

# Jet News August 2009



## Superintendent's Corner

By Larry Harnisch, Superintendent

### August 18<sup>th</sup>

Classes start at 8:10 a.m.  
for all students with normal  
dismissal at 3:38 p.m.

Our janitorial staff, Keith Scurto and Connie Walters has been working hard to have the building & grounds ready for this fall. Various parts of the building received a fresh coat of paint, as well as the walls in the gym. The elementary classrooms have also received sound enhancing equipment that should increase student attention and achievement.

It is my hope that you will take a few moments and review this school newsletter. Our school is here to serve your children and we will correspond with you periodically to keep you informed. There will be times that we ask for assistance and cooperation to improve the learning opportunities for all children.

**HELP IS NEEDED!!!!** We are in need of some one or group of individuals that is willing to help **set up** our concession stand before home sporting events for the 2009-10 school year. This will involve getting food ready to be served at the activity. Please let Larry Harnisch – 866-4761 know if you are willing to as-

sist in this very worthwhile project to help our students. Any help or assistance will be appreciated.

### **NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM**

The application forms are included in this newsletter. It is **IMPERATIVE** that you file your free/reduced lunch application even if you qualified last year. I urge all of you to submit your application as soon as possible so that lunch bills don't start accumulating before your application is received. **HELP YOUR SELF AS WELL AS THE SCHOOL BY FILING FOR FREE/REDUCED MEALS.** Sterling Public Schools' State Aid to Schools is affected by the number of students and every dollar collected from state aid is one dollar less that is required locally in property taxes. One other comment about hot lunches, if your child qualifies for free or reduced lunches, this means that one basic meal will be served. **IF YOUR CHILD WANTS SECONDS FOR SOME ITEMS ON THE MENU, THEY WILL BE CHARGED FULL PRICE FOR THAT ADDITIONAL SERVING.**

*Continued on the next page*

The 2009-2010 school year will begin on **Monday, August 17<sup>th</sup>** with the first day of football practice on **Monday, August 10<sup>th</sup>** and volleyball practice beginning on **Monday, August 17<sup>th</sup>**. The football practices are one week earlier because we were forced to schedule the first game on August 28<sup>th</sup> at Prague. Teachers will report for in-service activities on Thursday August 13<sup>th</sup> and August 14<sup>th</sup> and the first day for classes is **Monday, August 17<sup>th</sup> with dismissal at noon.** Classes will start at 8:10 a.m. with our normal dismissal at 3:38 p.m., except for Fridays when dismissal is at 2:27 p.m.

### August 10<sup>th</sup>

High School Football practices start.

### August 17<sup>th</sup>

Classes start at 8:10 a.m. with Early dismissal at noon. Volleyball practices start.

## Superintendent's Corner

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The mailing list for this school newsletter is constantly being updated. Our goal remains to keep all patrons of the district informed of the happenings at their school. **If you know of someone wanting to receive this newsletter (grandparent, neighbor, friend, or patron) and not on our mailing list, please call the school office at 866-4761 so their names can be added. You may also direct them to the school district web site for a copy.**

[www.sterlingjets.org](http://www.sterlingjets.org)

### New faces at Sterling Public School

Laura Thiesen is really not a new face; however she has been reassigned as a Special Education Para-professional. She will be working one-on-one with a special needs child.

Kelly Holthus will be taking Laura's place in the kitchen as an assistant cook in our hot lunch program.

Matt Markowski will be replacing Luke Chadwell, who took a teaching position at Madison High School, as an assistant boys basketball coach. Matt is a junior at the University of Nebraska at Lincoln majoring in elementary education.

## JUNIOR CLASS MAGAZINE FUNDRAISER

### *How Can You Help?*

If you have subscriptions that need to be renewed, or you would like to subscribe to a new magazine, **Please SAVE your orders for our fundraiser.** Plan to give magazine subscriptions as gifts this year.

Renewal orders will simply extend current subscriptions Redirecting money from publishers to **our school.**

Let your friends and relatives know about our fundraiser and ask them to save their subscriptions for our program as well. **Our sale begins:**

8/21/2009

The Junior Class will be out contacting people. If you need to have one stop to see you, then contact the school at 866-4761.

