freburg@dusters.org
- Follow the Guidance Office on Twitter @HoldregeGO

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CELL PHONE POLICY: Please note that the consequences for use of cell phones during inappropriate times (Start of School– End of School Day w/ exception during Lunch break ONLY) is in effect again this year. When phones are turned in to the office by any staff members, the fine will be \$20 for the phone to be returned. Phones will be turned off and kept in the office until the fine is paid. The administration reserves the right to keep the phone until the end of the year in cases of significant behavioral issues.

NO SCHOOL MONDAY, SEPT. 3
There will be no school on Monday, Sept. 3 in
observance of Labor Day. Classes resume on the
normal schedule on Tuesday, Sept. 4.

Holdrege FFA Chapter Update



The FFA Chapter and members have recently learned of some awards that they will be receiving at this year's National FFA Convention in Indianapolis, Indiana. The Holdrege Chapter will receive a National 2 Star Chapter Award for 2018-2019 year. The Chapter Award is based on the scope and level of activities the FFA Chapter conducts during the year. This is the tenth time the Holdrege FFA Chapter has received this level of achievement in the past eleven years. Only the top 10% of over 8,500 chapters nationally can be considered for this award with less than 7% earning this level of achievement.

Holdrege FFA Chapter members to Receive American FFA Degree

Each year, the National FFA Organization honors FFA members who show dedication to the organization by developing their potential for premier leadership, personal growth, and career success through agricultural education. That honor, the American FFA Degree, is bestowed upon individuals for years of academic and professional excellence. Holdrege FFA graduates Connor Knuth and Zach Temple were selected to join that exclusive list and were awarded the American FFA Degree at the National FFA Convention. Congratulations to each of these individuals.

2018 Holdrege graduate and FFA member Grady Johnson was awarded a Gold Rating for his State winning Proficiency application in the area of Diversified Crop Production Placement. Grady's Supervised Ag Experience Program involves working for the Family Operation, Bunker Hill Farms. Grady is involved in all areas of the crop production operation that involves over 12,000 acres of corn, wheat, soybean and field pea production. From planting preparation, irrigation, chemical application to harvest operations, Grady and Bunker Hill Farms utilize several forms of technology and data management to achieve high producing crops while conserving soil and water resources. Grady was named a State Winner in this area last Spring at the State FFA Convention to qualify him for national consideration. Grady currently serves as the Nebraska State FFA Secretary. Congratulations Grady!

Seven chapter members, along with Advisor Mr. Moore, will attend the 91st National FFA Convention in Indianapolis, IN. The Holdrege Chapter will be recognized as a National Chapter Award 2-Star Chapter. This award application is based on chapter activities from the previous year with only 10% of all 8,000 chapters qualifying for national recognition. This is the tenth time in eleven years that the Holdrege Chapter has qualified for National Chapter recognition.

FFA Chapter Hosts Kick-off Picnic

The tenth Annual Holdrege FFA Chapter Kick-off Picnic was held at the North Park on August 21st. Members of the Holdrege FFA Chapter and their parents along with several guests attended the event. In total, about 100 people were served hamburgers, hot dogs, baked beans, chips, cookies, watermelon, and drinks. All members introduced themselves by saying their name, grade, and favorite flavor of ice cream. FFA members held a short informational meeting, discussing several upcoming events. Dues for the school year were established, National FFA Convention attendance and applications were discussed, the Farm Safety Camp was also discussed. Some of the sponsors of the picnic were: Doug and Jill Reed, Scott and Angie Marquardt, Brandy and Steve Edgren, Tony Badertscher, and Deb Masten. Thank You Parents!

Holdrege FFA Members at the Nebraska State Fair

Holdrege FFA will be represented at the Nebraska State Fair this year. Malina Lindstrom will be exhibiting beef and swine. The Nebraska State Fair is scheduled to take place in Grand Island on August 31st through September 3rd. The Holdrege FFA Chapter would like to wish Malina good luck at the Nebraska State Fair as she compete in her events.

Little Kid's Farm Safety Camp

The Holdrege FFA Chapter will be holding the 19th Annual Little Kid's Farm Safety Camp once again this year. The date has been set for Wednesday, September 19th and will be held at the Ag Center. FFA students will be teaching over 130 Phelps County kindergarten and first graders about safety around the farm and home. Topics include small and large animals, tractors, lawn mowers, chemicals, ATV's, the Southern Public Power District Safety Trailer, and grain bin safety.

