

# HMS NEWSLETTER

SEPTEMBER 2020



## PRINCIPAL'S PAGE

### Home Football Games . . .

The first home football game for the HPS Varsity Dusters is on Friday, September 4th with a start time of 7:00 pm. At HMS we want our students to come out and support the Dusters! What we don't want is for their enjoyment of the game to cause a problem for anyone else! Masks are highly encouraged. This is subject to change. HMS student section will be in the South end zone. Please know that if the HHS football stadium reaches capacity due to social distancing, your activity pass does not guarantee you entry into the game.

Here are some other DOs & DON'Ts:

DO pick up your trash

DON'T throw food, candy or bottles

DO stand and cheer for a good play

DON'T run, chase or play tag on the bleachers

DO bring money for concessions

DON'T leave the HMS section until the end of each quarter

DO be kind to your fellow students

DON'T be rude or disrespectful

Failure to follow safety rules will put yourself and others in danger. You may be asked to leave the game.

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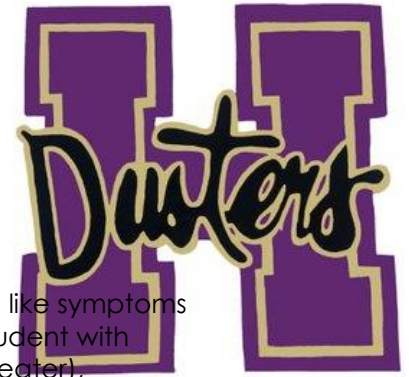
### Important Dates

Sept 7 – No School- Labor Day

Sept 10 – School Pictures

Oct 5- No School

# Nurse's Nook



## Illness

With the recent concerns of COVID-19 we ask that in-home monitoring of COVID like symptoms be more diligent in efforts to help us control any possible illness spreading. Any student with persistent cough, difficulty breathing, chills, body aches, fever (100 degrees or greater), vomiting, diarrhea, and/or loss of taste and smell should be kept at home. It is highly recommended that symptoms be evaluated by your child's doctor and appropriate testing be done as well. Students experiencing any of these symptoms will be sent home. Students need to remain at home until they are fever AND symptom free for 72 hours (this time frame due to our ORANGE risk level).

Reminder that the use of a "gaiter" face covering is not permitted to be worn. All students and staff must wear standard mask face and nose coverings.

Holdrege Public Schools is getting guidance from our local health care professionals for all policies and recommendations. Feel free to contact the Acute Care Clinic if you have any additional concerns or questions that our administration or school nurses have not clarified for you.

We appreciate your cooperation and efforts. Together we can keep our students in their classrooms to the best of our ability this school year.

**Please consult the 2020-21 HPS Return to School Plan for guidance on illness and attending school.**

Nurse Ashley Billeter RN, BSN (Middle School & High School)

## 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 your 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.

**Medications at School** In order for school staff to administer medication at school, parents must fill out a medication consent form. This includes prescription and non-prescription medication. Additionally, prescription medications must be in the original labeled bottle or container from the pharmacist with the child's name, name of medication, and dosage. Non-prescription or over-the-counter medications need to be in the original labeled container/bottle. This is in compliance with Nebraska State law. The forms are available on the Holdrege Public Schools' website, [www.dusters.org](http://www.dusters.org) under the District tab (Health Services). You may also get a form in the office. Thank you for following this policy. If you have any questions, please contact Ashley Billeter, School Nurse.

# Odds and Ends (for students and parents)

## School Pictures

School pictures will be taken on Thursday, September 10<sup>th</sup>. Holdrege Public Schools is using a company called Studio B. Picture forms were sent home but extra forms are in the office. If you wish to order pictures, please be sure to send your payment envelope with your child on picture day.

## NJAHS

NJAHS will have a meeting on Thursday, September 17<sup>th</sup>. Bring your lunch to the art room. We will discuss plans for the year and get started on our first fundraiser.

## Quiz Bowl

Quiz bowl practice will begin on Monday, September 7<sup>th</sup>. We will practice Monday through Thursday from 7:30-7:50. Team members are expected to attend 2 practices a week. Feel free to come to more if you would like.

## FACS

The FACS department is asking for donations of old denim jeans, cotton fabric,  $\frac{1}{4}$  to  $\frac{3}{8}$  inch ribbon and thread to make Walker Caddies for local nursing homes. Jeans can have holes, paint on them or old grease stains. Please drop off any donations at Holdrege Middle School.

## Clubs

There are no clubs going on at this time. This may change however as the year progresses. We will keep you and your child informed.

## Fall Book Fair

Our book fair in the fall will be held online!!  
Dates and website address will be shared soon!!



# From the Counselor's Corner

Hoping that your child's year is off to a great start!!! The students have been amazing, coming into school and faithfully wearing their masks and getting their temperature checked. It has been so fun to have the halls full of excited students ready to learn.

Just a reminder if your child is struggling with anything that may impede their learning, please don't hesitate to contact me. You may email me at: [jean.berreckman@dusters.org](mailto:jean.berreckman@dusters.org) or you may call me here at school 995-5421.