Thank you in advance for your support! We are looking forward to your participation.

### **IF YOU WANT TO**

### **ORDER NOW, GO TO**

**www.QSP.com** and order. Use the account number below to assure credit for

**Sterling High School**

**#425003659**

## Yes We Are Saving . . .

CAMPBELL SOUP LABELS & BOX TOPS FOR EDUCATION

# *Picture Day September 3 - 8:10 a.m.*

*Preschool will begin at 8:00 a.m.*

# From the Desk of Principal Greg Peterson

As we are about to begin another school year, I would like to remind everyone of a few things before the school year and athletic practices officially begin. By now, anyone participating in volleyball and football has probably received a letter from the coaches announcing times and dates of practices. Football practice will officially start on August 10 and volleyball practice on August 17. The reason for the different starting dates is due to the fact that Southeast Consolidated no longer has a school and in order for the football team to play a full eight game schedule they must play their first game on August 28. Thus they must start practice one week earlier than usual. Another important item is the sports physicals; before anyone can participate in practice, a physical form must be handed in. Please bring the physical form to either the main office or my office. Athletes may also bring their physical on the first day of practice. **We also need proof of insurance in order for your child to participate as required by the Nebraska School Activities Association. The proof of insurance is found behind the physical form if you pickup a form from the school. Otherwise, you will need to stop by the office and receive a form. Please sign and return the form before the first practice.**

If anyone is interested in volunteering to run the clock, keep the books, or help take tickets for any volleyball, football, and/or basketball games, please call the office (866-4761) and talk to Cheri Wirthele. We really appreciate those people that are able to take the time to help. Thank you in advance for your cooperation.

On the first day of school, August 17, 2009, I would like to begin by having all 6-12 students to meet in the gym at 8:10 a.m. to discuss changes and other necessary items. Any new 6-12 students who have not registered are encouraged to do so on August 13 or August 14. Please call the school and set up an appointment with our Guidance Counselor, Ms. Shea.

We have made several changes to the student handbook this year with the biggest change concerning the issue of cell phones and i-pods. Cell phone and i-pod technology has improved greatly since their inception which has caused us to revise our current policy. Pictures can be taken, the internet can be accessed, and texting occurs during school hours to name a few. Students were informed on the last day of school last year on the change of policy. We need your help and support to make this change successful.

The new policy will be that i-pods and cell phones are **not allowed in school** unless special permission is granted from the administration. Students may use their phone and i-pods after school. In an emergency, parents can call the school and the student will be allowed to go to the office to take or make a phone call immediately. Consequences of not following this policy can be found in the student handbook.

## Weight Room Info.

Anyone interested in buying a key for the weight room needs to contact Mr. Peterson or the school office during the school day. The cost of the key is \$5.00 per month. Anyone who now has a key will need to purchase a new one by Tuesday, September 4<sup>th</sup>. On that day the lock to the north door in which to enter the weight room will be changed. I would like to thank the people that have purchased keys for being cooperative in keeping the weight room clean and working around the summer weight program.

We will continue to count on the positive support from the community to make this school an even better place to attend and the community of Sterling a better place to live. If you have any questions, please feel free to contact me.

# WELCOME BACK

## School Insurance

Stop by the office for information on insurance or we are happy to send home with your student the information packets. Remember insurance is needed for those students out for sports. This program does cover elementary through high school students.

## Newsletter Information

The deadline for the September 2009 Newsletter will be August 21, 2009. Please have your information into the office by then.

Each month may be a little different, but it should be around the 15th of each month.

## Needing Assistance with School Supplies?

Southeast Nebraska Community Action (SENCA) has opened a new office in Sterling located at 455 Lincoln St. #11 (Countryside Apartments). Office hours are Tuesday and Thursday 1:00 p.m. to 7:00 p.m. except for meetings outside the office. If you are in need of assistance with school supplies or food pantry, please call Julie Daire, Basic Needs Provider, at 308-920-0523 for an appointment. All information is kept strictly confidential.

