

The Red Review

16/17 February Vol. 6

clarksonpublicschools.org

From the Superintendent's Desk

By Rich Lemburg

As we head into February this has been an interesting winter weather season, we haven't had much snow but have used up a lot of snow days so far this school year. With trying to make sure that students and staff are kept safe, I always believe on making sure to err on the side of safety when it comes to making the decision on school. With young drivers on the roads and staff members who drive from other towns in many different directions, these factors also weigh heavily on the decision making process. Please remember if there are days where there is bad weather and you as a parent don't feel safe sending your children on the bus or having them drive to school that you have the option to keep them home for the day.

Even though we talk about snow days, when Clarkson Public Schools looks at meeting state requirements we look at hours and not days. We need to amass a certain amount of hours for our different levels of students. For Pre-School it is 450 hours, Kindergarten is 400 hours (there are places that still don't have all day kindergarten), grades 1-8 are 1,032 hours and grades 9-12 are needed to have 1,080 hours for the school year. These hours are accumulated on days we are open and have students in attendance and each day counts roughly 6.8 hours. So anytime we are not in school for snow days, in-service days for teachers, etc. we don't get to count those hours towards our requirements. These hours are kept through the last day of the senior attendance, which is why the senior's last day can change from year to year.

February is the time of the year where school gets very hectic. There are not a lot of scheduled days off from school, basketball is starting to wind down as we go through the conference and sub-district tournaments for the high school teams and Jr. Hi and Youth teams are wrapping up their seasons with their final tournaments. Speech competition has begun and kids are missing school for meets and also having Saturday speech meets.

Even though basketball season can be crazy and hectic, it is important to remember how great extra-curricular activities are in teaching life lessons to our kids. They are able to learn about teamwork, working together to achieve team goals, time management, competition, dealing with disappointment and joy, goal setting and many other items. All of these are great life lessons and are important in becoming a successful adult.

Notes from the Principal

By Lee Schneider

Happy New Year! 2017 has been off to a fast and interesting start! We all know just how unpredictable Nebraska's weather can be, but I would like to think that no one could have predicted the last 3-4 weeks!

With the weather being cold, wet, snowy, warm then cycling back around again, it makes for a perfect storm for illness for kids and adults. This has been the case for many schools not only in the area but across the state. Everyone is trying their best to help get through this Flu season and hopefully with February we will get a breakthrough!

This last week of January has been Red Ribbon week and Mrs. Kappel has done a great job in organizing dress up days for everyone as well as a "Kiss the Pig!" contest. The week will end with a demonstration/presentation from the Colfax County Police and then a Dodgeball tournament to end the day.

As we get going into February, things will only continue to speed on through. Clarkson will be hosting a girl's & boy's sub-district basketball games as well as the Conference speech meet. Make sure to check our website calendar daily, as we make sure to have it updated to the minute! GO PATS!

The Red Review is a monthly publication of the Clarkson Public Schools,
PO Box 140, Clarkson NE 68629

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PE News

By Jim Clarkson

Hey Ho! Patriot Nation! Hope everyone had an awesome Holiday season. As school gets up and running and if the weather allows us actually to have school, we are knocking out some cool stuff. Our Badminton-playing seniors are putting on a clinic in Lifetime Activities, and our sharp-shooting freshman are impressive in their archery skills. All this while the sophomores are grinding down in the weight room getting better everyday. So needless to say 2017 is off to a fantastic start.

I must also say THANK YOU to everyone that donated to Jump Rope/Hoops for Heart. The kids have done a really good job at learning new skills and getting better with their jump roping ability. The 5th and 6th grade class have really done a nice job with Double Dutch, especially Jace Indra, he has done a great job.

Hopefully everyone is staying healthy and safe during this rough weather stretch, I have seen a lot of community faces in the weight room which is awesome I am glad to see people taking care of themselves. Remember life is a single elimination tournament you have to survive and advance each and everyday.



Go Pats!

Patriot Football

Congratulations to Bradley Bunner on being selected to the Sertoma 8-Man All-Star game! The game is played the third Saturday in June down in Hastings. This is a great honor and we are proud to say that Clarkson-Leigh has had a player every year that we have been a program. We have some great kids in these communities and it is always great when one of them gets recognized. Also if you want to check out the 2016 Football Highlights check out the link below: https://www.youtube.com/watch?v=HCuII_sXDpU&t=160s



By Jennifer Kappel

All about scholarships!

