

HMS NEWLETTER

November 2018



PRINCIPAL'S PAGE

(Ideas from *The Parent Institute*)

Are you wondering how to stay “In the know” with what’s going on at school? Here are some tips that can keep you informed:

*Learn who can help. Your child has several teachers and a counselor. As a general rule, if your child has a problem in one class, ask to speak with that teacher. If the problem is in several classes, or with another student, contact the counselor.

*Read the newsletter. Once a month a newsletter is emailed to parents. Information like when a music program will be, when state testing begins or even when report cards are available are just some of the highlights.

*Learn how to get in touch with teachers. Some teachers are easy to reach by phone. Others prefer contact by email. Find out which they prefer.

*Keep the school updated. When you have a change in address or phone, or even a change in your student’s health, let the school know immediately.

Mrs. Girard

Important Dates

Nov 5 – 3 Screen assembly “It’s my life” 9:45-10:30
Nov 9 – Veterans Day Program 1:00 pm
Nov 21- 1:30 dismissal
Nov 22-23 – No School

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Safety Section

On October 23 the Building Representative Safety Committee had a “1st Quarter” meeting. HHS was represented by Bob Drews and Pat Hellriegel. HMS represented by Angie Girard and Justin Ganser. HES represented by Amber Porter and Bruce Bricker. Todd Hilyard and Corey Young round out the members of this committee. During the meeting we discussed required drills in the building, how evacuation routes are posted and when to use alternate routes. Needs and issues in buildings were discussed, and the See Something Send Something App information from HPD will be sent home with students this week. The “2nd Quarter” meeting is scheduled for December 14th.

For The Students...

The 7-8 grade quiz bowl home meet will be Nov 14 at 8:30 am at the Tassel. The 5-6 grade home meet will be the afternoon at 1:00 at the tassel. The Great Plains online quiz bowl competition will be Nov 7th for the 5-6 grades in the home ec. room, and on Nov 12 for the 7-8 grades. The 7-8 grades quiz bowl will compete in Franklin on Nov 19th at 1:00. We will leave 11:45. Please bring a lunch to eat on the bus.

Nurse's Nook

Head Lice Information for Schools from the CDC

Students diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice.

Head lice can be a nuisance but they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

Both the American Academy of Pediatrics (AAP) and the National Association of School Nurses (NASN) advocate that “no-nit” policies should be discontinued. “No-nit” policies that require a child to be free of nits before they can return to schools should be discontinued for the following reasons:

- Many nits are more than ¼ inch from the scalp. Such nits are usually not viable and very unlikely to hatch to become crawling lice, or may in fact be empty shells, also known as ‘casings’.
- Nits are cemented to hair shafts and are very unlikely to be transferred successfully to other people.
- The burden of unnecessary absenteeism to the students, families and communities far outweighs the risks associated with head lice.
- Misdiagnosis of nits is very common during nit checks conducted by nonmedical personnel.

For more information on lice and treatment visit <https://www.cdc.gov/parasites/lice/head/parents.html>

Illness Keegan Anderson, our school nurse, reminds all parents that if your child has a fever of 100 or above, flu-like symptoms, vomiting, or diarrhea, he/she needs to stay home from school. Also, if your child has a fever, it needs to be normal without taking Tylenol or ibuprofen (Motrin) for 24 hours before coming back to school. Please consult your Student Parent Handbook for more detailed information

Absences If your child is going to be absent, please call the school office before 8:00 to inform us of the absence. If you know ahead of time that our student will be absent, please send a note, call the school office or e-mail the school secretary. We will attempt to contact you if your student is absent and you have not contacted us. If we do not have contact with you and are not informed of the reason for absence, the absence will be considered unexcused. It is also important that you inform us of the reason for the absence, especially when due to illness as we are required to report illnesses to the Health Department on Wednesdays.

Odds and Ends

Honor Roll

HMS Honor Roll

7th and 8th Grade

Quarter 1 Level 1

Minimum 3.0 Maximum 3.49

Benson, Trinitie
Derickson, Jacob
Dutcher, Maxwell
Erickson, Anaica
Fulmer, Aizyn-Reine
Gonzalez Villegas, Gladys
Helms, Aiden
Helwick, Emily
Herbek, Kendra
Hinrichs, Jackson
Hunter, Amelia
Johnson, Cindi
Kraft, Jaida
Kruger, Anastasia
Kruger, Bryan
Norton, Kennedie
Osborn, Zachary
Portillo, Javier
Reynolds, Kegen
Rupe, Kayla
Sadd, Laikin
Schmidt, Austin
Schriner, Mariah
Smith, Ashlynn
Soldanels, Zeke
Thomas, Amelia
Thomas, Averie
Uhrich, Sammy
VanBoening, Brady
Vasquez, Jonah
Wilbur, Chloe
Wissmann, Justice
Yochum, Gabriel

