

The Red Review

2020-2021 October Vol. 2

clarksonpublicschools.org

From the Superintendent's Desk

By Rich Lemburg

As I enter my 34th year in education I thought I had seen about anything a person could see, well I guess I was wrong. With finishing the 4th quarter remotely after all schools were closed down by the state of Nebraska and then dealing with the all adjustments we had to make to open this year I have been taught some new tricks.

In prepping for this year in our summer staff zoom meetings and during our staff Pre-Days I talked to our staff about three words they would hear a lot this year; patience, flexibility and breathe. We discussed how they would have to be patient not only with the process we will have to go through but also with students as this is a scenario that has not been dealt with before. We talked about being flexible not only with dealing with changes being made but again also with being flexible with students in these new situations we will be facing. Last we talked about breathing and dealing with the stress of teaching in masks, making adaptations on how we teach and dealing with the pandemic in their own family situations.

I do ask the parents to also follow these three words this school year. It is important to understand with our current situation we are going to be taking the steps to make sure we can keep students in session for the entire school year. The decisions that are made may not always be popular but they will fall in line with our number one goal of kids in the classroom.

News from the Principal

By Lee Schneider

Happy 2020-2021 school year!! I know that this year's newsletter is a little later than most years, but boy, this year is definitely unique! I want to start by saying how thankful to be back in school and getting to see the students on a daily basis. After talking with some parents I think it was best for the kids and parents that we are back in business!

It is great that we get to have school, activities & athletics to start the school year. We at the school are doing everything we can to ensure that we can continue to offer all of these things to the kids. I want to say a big THANK YOU to the parents for understanding this and we greatly appreciate your support and working through this together. Please, keep an eye on our website as we try to post all of our Covid related materials there as they come out. Also, if you have not been getting the phone or email notifications from our ALERT NOW system, please contact the office so we can get that fixed. Go Pats!!

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

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The 2019-2020 YEARBOOKS are here!
Send \$47.00 to Mrs. Morfeld
to receive your copy. Cost will be \$52.00
after Christmas Break.

The Library Digest

by Mrs. Becker

More changes have taken place in the library since August. A new rug was purchased by the Colfax County District #58 Foundation and is a beautiful addition to the library. The primary grades love sitting on it for story time. Thank you for your generosity, Colfax County District #58 Foundation!

The students have already completed one jigsaw puzzle and have started another one. The completed puzzle commemorates the Twin Towers and 9/11. It will be glued together and hung in the library.

New books are arriving all the time. Animals of the Arctic, Community Workers, and Robots are just some of the nonfiction books that have been added for elementary readers. For the middle school and high school readers, the Hunger Games prequel, The Ballad of Songbirds and Snakes is here. Two new chapter book series, Wings of Fire and Defy the Stars, are available for checkout.

The Golden Sower winners for 2019-20 were Picture Book: Baby Monkey, Private Eye; Chapter Book : The Magic Misfits; & Novel: Restart. Books for the 2020-21 Golden Sower nominees are on display and ready to read. Students that read at least four books from a category are eligible to vote for the Golden Sower winner next spring.

On the school website, a new tab has been created on the top banner labeled Library. Online databases and the online school library catalog can be easily accessed here.

"Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life." **Sidney Sheldon**

Spanish Class News

By Vicky Miller

¡Hola! Spanish 1 just concluded the unit *Conectando con amigos nuevos por las redes sociales* (Connecting with new friends via social media). We learned how to tell our names (whole

name, preferred name & nicknames), tell our usernames, express our reactions to what we see on social media, and give our opinion of various social media sites. We also learned about dual citizenship and the info found in passports as well as to recognize different nationalities. At the end of each lesson, students showed off what they had picked up in unique ways. One day they took a selfie and added their names. Another day they created passports, as if they had dual citizenship in the U.S. and a Spanish-speaking country. Many of the students also participated in the challenge to switch their phone to Spanish for a week!