**PHYSICALS:** If you have a 6th grader going into 7th grade or have a student going out for a sport in 7-12 grades this year, you will need to get a school physical taken. **We do have the release and insurance form on the physical for all parents to sign and return with the student the first day of school. This is only grades 7-12.**

## Special Education

Handicapped children between the ages of birth and twenty-one years of age are eligible for special education services. In order to be eligible, the child must meet specific criteria for mental retardation, emotional disturbance, severe developmental delay, or be deaf, blind, or multiple handicapped. If you believe that your child may qualify for this program, please contact your local school superintendent so arrangements for diagnosis can be made. All these services are provided by the Sterling Public School.

## REMINDER AGAIN

We do not issue aspirin at school. You may fill out the enclosed papers for medication (Tylenol, etc...) to be given to your child. You will also have to supply the office with medication for your child in the **original bottle**. If your child needs to take some kind of medication during the day, make arrangements with office before school starts.

## Bus Routes

**Those of you on a Bus Route will be contacted by your bus driver the week before school starts with times. If you are not sure you're on a bus route, please contact the office at 866-4761.**

***Any Medical Forms you may need for your students in regard to medication taken daily or as needed (asthma), can be picked up in the school office. Any questions call 866-4761.***

**STERLING SCHOOLS**  
**AUTHORIZATION FOR ADMINISTRATION OF MEDICATION AT SCHOOL**

Student Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

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**THIS PORTION TO BE COMPLETED BY PHYSICIAN/DENTIST/PROVIDER**

|                           |               |              |                    |
|---------------------------|---------------|--------------|--------------------|
| <u>Name of Medication</u> | <u>Dosage</u> | <u>Route</u> | <u>Time of Day</u> |
|---------------------------|---------------|--------------|--------------------|

\_\_\_\_\_

If given prn specify the length of time between doses \_\_\_\_\_

Inhalers: \_\_\_\_\_

*Indicate if student must carry on his/her person (above 6th grade) Yes \_\_\_ No \_\_\_*  
*(Parents are recommended to maintain a backup inhaler in the office for an emergency)*

It is safe for unlicensed staff provide this student this medication Yes \_\_\_ No \_\_\_

Emergency procedure in case of serious side effects \_\_\_\_\_

*I request and authorize that the above-named student by administered/provided  
the above identified medication in accordance with the instructions indicated above  
from \_\_\_\_\_ to \_\_\_\_\_ (not to exceed the current  
school year) as there exists a valid health reason which makes administration of the  
medication advisable during school hours.*

\_\_\_\_\_  
Date of Signature

\_\_\_\_\_  
Physician/Dentist/Provider Signature

\_\_\_\_\_  
Telephone Number

Name: \_\_\_\_\_  
(Print or Type)

**Please Note: If samples of medication are to be given, they must be labeled with the name of the student, dosage, route, and time to be given.**

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**THIS PORTION TO BE COMPLETED BY THE PARENT/GUARDIAN**

*I request/authorize the school to give medication to my student in accordance with the health care provider's instructions written above. I understand that unlicensed staff may be assigned to provide medication to my student, and I accept ultimate responsibility for monitoring the effects of this medication.*

Permission to carry inhaler Yes \_\_\_ No \_\_\_

Contract Signed Yes \_\_\_ No \_\_\_

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Caretaker Signature

Phone # \_\_\_\_\_  
Home \_\_\_\_\_ Work \_\_\_\_\_

# FOOTBALL PRACTICE BEGINS

Football practice will begin on August 10 at 8:00 a.m. and will last until 11:30 a.m. There will be a 30 minute break at 10:00 a.m. We will have this schedule for Monday through Wednesday (Aug. 10-12). Thursday and Friday (Aug. 13-14) practice will begin at 4:00 p.m.

# senesportsonline.com Fall Broadcast Dates

## Volleyball Dates

Fri./Sat. Sept. 3/5 @ Freeman Invite  
Tue. Sept. 8 - Freeman  
Sept. 14, 15, 17 MUDECAS Tourn.  
Sat. Oct. 10 @ Falls City Invite  
Mon. Oct. 12 - Parkview Christian  
Oct. 26 & 27 - Pioneer Conference

## Football Dates

Fri. Sept 25  
@ Diller-Odell  
Fri. Oct. 9  
Falls City Sacred Heart  
Fri. Oct. 23  
@ Lewiston



## *Sterling Dance Team*

*is Sponsoring a*

# Back to School Carnival

*Fun & Games*

## August 22

## Time - TBA



# Post Prom parents

The Post Prom Parents held a meeting on June 15 and were preparing for the upcoming year.