HMS Honor Roll
7th and 8th Grade
Quarter 1 Level 2
Minimum 3.5 Maximum 4.0

Bailey, Cole
Bailey, Jillian
Berg, Ethan
Boulware, Quentin
Burris, Amanda
Chatwin, Miranda
Clement, Nikolas
Connell, Malachi
deFreese, Maggie
Englund, Andrew
Fulmer, MaKenna
Garringer, Matthew
Gill, Alexis
Golus, Justin
Gustafson, Jenna
Guthrie, Cole
Hanson, Corey
Harvey, Blake
Hernandez Ramirez, Michelle
Holt, Hayden
Hudson, Karley
Hurlbert, Avery
Jacobson, Andrew
Jacobson, Ella
Janssen, Jaydan
Janssen, Matthew
Jensen, Beau
Jewett, Kaitlyn
Jones, Chloe
Karn, Jaxson
Keffeler, Brayden
Klein, Gabriella
Komenda, Kelsey
Kroese, Tea
Lashley, Mariah
Maring, Reuben
Medina, Bradie
Moore, Jaren
Nelson, Brooklyn
Newth, Chloe

Pfeifer, Morgan
Pineda, Ava
Puls, Sophia
Rademaker, Zachary
Rapstine, Quinton
Roach, Samantha
Roemmich, Shaelynn
Russell, Alixandria
Russell, Sheree
Scheele, Daylen
Schemper, Sabrina
Schroeder, Jayda
Skiles, Harrison
Smiley, Starla
Smith, Karlyn
Smith, McKaden
Stover, Brynn
Sundquist, Zachary
Swearingen, Hanna
Tidyman, Chyenne
Van Campen, Hannah
Vanderlinde, Emilee
Vap, Isabelle
Veal, Zane
Walker, Alison
Walston, Kohle
Weak, Tyler
Weaver, Trey
Weed, Sophia
Weides, Lorna
Wells, Ava
Wells, Charli
Wiese, Brooklyn
Wilson, Maycen
Wise, Brogan
Wood, Karson
Wood, Madison
Wylie, Bethann
Young, Collin

Counselor's Corner

Tis' the season to be grateful!

Ask your kids to tell you three things they are grateful for each day of November and it has to be something different each day, you share also what you are grateful for...

Monday, November 5th our Faculty, Staff and Students will be attending the 3-screen Camfel Production at The Tassel entitled "It's My Life!" this is a motivational school assembly challenging students to make positive choices for themselves while demonstrating respect for those around them. **The theme of this assembly is: RESPONSIBILITY.** *The program focuses on the desire for control; for independence; respect; and the power to choose. However the power to choose comes when we make responsible choices. Making the responsible choice isn't always the easy choice. Everyone likes to have fun, but too often the fun choices are in direct conflict with the responsible ones.*

Excellent parent resource:

Nebraska Family Helpline (888-866-8660) makes it easier for families to obtain behavioral/mental health assistance by providing a single contact point 24 hours a day, 7 days a week. The Helpline is supervised by licensed mental health professionals. The Helpline is designed to give families easier access to services in their community so they can safely resolve the challenges they face.

Here are some of the things they can help you with:

**Kids not following family rules (not coming home after school, being disrespectful to parents or teachers, acting out).*

**Aggression at Home or School (hitting, kicking, throwing objects).*

**Arguing*

**Poor grades*

**Problems with school authority*

**Kids running away*

**Problems with sibling relationships*

**Absenteeism*

**Chemical Dependency*

**Depression*

**Physical and sexual abuse*

Wishing you all a very Happy and relaxing Thanksgiving!

Mrs. B. :)



November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Middle School Dance	3
4	5 *3 screen assembly "It's my Life" 9:45-10:30 @ the Tassel	6 PURPLE & GOLD DAY *4:15 Wrestling @ Barr Middle *4:30 7-8 Girls Bball @ Broken Bow *Food Service mtg 8-8:30am	7 *5-6 grade Quiz Bowl Great Plain *Student Union mtg @lunch	8 * 4:00 7 girls bball vs Minden *4:00 8 girls bball @ Minden	9 *Veterans Day Program 1:00pm *4:15 Wrestling @ Walnut Middle	10
11	12 *7-8 Quiz Bowl Great Plains	13 PURPLE & GOLD DAY *4:00 7 girls bball vs Adams Central *4:00 8 girls bball @ Adam Central	14 * Quiz Bowl 5-6 *9:00am, 7-8 @ 1:00pm	15 *4:00 7-8 girls bball @ Cozad	16 * 5:00 Wrestling @ @ Kearney sunrise	17
18	19 * 4:00 7girls bball vs Barr Middle	20 PURPLE & GOLD DAY * 4:00 8 girls bball vs Kearney Horizon *5:00 Wrestling @ Minden	21 1:30 dismissal *Student Union @ lunch	22 No School <i>Happy Thanksgiving</i>	23 No School	24
25	26 PURPLE & GOLD DAY *4:00 7 girls bball @ Lexington *4:00 8 girls bball vs Lexington	27 * 4:30 Wrestling @ Minden	28	29 * 7-8 Quiz Bowl @ Franklin 11:45am *4:00 8 girls bball @ Kearney Sunrise	30	

For November Lunch Menu please follow this link

Or see the Holdrege public schools homepage under "Links" tab

http://cdn.myschoolmenus.com/instance/2054371/district/21.html?school_id=27&menu_id=11927