Spanish 2 just finished up a unit called *Descubriendo escuelas del mundo* (Discovering schools around the world). They described classrooms all around the world, compared schedules and classes, investigated the price of school supplies in other countries, looked at some very interesting ways to get to school, described and gave their opinions of uniforms, and researched many different aspects of school in an assigned Spanish-speaking country and compared it to our school experience here. Students got really competitive playing an adapted game of Left, Right, Center to prepare for giving and following directions around school, where they divided into teams and raced to follow the directions and find all the clues throughout the building.

Spanish 3 also recently finished their first unit, *Viviendo una vida sana* (Living a healthy life). This was a fun opportunity to look at what it means to live a healthy life, beyond just food and exercise. They also explored ideas like getting sufficient sleep; identifying stressors, talking about the effect of stress on our minds and bodies, and managing stress; the effect music has on our emotions; good and bad uses of technology; and investigating different ways companies promote healthy habits. Students enjoyed trying meditation and yoga and they identified their biggest stresses were keeping up with school work and the uncertainty of their futures. I think this was an especially timely unit this year with all of the extra craziness that 2020 has brought! ¡Hasta pronto!

Flights of Honor

By the 6th Graders

On Thursday, September 24th, Mr. Faltys and Mr. McEvoy took us to the Howells Ballroom to visit the Flights of Honor display. Grades 4-12 were able to visit in shifts. We were able to learn about what soldiers experienced during and after war. The first thing we did was split into four groups. The groups rotated through stations to learn about different wars and hear real life stories of soldiers and their families.

The local veterans told stories of their trip to Washington D.C. Veterans from different wars were flown out during different years. This trip was meant to honor and reunite them with fellow soldiers, while touring several war monuments. It was the welcome home that some soldiers never received. There was also a women's only flight for the women veterans. Soldier's wives were also given a special day while their husbands were in Washington D.C. The Golden Children, who are children who lost a parent at war, were honored for a day in Lincoln.

War stories were shared from veterans of the Vietnam War, World War II, and Korean War. The Purple Heart was explained to us. The Draft was explained to us and we hope we don't have to experience that. We also got to see and learn about a uniform that was from World War II and even had a helmet that was used to cook food. Some students were given flag pins from Kevin Marik. Thank you to everyone who organized the Flights of Honor display and let us visit. We learned a lot and thank you for your service!



Business News

By: **Matt Murren**

As I write this we are almost to October already! It has been great to have students back in the building and in our classroom! Students were eager to start the year as we've been away for in-person learning since last March. Although we have had to make some adjustments here at school, the goal is still in mind to work to allow each student to find the success in the classroom and enjoyment in learning.

Please follow along in newsletters throughout the year to see what is happening in the classroom. Between Multimedia, Video Production, two sections of Accounting I and Accounting II, and Personal Finance, we look to be completing and learning lots this year. Our business classes continue to grow here and that is a credit to the students willingness to take elective business classes to help prepare them for their future. Personal Finance is a requirement, which will touch on many aspects our students will encounter in their lives as they become adults. This has been a favorite of many since the administration made it a mandatory class that prepares the seniors for the real world.

We usually post all our videos up on the school web page or school Facebook page. If you do not follow the Clarkson Public Schools Facebook page, please look to follow that. We post a lot of classroom happenings from all of Clarkson Public Schools and it is a great way to stay up to date. Be sure to follow us on YouTube for school videos: clarksonpublicschool. Also, the stream team is making sure to stream all home Patriot events for those that cannot make the games. Tune into www.clpatsathletics.com to catch those games.

If you have any questions or concerns about your child this year, feel free to contact me at mmurren@clarkson.esu7.org or call the school number and I'd be happy to discuss anything. If there are ever any problems (which we hope never happen!), I'll be sure to communicate those immediately.

As always, It's A Great Day To Be A Patriot!

EducationQuest Foundation

College Planning Bulletin

A monthly college planning guide for Nebraska high school students

October 2020

Virtual College Fair is September 27-30!