Plans were made to do Split the Pot at football games this fall and possibly Volleyball too.

The next meeting will be held on August 18 at 7:30 p.m. in the school cafeteria.

## *Post Prom Parents*

# Hamburger Feed

## Friday, Sept. 11

**(Night of the Homecoming Game)**

## 5:00 p.m. - ?



## Lunch Program Information

The Sterling School Lunch Program is a non-profit entity, which serves nutritious meals every day at the lowest possible cost. At least five different food items are offered each day. Grades 4-12 are allowed the "Offer-vs-Serve Option", which means that they may choose three of the five food items offered and their meal still qualifies as a Government reimbursable lunch.

A computerized accounting system is being used. Customized statements will be handed out to each child on or about the last Friday of each month, August through April, and then a final statement approximately ten days before the end of the school year in May.

K-5 lunch balances will be sent home with the weekly bulletin and 6-12 will receive their notices before being dismissed on the last Friday of the month.

All money received is divided equally for a family account unless directed otherwise. For those students in Kindergarten through grade four, whose parents indicate they want their child to participate in the afternoon milk lunch program, the price of a milk ticket/tickets will be deducted from the student account and a milk ticket will be hand written. All expired tickets are kept on file if any questions should occur.

Prices of tickets for the 2009-2010 school year will

be as follows:

|                   |               |
|-------------------|---------------|
| <b>Grades K-5</b> | <b>\$1.65</b> |
| <b>6-12</b>       | <b>\$2.00</b> |
| <b>Adults</b>     | <b>\$3.00</b> |

Extra milk will be .30 cents per carton. Students wishing to participate in the Milk Lunch Program must purchase a milk ticket for \$6.00 per month. **Extra milk, milk tickets and ala carte items are not covered in the free and reduced program.**

Denise Horstman, our food service manager, will be available at school on Friday, August 14 from 8 a.m. to noon, to enable students to purchase tickets before the first full day of school.

## 2009-2010 ACT Test Dates by Jill Shea, Guidance Counselor

| <u>Test Date</u>   | <u>Registration Deadline</u> | <u>(Late Fee Required)</u> |
|--------------------|------------------------------|----------------------------|
| September 12, 2009 | August 7, 2009               | Aug. 8 – 21, 2009          |
| October 24, 2009   | September 18, 2009           | Sept. 19 – Oct. 2, 2009    |
| December 12, 2009  | November 6, 2009             | Nov. 7 – 20, 2009          |
| February 6, 2010   | January 5, 2010              | Jan. 6 – 15, 2010          |
| April 10, 2010     | March 5, 2010                | March 6-19, 2010           |
| June 12, 2010      | May 7, 2010                  | May 8 – 21, 2010           |

## ANNUALS ARE FOR SALE

### 2008-09 and new 2009-10.

# Parent School Lunch Survey Results 2008-2009

Twenty-eight signed surveys were turned in representing 51 students. This is 22% of families and students. Where comments are included, each bullet represents the comments for that question from one parent.

1. What grade(s) is/are your child(ren) in? Choose all that apply.

K-4, 1<sup>st</sup> -3, 2<sup>nd</sup> -3, 3<sup>rd</sup> -5, 4<sup>th</sup> -5, 5<sup>th</sup> -3, 6<sup>th</sup> -2,  
7<sup>th</sup> -3, 8<sup>th</sup> -5, 9<sup>th</sup> -3, 10<sup>th</sup> -8, 11<sup>th</sup> -3, 12<sup>th</sup> -4

2. Do you think that school lunch is a nutritious option for your child/children?

43% (12) Yes

14% (4) No

36%(10) Somewhat

4%(1) Not Sure

4%(1) No Answer

What can we do to make meals healthier?