Harvest Meals

The Holdrege FFA will be distributing meals to our local farmers and grain terminals during harvest season this year. The event has been set for Saturday, October 13th. Last year, with the help of 20 members and sponsors, The Chapter was able to pack and deliver over 225 meals.. The group packed and distributed sandwiches, chips, fruit, cookies and a drink for members of the harvest crews and terminal employees to thank them for their efforts, support of the Holdrege Chapter.

From the Holdrege Chapter of the National Honor Society.



Below are the selection procedures for the Holdrege High School chapter of the National Honor Society. It must be noted that nationally only about 10% of students qualify for membership. There are no quotas for membership in the National Honor Society, but is not uncommon for less half the students with the required GPA to be invited for membership. The selection procedures are dictated by the National Charter and the High School faculty has very little to say about how the procedure works.

NATIONAL HONOR SOCIETY SELECTION PROCEDURE

It first must be noted that selection into the National Honor Society is a privilege, not a right. It is a misconception that students are inducted in the National Honor Society solely because of grades. Scholarship is just one of the four criteria that a student must excel in. The students must also **excel** in Service, Leadership, and Character as perceived by the high school faculty. Students who are average or weak in any of the four criteria may not be invited for membership.

While there are no set minimum or maximum number selected every year, it is not uncommon that less than half of the students with a GPA of 3.50 or greater are inducted as members. Again, students must excel in all four areas of the National Honor Society, Scholarship, Service, Leadership, and Character.

The Holdrege Chapter of the National Honor Society selection Procedure:

1. At the end of the first quarter juniors and seniors with a GPA of 3.50 or greater will be identified.
2. A letter will be sent to these students asking them to fill out a Student Activity Information form.
3. Only students returning the Student Activity Information form by the date listed on the form will be considered for membership.
4. The faculty will then rate the students who returned the Student Activity Information form in the areas of Service, Leadership, and Character. The students have already met the minimum requirement for Scholarship in order to receive the Student Activity Information form. These ratings will be based on the content of the Student Activity Information form and on the faculty's acquaintance with the student.
5. A council made up of five faculty and non-voting NHS advisors will determine which students will be admitted into the Holdrege Chapter of the National Honor Society. The Principal appoints the faculty council and the NHS advisors.

The criteria for selection into the Holdrege Chapter of the National Honor Society include but is not limited to the following:

SCHOLARSHIP * Must have at least a 3.50 GPA.

SERVICE

- a. Is willing to uphold scholarship and maintain a loyal school attitude.
- b. Participates in some outside activity: Girl Scouts; Boy Scouts; church groups; volunteer services for the aged, poor, or disadvantaged; family duties.
- c. Volunteers, dependable, and well-organized, gladly available and willing to sacrifice to offer assistance.
- d. Works well with others and is willing to take on difficult or inconspicuous responsibilities.
- e. Cheerfully and enthusiastically renders any requested service to the school.
- f. Is willing to represent the class or school in inter-class and interscholastic competition.
- g. Does committee and staff work without complaint?
- h. Shows courtesy by assisting visitors, teachers, and students.

LEADERSHIP

- a. Is resourceful in proposing new problems, applying principles, and making suggestions.
- b. Demonstrates initiative in promoting school activities.
- c. Exercises influence on peers in upholding school ideals.
- d. Contributes ideas that improve the civic life of the school.
- e. Is able to delegate responsibilities.
- f. Exemplifies positive attitudes.
- g. Inspires positive behavior in others.
- h. Demonstrates academic initiative.
- i. Successfully holds offices or positions of responsibility, conducting business effectively and efficiently, and without prodding, demonstrate reliability and dependability.
- j. Is a forerunner in the classroom, at work, and in school or community activities?
- k. Is thoroughly dependable in any responsibility accepted.

CHARACTER

- a. Takes criticism willingly and accepts recommendations graciously.
- b. Consistently exemplifies desirable qualities of behavior (cheerfulness, friendliness, poise, stability).
- c. Upholds principles of morality and ethics.
- d. Cooperates by complying with school regulations concerning property, programs, office, halls, etc.
- e. Demonstrates the highest standards of honesty and reliability.
- f. Shows courtesy, concern, and respect for others.
- g. Observes instructions and rules, punctuality, and faithfulness both inside and outside the classroom.
- h. Has powers of concentration and sustained attention as shown by perseverance and application to studies.
- i. Manifests truthfulness in acknowledging obedience to rules, avoiding cheating in written work, and showing unwillingness to profit by the mistakes of others.
- j. Actively helps rid the school of bad influences or environment.