Attend a college fair from the comfort of your couch! The EducationQuest Virtual College Fair is September 27-30. To register and to find details, visit eqf.org/collegefair.

During the four-day fair, you can visit college booths, chat with college reps, and watch live or recorded sessions on topics such as college admission, paying for college, and finding scholarships.

The college fair will be "open" the following days and times, but college booths and recorded sessions will remain available until Dec. 1.

Sept. 27 – 2:00 p.m. to 8:00 p.m. CT

Sept. 28 – 8:00 a.m. to 2:00 p.m. CT

Sept. 29 – 1:00 p.m. to 8:00 p.m. CT

Sept. 30 – 1:00 p.m. to 8:00 p.m. CT

See you at the fair!

It's FAFSA time!

Seniors...beginning October 1, you and your parents can complete the 2021-22 [FAFSA](#) (Free Application for Federal Student Aid). The FAFSA is the application for federal, state, and college-based financial aid.

Follow these tips to prepare:

Create a **Federal Student Aid Account** for you and one for a parent at studentaid.gov.

Attend a Virtual Financial Aid Program to learn about the FAFSA and types of financial aid. When you attend, register for a \$500 [Financial Aid Program Scholarship!](#) To find details about school-based programs, [click here](#). To learn about statewide Financial Aid Programs, [click here](#).

Review the [FAFSA Checklist](#) at EducationQuest.org for items you'll need to complete the FAFSA.

[See FAFSA Tools](#) at EducationQuest.org for helpful resources.

For free virtual help with the FAFSA, call EducationQuest to make an appointment:

Omaha – 888.357.6300, Lincoln – 800.303.3745, Kearney – 800.666.3721, and Scottsbluff – 800.303.3745, ext. 6654.

Seniors, are you ready to Apply2College?

This fall, several Nebraska high schools are holding *Apply2College* events to help seniors complete college applications. Whether or not your school is participating, here are tips and [resources](#) to help you prepare for the application process.

October “To Do” List

Juniors and Seniors:

- ___ Attend the [EducationQuest Virtual College Fair](#) Sept. 27-30.
- ___ Attend a [Financial Aid Program](#) to learn how to pay for college.

Seniors:

- ___ Create a Federal Student Aid Account at studentaid.gov for you and one for a parent.
 - ___ Complete the [FAFSA](#) on or after October 1.
 - ___ Complete college applications. If your school is hosting an *Apply2College* event, participate!
 - ___ [Register](#) by Sept. 25 for ACT tests on Oct. 10, 17, 24, or 25.
 - ___ [Register](#) by October 7 for the November 7 SAT.
-

For free help with college planning, contact EducationQuest Foundation:

Omaha	Lincoln	Kearney	Scottsbluff
402-391-4033	402-475-5222	308-234-6310	308-708-7199
888-357-6300	800-303-3745	800-666-3721	800-303-3745, ext. 6654

EducationQuest.org

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#) for a chance to win a [\\$500 scholarship!](#)

Your Journey to College Begins with Us

Clarkson Public School Happenings

(Schedule Subject to Change)