- Make meals from scratch — have a nutritionist come in and give ideas — that would actually be cheaper but better meal for children

- Have fresh not processed foods

- There are items on the menu that are not what I consider nutritious. i.e. Potato Bar, Nachos, Tacos: The quality of the meals have gone down. Our youngest has had left over FF on the plate. They were not good and we paid full price for them, and none of them were eaten. Some recipes need to be looked at and fixed because I've heard a lot of complaints about the taste

- More options/more "homemade" food, not pre-made, boxed, canned pre-packaged

- Maybe offer salads to younger kids; yogurt-some other dairy than milk-not all kids like milk

- More fruits and veggies

- Salad bar; fresh fruits and veggies with dip
- Kids will only eat healthy food if it tastes good
- Make more home-made items, and less canned and processed foods. Please use real hamburger — not soy burgers
- Less processed food, more homemade. Processed foods have lots of sodium and transfat

3. How often does your child eat hot lunch at school? (\$1.65 for K-5, \$2 for 6-12 grades)

1 (3%) Never      2 (7%) 1 Time per Week

0 2 times      3 (10%) 3 times

4 (13%) 4 times      20 (67%) Every day

4. If you selected "Never", why doesn't your child eat hot lunch at school? Choose all that apply.

Selection of Food     Quality     Cost

1 Prepare lunch at home     Nutritional Value     Service     Other - Please specify:

5. How often does your child eat breakfast at school? (\$1 for K-1 2)

20 -Never      4 -1 Time per Week

0-2 times      1 -3 times      2 -4 times

1- Every day

6. If you selected "Never", why doesn't your child eat breakfast at school? Choose all that apply.

1 Selection of Food     Quality     Cost

Serving time doesn't work out

Nutritional Value

We Serve Breakfast At Home

Didn't realize was available

7. Are you aware that students receiving free or reduced lunch prices are not only treated the same as students paying full price and receive the same serving portions, their identity is kept confidential?

28- Yes      1- No

8. Based on your conversations with your child(ren), how does your child(ren) rate the school food? (50 responses)

2 (4%) Like Always

14 (28%) Like most of the time

20 (40%) Sometimes like-sometimes don't

12 (24%) Doesn't like that often

2 (4%) Never likes

9. List your child's favorite school lunch entrees.

10. If you could add new menu items to the lunch menu, what would they be?

- More meat
- Meatloaf, chicken, ham, roast beef, more potato dishes (less junk food items, more home cooking)
- Fresh fruit, fresh sandwiches, or casseroles, lasagna from scratch, not o many meals from packages
- Bananas, strawberries, corn casserole, green bean casserole with French onions on top
- Homemade dessert items — brownies, cake cookies
- Child likes fruit — likes the addition of mandarin oranges
- Lasagna
- Always have a sandwich to serve if the meal isn't chosen by the student (e.g. ham/turkey, PBJ)
- Ham, scalloped potatoes, little meatballs
- Salad bar, fried chicken/hot wings, mac n cheese, BBQ Chicken
- Salads, fruit
- Macaroni & cheese

- Daily salad bar
- Mozzarella cheese sticks
- Brownies, chocolate chip cookies
- Deli sandwiches, chicken strips, chicken enchiladas, lasagna, sweet & sour chicken, taco salad, salad bar
- Pizza more often
- Dessert, baked chicken, big corn dogs
- Pepperoni pizza, pancakes
- It's not the items but the quality and flavor, fresh fruit would be good
- Casseroles (kids get vegs, meat, starch all for cheaper), pasta bar, soup bar
- Real meat; food that isn't burned, over or under-cooked
- Chicken strips, chicken sandwiches

11. Would you consider paying more for school lunch to do any of the following (check all that apply if you are willing to pay more)?