Most scholarships are based on academics, but others are based on community service, school involvement, or talent in art, dance, music, or athletics. Some are based on financial need as determined by the FAFSA (Free Application for Federal Student Aid).

It's time to start applying for scholarships. Here's where you can find them:

- ScholarshipQuest at EducationQuest.org features over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria.
- Your school counselor's office. Visit regularly to check on local and national awards.
- The college you plan to attend. Contact the school for a list of scholarships they provide and application procedures.
- National search sites such as College Board, Peterson's and Chegg.
- Other resources could include your coach, clubs and organizations, and your parents' employers and civic organizations.

Here's a scholarship you can apply for now!

Apply by March 31 for EducationQuest's Scavenger Hunt Scholarship. You might win \$500 toward your college education. Here's how it works:

1. If you haven't already, complete a profile in ScholarshipQuest at EducationQuest.org.
2. If you're a Nebraska resident in grades 9-12, you'll see the EducationQuest Scavenger Hunt Scholarship as one of the scholarships that will appear on your results page.
3. "Scavenge" around the EducationQuest website to find answers to questions in a survey.
4. EducationQuest will draw a winner from those who answer all questions correctly. The winner will receive \$500 to invest in a NEST 529 College Savings Plan.

Juniors: it's time to find the right fit for college!

Here's how to get started:

1. Attend a college fair to meet with representatives from colleges that interest you. Upcoming fairs include:

Lincoln Area College Fair – Sunday, March 19, 1-3 p.m., Southeast Community College

Grand Island Area College Fair – Sunday, March 26, 1-3 p.m., Pinnacle Bank Expo Center

Scottsbluff Area College Fair – Sunday, April 2, 1-3 p.m., Western Nebraska Community College

Omaha Area College Fair – Sunday, April 9, 1-3 p.m., University of Nebraska Omaha Sapp Fieldhouse

Tri-State Area College Fair (South Sioux City) – Sunday, April 23, 1-3 p.m., Marina Center

Before you attend, register for a barcode at NebraskaCollegeFairs.org. Print the barcode (or download it to your smartphone) and take it to the fair. College reps will scan it to retrieve your demographic information – and you won't have to complete their information cards.

2. Schedule a campus visit. Your upcoming spring break is a good time to visit schools that interest you. Follow these tips for a successful visit.

February "To Do" List

Seniors:

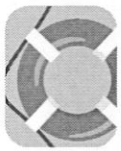
- If you haven't already, complete the FAFSA.
- Expect financial aid award notifications from the colleges you listed on your FAFSA.
- Apply for scholarships.

Juniors:

- Prepare for the ACT. Here are test-prep resources to consider.
- Register by February 10 for the March 11 SAT.
- Register by March 3 for the April 8 ACT.

It Matters: Discipline

Take five steps to address school misbehavior



It's great to have a sense of humor. But it's no laughing matter if a student constantly disrupts class with jokes and rude body sounds.

If your child is misbehaving in school, take these steps:

1. **Look for what's behind the behavior.** Sometimes kids need attention or want to impress their classmates. Often, they try to use humor to cover up academic shortcomings.
2. **Work with the teacher.** Together, try to identify when the problem behavior started and what might have triggered it. If your child tends to act up after recess, for example, he may need help settling down. The teacher might help by assigning him a high-profile task like handing out worksheets.
3. **Talk to your child.** He might not understand when it's OK to be silly and when it's not. Help him see there's a time when being funny and "clever" is actually being disrespectful.
4. **Establish clear guidelines.** With the teacher's help, convey to your child what type of behavior you both expect from him.
5. **Set consequences** that you and the teacher will enforce if your child breaks the rules.

By following these five steps, you and the teacher should be able to get your child's behavior back on track!

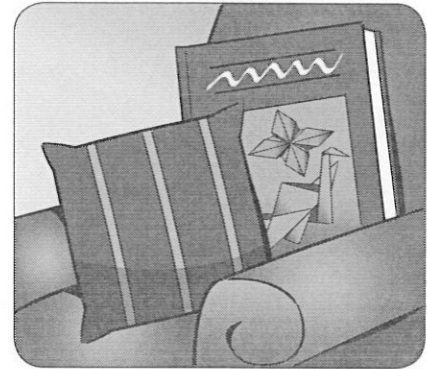
Source: K. Levine, *What To Do ... When Your Child Has Trouble at School*, Reader's Digest Books.