## **As the Guidance Counselor here is what I do at school:**

**I can help with:** *organization, time management, test taking tips, friendships, goal setting, coping strategies for stress, anxiety or anger, forming healthy relationships, problem solving and decision making skills.*

**I am here to:** *Listen, keep your child safe and be an advocate for your child.*

This year, I am very excited about a new guidance curriculum we will be using called Second Step Middle School Program. This program focuses on skills and concepts that are designed to help students both in and out of school.

Best-in-Class Social-Emotional Learning Second Step Middle School is a first-of-its-kind social-emotional learning (SEL) curriculum that's modern, web-based, and responsive to the needs of today's students and educators. It's underpinned by the latest research in adolescent brain development and social psychology. The result is a program that doesn't just help kids do better in school—it helps them do better in life.

## **Here is what it will the lessons will encompass:**

**\*Mindsets and Goals:** *Students will learn about ways to grow their brains and get smarter, along with research-based strategies for achieving goals and handling difficult situations.*

**\*Values and Friendships:** *Students will learn to identify their personal values and use those values to make good decisions and build strong, positive relationships.*

**\*Thoughts, Emotions and Decisions:** *Students will learn the positive role emotions play in their lives, how to handle unhelpful thoughts and strong emotions, and specific strategies for calming down.*

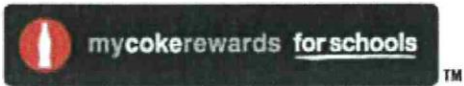
**Serious Peer Conflicts:** *Students will learn how to identify and avoid serious conflicts, resolve conflicts that can't be avoided, think about other people's perspectives, and help stop bullying and harassment at school.*

## **TEAMMATES MENTORING PROGRAM:**

**Currently our adult mentors are not allowed to come into the building to meet with their mentees.** Mentors may use a TeamMates website to email their mentees. **TeamMates will be allowing virtual match meetings with their mentee through a secure platform until in-person meetings can resume at the school. (This will be up and going after Labor day, September 7th). Just a heads up to all parents of mentees, You will be receiving a parent permission form about this that will need to be signed and returned to Mrs. Berreckman.**

This year's theme:  
**"THE DUSTER WAY"**

*Be Respectful, Be Responsible and Be Safe!*



# Refresh yourself and make great things happen for our school.

By drinking Coca-Cola products your family already enjoys, you can earn My Coke Rewards points and donate them to Holdrege Middle School. Please collect all lids/codes in a ziploc bag labeled clearly with your first and last name and turn them into the office by the last day of the month.

My Coke Rewards codes can be found on hundreds of different packages, including DASANI®, Sprite®, Minute Maid®, POWERADE ION4® and more.



Bottles have a code under the cap worth 5 cents.



12-packs of 12 oz. cans have a code under the flap worth 15 cents.




24-packs of 12 oz. cans have a code under the flap worth 30 cents.




32-packs of 12 oz. cans have a code under the flap worth 38 cents.

Here's where you will find the codes:



Under the cap



Under the flap

**OUR LOCAL SUBWAY WILL DONATE COUPONS FOR 6 INCH SANDWICHES TO STUDENTS WHO TURN IN AT LEAST 500 POINTS PER MONTH!!**

# September

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Cross Country@ Cozad
6	7 NO SCHOOL	8 7/8 FB @Kearney Catholic-5 Purple & Gold Day Maps Testing(Math)-5 <sup>th</sup> & 8th	9 Maps Testing(Math) 6 <sup>th</sup> & 7th	10 SCHOOL PICTURES 7 <sup>th</sup> VB@Axtell-4 8 <sup>th</sup> VB@Home- 4:30	11	12
13	14	15 7/8 FB @Lexington-4:30 7 <sup>th</sup> VB@Home-4:30 8 <sup>th</sup> VB @Home- 4:30 Purple & Gold Day Maps Testing- (ELA) 5 <sup>th</sup> & 8th	16 Maps Testing- (ELA) 6 <sup>th</sup> & 7th	17 Cross Country @ McCook-6:30	18	19
20	21 7 <sup>th</sup> VB @Home-4 8 <sup>th</sup> VB @ Home-4	22 7/8 <sup>th</sup> FB@ Home- 5 8 <sup>th</sup> VB Home-4 7 <sup>th</sup> VB @ Cozad- 4:30 Purple & Gold Day	23	24 Cross Country @ Ogallala 7 <sup>th</sup> VB@Home- 4:30 8 <sup>th</sup> VB @ Home-	25	26
27	28 7 <sup>th</sup> VB @ Gothenburg-4:30 8 <sup>th</sup> VB@ Home- 4:30	29 8 <sup>th</sup> VB @ Hastings- 4 7/8 FB- Gothenburg-5 Purple & Gold Day	30			

# Congratulations to the 2020-2021 Quiz Bowl Teams

## **5-6 Grade Team**

Kelsy Burken

Brycen Samuelson

Cassandra Swift

Jackson Deaver

Patrick Deaver

Hunter Mueller

Camden Bentley

Alternates: Leah DeWald, Colin Mussman, Christophe Taylor, Ayna Mueller, Marcus May

## **7-8 Grade Team**

Derrek Marquardt

Gracie Chambers

Carson Sundquist

Dominic Deaver

Michael Golus

Titus Epp

Landon Hartzog

Nick Weides

Lily Janssen

Claire Hudson

Matthew King

Alternates: Clay Maloley, Kylie Burken, Taya Marquardt, Roman Urbom