13 - increase the offering of fresh fruits

11 - increase the offering of fresh vegetables

13 - increase the number of different lunch offerings

7 - No reply

6 - Other:

- If they got enough to eat. There have been times that they don't get very much if anything.
- Improve taste/quality of main course. Don't use the same bread for all sandwiches - let them have it on normal buns.
- Do parents do this at home - why just at school?
- Having options would be #1, not to mention less waste of food; as kids can choose what they want to eat - not toss half of it.
- No increase in price please.
- Salad bar

- Wish the main entrée had another choice offered so they had a alternative. If they don't like it they throw it away!
- Use quality ingredients. I ate chili one day and was afraid to eat the hamburger in it because of the taste.
- Apples, bananas, strawberries, pears
- Lunches made from scratch are less sodium, less fat and better tasting. Could give larger portions with same price because not pre-processed.
- Make the food better quality. My 1st grader will eat anything except the school lunches.

12. Please list one thing you think we could do to improve the School Food Service Program.

- Make sure there is enough for the last ones in line to eat. My kids say that they don't always get enough to eat. Also, some people get more if they know the cooks.
- More choices — less repeat menu-same old menus over & over. Offer desserts 2-3 times a week. Don't just count fruit as dessert. Other schools do.
- Add more nutritional items - make casseroles - or items that are not packed with sodium and preservatives. Serve fruit/veggies. We serve these kids that have lots of sodium and preservatives - not filling - they have no energy - if you provide them with fresh baked items and fruit/veggies they would get full faster/less food for you and better for our children.
- Have fruit crisps
- They run out of food too often. All of the kids should get to eat a full & hot meal which doesn't always happen.
- Ensure the upkeep of computer system so lines can flow properly.
- Fresh fully cook meals. I think all the meals are OKAY! The lunch crew does a 'great job: Keep it up!!!
- Get the students input - more than parents
- Improve on the options available, and the quality of the food served.
- Salad bar? Meal options/choices. Hard to satisfy everyone but menu could be "expanded" a little. Years ago rolls, cinnamon rolls and other items were homemade/made Fresh, not pre-made/prepackaged.

Not having their milk be frozen — the day I visited we had 4 frozen milks that could not be returned, I was told I should have squeezed the carton before taking. Me +3 other kids had no drink & threw the milk away!!! What kindergarten knows to squeeze the carton before grabbing?

- Improve the freshness of food served at the later lunch times.
- Provide meat choices on Friday for non-Catholics during lent.
- More home cooked meals instead of frozen and reheated.
- Jello with fruit in it.
- Improve the quality of food - e.g.: over-cooked, overdone or burned food that is served to the students. Or expired milk/food.
- More variety in menu.
- It would help us out a lot if we got one family bill for food services instead of one for each child.
- Plan for all kids - don't run out of food like has happened in the past.
- The cooks are very rude to my kids when they need lunch money - they need to be told nicely & confidentially. It's not their problem - it's mine.
- Do not run out of food! The last classes to eat should have every option and amount as the first classes to eat.
- Buy bulk & make from scratch. Cheaper to buy & can give larger portions at same price. Salad served now is brown and wilted
- More homemade food. New food sources? Lear cooking techniques that have maybe changed some. People not afraid to learn cooking, baking.
- Better quality - decent size servings. My 6th grader has to go back at least twice the few times he eats there due to small serving sizes. It would be much cheaper and easier if my kids would eat at school but both refuse. Burnt food and hard rolls are not appetizing ideas. Maybe ask the teachers why none of them eat there. If they won't why would the kids?

# Student/Staff School Lunch Survey Results

There were 139 surveys turned in which was approximately a 57% response excluding the seniors. Sixty-one percent of students responded and 38% of staff. Five surveys were disqualified as they were not signed.

1. Do you eat school lunch 3 or more days a week?

99-Yes                      33-No

2. If not, do you eat school lunch 1-2 days a week?

15 -Yes                      19-No

3. Do you bring lunch from home 3 or more days a week?

30-Yes                      0-No

4. If you do not eat lunch at school, WHY? (Choose as many as apply)

19-The line is too long

55- I do not like the choices offered for lunch

25 -The lunch period is too short

7 -It's not "cool."