Try strategies from teachers to improve behavior at home

Can't get your child to complete homework? Pay attention? Respond to requests? Why not get help from those who get not just one—but 20 or more—kids to do what's expected? Teachers!

Here's what they suggest:

- **Teach what you want your child to do.** Focus on the tasks you want to be routine—like putting her backpack by the front door.
- **Post a schedule for activities.** Your child will know what to do and when to do it. And she'll feel more independent.
- **Avoid abrupt transitions.** Let your child know how many minutes she has left before she needs to switch gears and do something else.
- **Make the ordinary tasks fun.** Don't just tell your child to pick up her room. Challenge her to do it in rhythm to music.



- **Use silent signals.** Use a gentle touch on your child's shoulder to get her attention. Flick the lights off and on to give a five-minute warning before bedtime.
- **Provide meaningful things for your child to do.** Stash books that interest her around the house. In the grocery store, put your child in charge of the list.

Source: P. Kramer, "Teachers' Best Discipline Tricks," *Parents*, Gruner+Jahr USA Publishing.

Use 'if-then' statements for consistent, effective discipline



Here's an effective approach to getting your child to do what you want her to do:

Try using "if-then" statements. *If* your child does one thing, *then* something else will follow. The key is to make sure that you follow through with what you say.

Instead of reminding your child 15 times to turn off the TV, say, "Julia, if you don't turn off the TV, then I will turn it off and it will stay

off for the rest of the day." When you turn off the TV and keep it off, your child will learn that you mean what you say. Keep in mind that the *then* has to be something you will actually do. If you don't follow through with the consequence (even just once), your child won't take you seriously.

And remember that an "if-then" statement can be positive, too. "If you do your homework now, then we will have time to watch your favorite TV show after dinner."

A peaceful home environment promotes academic success



Your middle schooler faces academic and social pressures, and you and other family members also have responsibilities that can create stress. Unfortunately, all of this stress can have a negative impact on your child's grades.

It's nearly impossible to lead a stress-free life these days, but you can work to make home a haven away from the daily grind.

To help your entire family feel mentally and emotionally well:

- **Encourage laughter.** Laughter should be a part of each day. Have everyone share favorite funny shows, movies, jokes and stories.
- **Share stress-relief strategies.** Teach your child to take deep

breaths, go for a walk or turn on some relaxing music whenever he feels stressed.

- **Remember the big three:** good nutrition, adequate sleep and exercise. These are the keys to wellness.
- **Share good things.** Every day, have each family member report at least one good thing (no matter how small) that happened. Try to do this during a family meal.
- **Pitch in.** Chores go so much more quickly when everyone works together. Have a family chore time and then reward yourselves by doing something fun as a family.

Source: A. Marks, M.D. and B. Rothbart, M.S.W., *Healthy Teens, Body and Soul: A Parent's Complete Guide*, Fireside.

Four strategies can reduce your middle schooler's test anxiety



Does your middle schooler's stomach do flip-flops the night before a huge test? Does yours? Relax!

Although you can't take the test for your child, there are lots of ways you can help her get ready.

To help your child prepare:

1. **Chat with her.** Ask your middle schooler why she's so nervous about the test. Is the material too hard? Does she not understand it? Sometimes just getting her concerns off her chest can make the test less scary.
2. **Help her make a study schedule.** If the test is next week, encourage her to set aside study time on each of the days leading up to it. This may keep her from cramming the night before.

3. **Create a comfy study spot.** Carve out a quiet, well-lit place at home where your middle schooler can study. Make sure she has all the supplies she needs—including a healthy snack—when she sits down to hit the books.
4. **Remind her of her strengths.** "I know you're worried about the big science test, but remember how well you did on the last one?" Focus on the positives.

Later, when your child receives her test grade, talk about it. If she did well, celebrate her success. If she didn't, calmly go over what went wrong and talk about how she can improve next time.

Source: "Helping Your Child with Test-Taking: Helping Your Child Succeed in School," U.S. Department of Education, nismc.com/mid_testanxiety.

Q: I caught my daughter copying all the answers from her friend's homework. She said it was no big deal. What should I do?

Questions & Answers

A: Unfortunately, middle school is a time when many students turn to cheating. At this age, students are highly aware of how they compare to their peers and they may view cheating as a way to keep up.