- Thursday, October 1st – SB vs. SSC at Dodge 5:00 pm
C/JV/Var VB vs. Schuyler at Clarkson 5:30/6:30/7:30 pm
Financial Aid Night 6:00-7:00 pm in Mrs. Kappel's room for Junior and Senior Parents
- Friday, October 2nd – FFA EDGE Conference at NECC
FB at Madison 7:00 pm Game to broadcast on KKOT 93.5 The Hawk
- Saturday, October 3rd – Var. VB tourney at Clarkson 9:00 am
Girls Golf Invite at Oakland-Craig 9:00 am
SB double dual at West Point 10:00 am
- Monday, October 5th – Homecoming Week to begin
JH FB at Howells 4:30 pm
JV FB at Howells 6:00 pm
JH VB Howells-Dodge at Clarkson 5:30 pm
C team VB vs. Howells-Dodge at Clarkson 6:30 pm
- Tuesday, October 6th – FFA Land Judging Contest
Var. VB triangular at Lutheran High NE 5:30 pm
- Wednesday, October 7th – SB Districts
FCCLA Zoom Chapter Meeting during Patriot Period.
- Thursday, October 8th – C/JV/Var. VB vs. Humphrey St. Francis at Clarkson 5:30/6:30/7:30 pm
- Friday, October 9th – 2:00 Dismissal
3:30 Community PEP Rally for Homecoming in Clarkson
- Saturday, October 10th – Var. VB tournament at Wisner-Pilger 9:00 am
- Monday, October 12th – JH FB at Lutheran High NE 4:30 pm
JV FB at Lutheran High NE 6:30 pm
JH VB Humphrey St. Francis at Clarkson 5:30 pm
FCCLA Virtual District Leadership Conference
- Tuesday, October 13th – JH VB Stanton at Clarkson 4:30 pm
- Thursday, October 15th – EHC VB tourney, TBD
- Friday, October 16th – End of Quarter 1
FB vs. Howells-Dodge at Howells 7:00 pm
- Saturday, October 17th – EHC VB tournament at Stanton
- Monday, October 19th – JH FB vs. Wisner-Pilger at Leigh 4:30 pm
JV FB vs. Wisner-Pilger at Leigh 6:00 pm
- Thursday, October 22nd – C/JV/Var. VB at Oakland-Craig 5:30/6:30/7:30 pm
- Friday, October 23rd – NO school – Fall Break
- Wednesday, October 28th – NHS Blood Drive

October Breakfast and Lunch Menu

(Menu subject to change)

This institution is an equal opportunity provider.

	Breakfast	Lunch
1	egg, ham and cheese on a biscuit	rotini pasta and meat sauce
2	Clarkson Bakery rolls	sack lunch
5	egg, sausage and cheese on a bakery croissant	scalloped potatoes and ham
6	homemade breakfast burrito	breaded chicken patty
7	waffle and sausage	pork steak on a bun
8	breakfast tornado	grilled cheese or chicken salad sandwich
9	biscuits and gravy	calzone
12	pancake on a stick	fried chicken
13	egg, ham and cheese on a bagel	lasagna roll up
14	mini bagels	chicken fried steak
15	French toast and sausage	taco salad
16	omelet and ham	hot dog on a bun
19	cereal	chili
20	breakfast combos	sub sandwich
21	pancakes and sausage	Oriental chicken and rice
22	egg, sausage and cheese on an English muffin	pizza
23	No school	No school
26	yogurt parfait	hamburger on a bun
27	egg, ham and cheese on a bagel	quesadilla
28	muffin	chicken fajita on flatbread
28	breakfast sausage	breakfast for lunch
30	PB&J	BBQ pork on a bun

Nutrition Nuggets™

Food and Fitness for a Healthy Child

Clarkson Public Schools 58
Ms. Pat Johnson, Food Services Director

BEST BITES



Thank you, cafeteria staff

Does your child know all the things that the school cafeteria staff does? Together, brainstorm a list. (Examples: Cooks meals. Puts the food out. Smiles and says hello to all the children. Encourages us to try new foods.) Suggest that your youngster write a note or draw a picture thanking the cafeteria folks for all they do!

Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room or yard to the other. Or they could take turns being the leader and play Follow the Kangaroo.



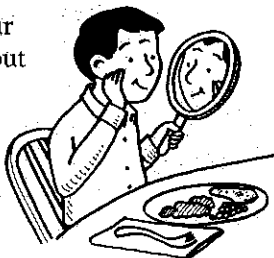
DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

Just for fun

Mom: Eat your spinach. It'll put color in your cheeks.

Jack: But I don't want green cheeks!



Snack attack

Did you know that frequent snacking is tied to obesity? In fact, today's kids average three snacks a day and get about a quarter of their daily calories from between-meal eating. Try these strategies for keeping snacking under control in your family.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (bell pepper, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon, or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, sliced mushrooms, and then bake until the cheese melts.