***Do you have a middle school or high school child in art, theatre,
band or choir?***

If you do, you are part of the FINE ARTS BOOSTERS!!!

The Music Boosters group has now evolved to include **all** of the arts at Holdrege Schools. This is a group dedicated to supporting art, theatre, band and choir. In the past, support has been given in the form of choir robes, choir risers, uniform hangers, and musical instruments. We are excited to expand this list to all arts!

- Each year, we hold fundraisers for general fine arts needs and individual student trip accounts. We will ask for volunteer workers and food donations at that time.
- Meetings are held monthly, on the second Monday, at 7pm, location to be announced. Please come and be involved!!
- If you are not already on our email list, please contact finearts.boosters@dusters.org
- If you have any questions, please contact Renae Jacobson at renaejacobson96@gmail.com or 308-440-7165.

STUDENT ACTIVITY TICKETS: Activity Tickets are available to all Holdrege High School students for \$30.00. The Activity Tickets will admit you to all home Holdrege High School contests with the exception of any Central Conference, district or state contests or any tournaments we may host. The tickets may be purchased in the Holdrege High School Office. All students who are participating in one or more NSAA sponsored activities (athletics, band, chorus, play production and speech) as well as cheerleaders and dance team members will be required to purchase an activity ticket.

The Holdrege Public School does not discriminate on the basis of race, color, national origin, gender, marital status, disability, or age in admission or access to, or treatment of employment, in its programs and activities. The following person(s) has/have been designated to handle inquiries regarding complaints, grievance procedures or the application of these policies of nondiscrimination:

Title: Mr. Todd Hilyard, Superintendent of Schools
Address: 505 14th Avenue, Holdrege, Nebraska 68949
Phone #: 308.995.8663

If parents, employees and students do not feel that their complaints regarding Title IX, Title VI, Section 504 have met with resolution at the local level, they can appeal their grievances to the regional Department of Education, Office for Civil Rights. All appeals should be directed to the

following address:
Office for Civil Rights
8930 Ward Parkway, Suite 2037
Kansas City, MO 64114
816-268-0550
FAX: 816-823-1404; TDD: 800-437-0833

HHS Meals -September 2018 - To fund the most accurate and current menus each day for Holdrege HS, go to our website (dusters.org) and find “Lunch Menu” option as you hover over “Links” on the right hand side of the top banner, or use the links provided below:

HHS Breakfast Menu - September 2018

http://cdn.myschoolmenus.com/instance/2054371/district/21.html?school_id=25&menu_id=9973

HHS Lunch Menu - September 2018

http://cdn.myschoolmenus.com/instance/2054371/district/21.html?school_id=25&menu_id=8427

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

September 2018

Seniors...3 must-do tasks for this fall!

1. **Apply to your top college choices.** If your school participates in Nebraska's *Apply2College* campaign in October, you'll get help with your college applications during a school-day event. If not, [click here](#) to find a college application checklist and other helpful resources.
2. **Create an FSA ID.** You and a parent must each create a username and password at fsaid.ed.gov that will serve as your Federal Student Aid (FSA) IDs for the Free Application for Federal Student Aid (FAFSA). You will each need your own email address to create an FSA ID.
3. **Complete the FAFSA at fafsa.gov on or after October 1.** The FAFSA is your application for federal, state, and college-based financial aid. The colleges you list on the application will use that information to determine the types and amounts of financial aid they will award you.

Get FREE help from EducationQuest

- Attend an EducationQuest [Financial Aid Program](#) to learn about types of financial aid and the FAFSA. While you're there, register to win a \$500 scholarship!
 - Find free [FAFSA Tools](#) at EducationQuest.org to help you prepare for and complete the FAFSA.
 - Call EducationQuest to set up an appointment for free personal help: Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.
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Meet with college reps at College Fairs, Educational Planning Programs

Juniors and seniors: Attend a College Fair or Educational Planning Program (EPP) this fall to meet with college representatives. Admission is free.

Before you attend, visit NebraskaCollegeFairs.org to register for a barcode. Print the barcode, or download it to your smartphone, and take it to the fair so that college reps can scan it.

2018 Fall College Fairs

[Lincoln Area College Fair](#), Sunday, September 16, 1:00-3:00 p.m. – Southeast Community College, 8800 O Street.