In one study, conducted by the Josephson Institute of Ethics, 90% of middle schoolers admitted to copying a friend's homework and 75% admitted to cheating on tests.

Cheating is very serious. But you can keep your daughter from turning one mistake into a more severe problem. Here's how:

- **Send a clear message** to your child that cheating is wrong. It's dishonest and it robs her of learning the skills and information she'll need for success in life.
- **Talk to your daughter** and ask her why she cheated. Is she afraid of disappointing you or getting punished for less-than-perfect grades?
- **Don't put too much emphasis** on grades. Instead, stress the importance of effort. Let your child know that mistakes are learning opportunities and you will love her no matter what.
- **Help your daughter** develop her study habits—so she can make better grades on her own.
- **Find help** if your child has fallen behind. Her teacher may know a student who would be willing to tutor your child a few hours a week.
- **Arrange** for you and your child to meet with her teacher and counselor.

Clarkson Public School Happenings

February 2nd – JH Boys BB 6:00 at Wayne

February 3rd – NHS Blood drive 11:30-5:30

February 4th – FFA State degree interviews in Schuyler

Wrestling tournament 10:00 at Archbishop Bergan Fremont

February 6th – Conference Honor Band in North Bend, Concert at 7:00 pm

JH Boys BB 3:30 vs. Humphrey St. Francis at Leigh

February 7th – Marathon BB 4:30 Logan View/Scribner-Snyder in Clarkson

February 8th – Speech meet at Howells-Dodge

February 9th – JH Boys BB 4:00 at Madison

Marathon BB 4:30 at Stanton

February 10th – NO SCHOOL – teacher in-service

Wrestling Districts at CCC (Columbus)

Speech meet at Lindsay Holy Family

Marathon BB 5:00 at Wisner-Pilger

February 11th – Wrestling District at CCC (Columbus)

Speech meet at Humphrey

Youth BB tournament

February 13th – School Board meeting 6:00 pm

February 13th - 16th - Girls BB Districts at Wisner-Pilger

February 16th - 18th – State Wrestling Tournament in Omaha

February 18th – Speech meet at Battle Creek

February 20th – 23rd - Boys BB Districts at Wisner-Pilger

February 22nd – Speech meet at Newman Grove

Parent-Teacher Conferences 5:00-8:00 pm

February 24th – 1:00 Dismissal

February 25th – Conference Speech meet tournament in Clarkson

February 28th – FFA District CDE Contest at Platte

FEBRUARY 2017

Clarkson Public School

Menus subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

<p>6</p> <p>Breakfast – bacon pizza Lunch – pork steak sandwich</p>	<p>7</p> <p>Breakfast – French toast & sausage Lunch – chicken & gravy</p>	<p>1</p> <p>Breakfast – breakfast pizza Lunch – fried chicken</p>	<p>2</p> <p>Breakfast – egg sausage biscuit Lunch – hamburgers</p>	<p>3</p> <p>Breakfast – biscuits & gravy Lunch – Philly steak sandwich</p>
<p>13</p> <p>Breakfast – omelet sausage toast Lunch – chicken nuggets</p>	<p>14</p> <p>Breakfast – bagel Lunch – steak funza</p>	<p>8</p> <p>Breakfast – homemade burrito Lunch – meatball sub</p>	<p>9</p> <p>Breakfast – ham egg croissant Lunch - pizza</p>	<p>10</p> <p>NO SCHOOL</p>
<p>20</p> <p>Breakfast – breakfast flautas Lunch – chicken patty</p>	<p>21</p> <p>Breakfast – muffin Lunch – chili</p>	<p>15</p> <p>Breakfast – breakfast combo Lunch – sub sandwich</p>	<p>16</p> <p>Breakfast – sausage egg bagel Lunch – chicken fajita</p>	<p>17</p> <p>Breakfast – Clarkson bakery rolls Lunch – chicken drummies</p>
<p>27</p> <p>Breakfast – pancake sausage stick Lunch - pizza</p>	<p>28</p> <p>Breakfast - donuts Lunch – chicken fried steak</p>	<p>22</p> <p>Breakfast – tornado Lunch - spaghetti</p>	<p>23</p> <p>Breakfast – hot pocket Lunch – taco salad</p>	<p>24</p> <p>Breakfast – yogurt cup Lunch – hot dogs</p>

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Clarkson Public Schools
PO Box 140
Clarkson NE 68629

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