Build your own

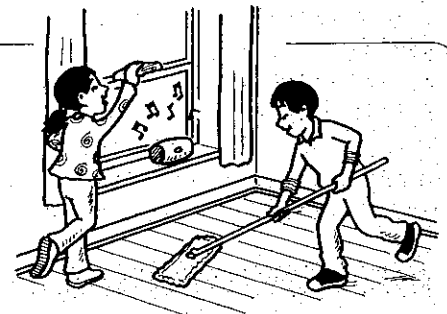
Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. ♥

Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time he does chores.

• **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. *Tip:* Bring in math by asking him to estimate how long chores will take and create a playlist to fit that time.

• **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room? ♥



Kids in the kitchen

Cooking with your youngster will teach him valuable kitchen skills—and help him practice reading and math. Try these suggestions.

Read recipes. Ask your child to read a recipe aloud. Then, have him gather the ingredients and tools you'll need. Can he find dried oregano and a whisk? Next, follow the steps together. *Idea:* Build his vocabulary by explaining unfamiliar cooking words. ("Zest means to scrape off tiny bits of the lemon peel.")



Use math. Put your youngster in charge of kitchen math. He can find the correct measuring spoons and cups, measure wet and dry ingredients, and read a food thermometer. He'll also learn about conversions—for example, that 4 tbsp. = $\frac{1}{4}$ cup.

Tip: Get your child in the habit of putting dishes in the dishwasher as he works. That way, there won't be a big sticky mess to clean up at the end. ●



Q&A How much juice?

Q: My child loves to drink juice. Should I try to limit how much of it he drinks?

A: The short answer is "yes." While juice has nutrients, it also has a lot of sugar.

Believe it or not, a 12-ounce glass of apple juice can contain 10 tsp. of sugar—the same as in a can of cola—and a glass of grape juice can have 15 tsp. of sugar.

Encourage your son to eat fruit rather than

drink juice. He will consume fiber along with more nutrients.

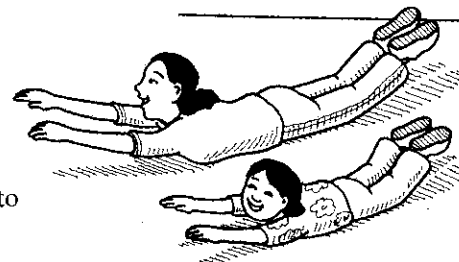
If your youngster does have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled "fruit drink" or "fruit cocktail." The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ●



ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn't exercise—it's just plain fun! Use these ideas for putting more physical activity into your youngster's day.



Superman

Lie on your tummy with your arms straight out in front of you (as if you're flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. "Fly" 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ●

IN THE KITCHEN

Shake-a-salad

Fill, shake, and eat. That's the winning formula behind fun-for-you and good-for-you salad shake-ups.

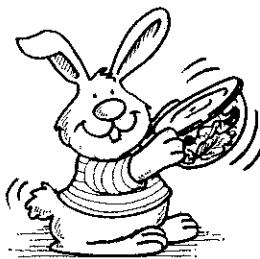
To assemble: Give your child an empty container. Have her fill it with any of these combinations, put the lid on, and shake, shake, shake.

Deli delight: Chunks of left-over deli meat (lean ham, turkey, or roast beef), shredded skim mozzarella cheese, chopped lettuce, grape tomatoes, and low-fat ranch dressing.

Southwest slam: Cooked lean ground beef, chopped lettuce, shredded low-fat cheddar cheese, diced tomatoes, and a sprinkling of low-sodium taco seasoning.

Pasta mix-up: Cooked macaroni, black olives, chopped red pepper, grated Parmesan cheese, and Italian dressing.

Tip: Add something that makes a "shake sound," such as nuts or baked pita chips, to put even more fun in the shaking. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
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