[Omaha Area College Fair](#), Sunday, September 23, 1:00-4:00 p.m. – University of Nebraska at Omaha Sapp Fieldhouse, 6001 Dodge St.

2018 Educational Planning Programs

EPPs will be held across the state this fall. See the [Events Calendar](#) at EducationQuest.org to find the event in your area.

September “To Do” List

Juniors and seniors ... complete these college planning tasks during September:

- ___ Seniors, apply to your top college choices.
 - ___ Seniors, create an FSA ID for you and one for a parent at fsaid.ed.gov.
 - ___ Juniors and seniors, attend a [Financial Aid Program](#).
 - ___ Juniors and seniors, attend a [College Fair](#) or [Educational Planning Program](#) (EPP) in your area.
 - ___ Before you attend a College Fair or EPP, get a barcode at NebraskaCollegeFairs.org.
 - ___ Seniors, [register](#) by September 7 for the October 6 SAT.
 - ___ Seniors, [register](#) by September 28 for October 27 ACT.
-

For free help with college planning, contact EducationQuest Foundation:

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Your Journey to College Begins with Us

"It is impossible to learn that which one thinks one already knows." Epictetus

SEPTEMBER 16, 2018

@ THE TASSEL

HOLDREGE, NE

Refreshments will be served.



Rob Miller is a motivational speaker for Proactive Coaching and uses his speaking skills and coaching knowledge to promote the Proactive Coaching mission of helping coaches positively impact their athlete's lives. His experience gives him an amazing view of the status of modern day coaching & parenting. Mr. Miller will be giving three separate one hour seminars that speaks directly to the target audience. We hope you can join us for one, two or all three presentations!

1:00-2:00pm Students--Life Lessons

Have standards, not rules. The clearer behavioral standards are defined, the better chance athletes will rise to them. In order for individual athletes and teams to reach their potential they must have clearly identified expectations for team behaviors. This presentation clearly defines the following characteristics in athletic, age appropriate terms; Discipline, Teachable Spirit, Mental Toughness, Accountability, Integrity, Selflessness, Pride and Humility.

2:30-3:30pm Parents--The Role of Parents in Athletics

A straightforward message from athletes to their parents about how adults can help their athletic performance, create good memories and demonstrate respect from the perspective of young people. This addresses what we can do before, during and after competition to help our athletes.

4:00-5:00 Coaches--Impact of Trust

When athletes trust their coaches and when teams trust each other it has a tremendous impact on performance. What allows someone to be trusted? How can coaches improve the level of individual and team trust? What cause coaches to be distrusted and how does that impact performance? When trust is present, teams have a much better chance of reaching potential.

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Questions? Contact Jessica Sundquist 308-440-2985



Holdrege

September, 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							1 TBD XC-Middle School Cozad 9:00am SB-Varsity McCook vs. Multiple Schools 10:00am VB-Varsity Lexington vs. Multiple Schools 10:00am XC-Varsity Cozad 10:00am TEN-B/Varsity Columbus
2	Labor Day - No School	3 4:00pm TEN-B/Varsity Kearney Catholic 4:00pm GOLF- G/Varsity Holdrege vs. Multiple Schools 4:00pm TEN-B/JV Kearney Catholic 5:00pm FB-Middle School Kearney Catholic 7:00pm FFA Meeting @ HS Media Center	4	5	6 HMS School Pictures 4:00pm VB-7th Axtell 4:00pm XC-Varsity Lincoln Pius X 4:00pm VB-8th Kearney Horizon 4:30pm SB-Varsity Central City vs. Multiple Schools 6:00pm VB-JV McCook 6:00pm FB-Reserve Cozad 7:00pm VB-Varsity McCook	7 1:25/1:30/1:37pm Dismissal FACT 1:45- 2:30 9:30am GOLF-G/Varsity Lexington vs. Multiple Schools 10:00am TEN-B/Varsity York 7:00pm FB-B/Varsity Gothenburg	8 9:00am GOLF-G/Varsity Aurora 10:00am SB-Varsity Hastings vs. Multiple Schools
9	10 5:30pm VB-JV Minden Public Schools vs. Multiple Schools	11 4:00pm TEN-B/JV Adams Central Junior- Senior 4:00pm TEN- B/Varsity Adams Central Junior-Senior 4:30pm VB-7th Adams Central Junior-Senior 4:30pm VB-8th Adams Central Junior- Senior 5:00pm FB-Middle School Lexington 5:00pm SB-JV York 6:00pm VB-JV York 6:30pm SB-Varsity York 7:00pm VB-Varsity York	12 7:00pm Ag Ed Husker Harvest Days Field Trip @ Grand Island, NE	13 9:00am GOLF-G/Varsity Gothenburg 4:00pm TEN-B/Varsity Hastings 4:00pm TEN-B/JV Hastings 5:00pm XC-Varsity McCook 5:00pm SB-JV Gothenburg 5:30pm VB-JV Hastings 6:30pm SB-Varsity Gothenburg 6:30pm XC-Middle School McCook 7:00pm VB-Varsity Hastings	14 1:25/1:30/1:37pm Dismissal FACT 1:45- 2:30 Homecoming 9:00am TEN-B/Varsity Lexington 9:00am GOLF-G/Varsity Minden Public Schools vs. Multiple Schools 2:00pm Homecoming Parade 7:00pm FB-B/Varsity Chase County	15 9:00am VB-Varsity Central City vs. Multiple Schools 9:00am TEN-B/JV Hastings	
16	17 4:00pm VB-7th Lexington 4:00pm VB-8th Lexington 5:30pm VB-Reserve Holdrege vs. Multiple Schools 6:00pm Board of Education Meeting 6:00pm FB-Reserve Adams Central Junior- Senior	18 HES & PK School Pictures 1:00pm Jostens Announcement/Ring Showing @ High School Cafeteria 4:00pm VB-8th Cozad 4:00pm VB-7th Cozad 5:00pm FB-Middle School Cozad 6:00pm VB-JV Wood River 7:00pm VB-Varsity Wood River	19 FFA Farm Safety Camp @ Phelps County Ag Center HES & PK School Pictures	20 HHS School Pictures TBD XC-Middle School Ogallala 9:00am GOLF- G/Varsity Holdrege vs. Multiple Schools 3:00pm XC-Varsity Ogallala 4:00pm TEN-B/Varsity McCook 4:00pm TEN-B/Varsity McCook 4:00pm TEN-B/JV McCook 4:30pm VB-8th McCook 4:30pm VB-7th McCook 5:00pm SB-JV Northwest 6:30pm SB-Varsity Northwest	21 1:25/1:30/1:37pm Dismissal FACT 1:45- 2:30 9:00am TEN-B/Varsity North Platte 7:00pm FB-B/Varsity Cozad	22 UNK Band Day @ Kearney, NE 9:00am VB-Varsity Holdrege vs. Multiple Schools	

<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p> <p>9:00am GOLF-G/Varsity Cozad 11:00am TEN-B/JV North Platte 3:00pm XC-Varsity University of Nebraska-Kearney 3:30pm SB-Varsity Southern Valley vs. Multiple Schools 4:30pm VB-7th Gothenburg 4:30pm VB-8th Gothenburg 6:00pm FB-Reserve Minden Public Schools</p>	<p style="text-align: right;">25</p> <p>10:00am TEN-B/Varsity Kearney Catholic 10:00am GOLF- G/Varsity Adams Central Junior-Senior 3:00pm GOLF-G/Varsity Northwest vs. Multiple Schools 4:00pm VB-8th Hastings Middle 5:00pm FB-Middle School Gothenburg 5:30pm VB-JV Minden Public Schools 7:00pm VB-Varsity Minden Public Schools</p>	<p style="text-align: right;">26</p> <p>Dist. EDGE Conf.-FFA @ Hastings Dist. EDGE Conf.-FFA @ Hastings</p>	<p style="text-align: right;">27</p> <p>TBD XC-Middle School Gothenburg 4:00pm XC-Varsity Gothenburg 4:00pm TEN-B/Varsity Holdrege vs. Multiple Schools 4:00pm TEN-B/JV Lexington 5:00pm VB-JV Holdrege vs. Multiple Schools 5:00pm VB-Varsity Holdrege vs. Multiple Schools</p>	<p style="text-align: right;">28</p> <p>1:25/1:30/1:37pm Dismissal FACT 1:45- 2:30 9:00am GOLF-G/Varsity Seward vs. Multiple Schools 9:00am SB-Varsity Northwest vs. Multiple Schools 9:00am GOLF-G/Varsity Seward vs. Multiple Schools 7:00pm FB-B/Varsity Adams Central Junior- Senior</p>	<p style="text-align: right;">29</p> <p>10:00am VB-JV Gothenburg vs. Multiple Schools 10:00am VB-Varsity Gothenburg vs. Multiple Schools</p>
<p style="text-align: right;">30</p>						