28 -The price of lunch is too high (includes 5 Kindergarten entries)

1-I'm on a diet

20- Hot foods are not served hot

5 -Cold foods and milk are not served cold

Other:

- The food is nasty (2)
- You never know what you're going to get
- Food is not cooked all the way (2)
- Milk is ice
- I like eatable food
- It is disgusting

- I don't like the food (4)
- Not appetizing
- Hair gets in the food (2)
- Don't have deserts
- Ranch with carrots
- Lack of variety
- Usually just bring leftovers from home
- I prefer to eat food from home
- My own food
- Some lunches are better than others
- Sometimes there just isn't much offered

5. What are some of your favorite/least favorite lunch foods?

| Favorite | Lunch Entrée        | Least Favorite |
|----------|---------------------|----------------|
| 57       | Tacos               | 2              |
| 51       | Nachos              | 1              |
| 20       | Pizza               | 3              |
| 16       | Chicken Nuggets     |                |
| 10       | Chicken patty       | 1              |
| 10       | hot dogs/corn dogs  | 6              |
| 9        | Burritos            | 2              |
| 8        | Chicken Fajitas     | 21             |
| 8        | Salisbury steak     | 19             |
| 7        | Potato Bake         | 3              |
| 6        | Chili soup          | 9              |
| 5        | Corn dogs           | 4              |
| 5        | Mashed potatoes     |                |
| 5        | Spaghetti           |                |
| 5        | Subs                | 6              |
| 5        | Chicken Noodle soup | 5              |

|   |                       |    |
|---|-----------------------|----|
|   | Chicken Gravy over    |    |
| 4 | biscuit               |    |
| 4 | Hamburger/FF          | 3  |
| 4 | Turkey dinner         | 1  |
| 3 | Garlic Bread          |    |
| 3 | Goulash               | 3  |
| 3 | Tuna Casserole        | 4  |
| 2 | Fresh bread           | 2  |
|   | Grilled cheese/tomato |    |
| 2 | soup                  | 1  |
| 1 | Cinnamon rolls        |    |
| 1 | Mandarin oranges      |    |
| 1 | Mac N Cheese          | 6  |
| 1 | Sloppy Joes           | 3  |
|   | Ham Patties           | 4  |
|   | Vegetable beef soup   | 20 |
|   | BBQ Ribs              | 6  |

6. What would encourage you to eat lunch at school?

- Nothing (2)
- If the food was healthier (4), tastier/better (4)
- Dessert/treats/ice cream (11) Not the can of fruit
- If there was no hair in the food (3)
- That it's fully cooked
- Have better food (19) or second food choice(7)
- If I didn't have time to make my own lunch (2)
- Better meat (2), fully cooked
- Normal food
- Not having potato bake as much
- Redo the whole thing
- If I liked it (7)

- I'm hungry (3)
- New meals
- No leftovers
- Lower lunch prices (8)
- Salad bar (3)
- Homemade bread(2), homemade food (3), wheat bread option
- Fresh fruit / more fruit/bananas/strawberries(9)
- Don't burn/overcook food (4)
- Be able to eat in our rooms or outside
- Carrots with ranch, hot wings with ranch, nachos, hot dogs, spaghetti, pizza rolls
- Hot chocolate, onion rings

7. Please list one thing you think we could do to improve the School Food Service Program.

- Not tell the children right in front of everyone else that they can only get so many because they owe too much money. (5) Its not the kids fault. I find it embarrassing and rude. (more written)
- Not the same thing over and over (2)
- Wear gloves for everything and make sure there is no hair in the food/wear hair nets. (7)
- Cook it fully/keep warm (3)
- Don't run out of food. (4) Mac & cheese tastes like glue
- Open campus (15) (appears to be grade campaign)
- Serve lunches hot, serve new/better choices (16), better combinations
- Fresh salad bar (3)
- No leftovers (2), share leftovers with the older kids (6-12)

- Lower lunch prices (7)
- More drink choices (5)
- Get a Burger King, have kid food, Buy real food
- More food, better foods (4)
- Bigger lunch room
- Get grants
- Longer period of lunch (4)
- Give a variety of fruits, and healthier food
- Not frozen stuff (2)
- Desserts (13) Ice cream Fridays
- No brown salad
- No hard-as-a-rock French fries (2)
- Homemade food (6)
- No sloppy joes
- Have apples more often
- TV
- More Condiments for all sandwiches & choice of cheese for burgers
- Need to put serving on tray and ask less question.
- Extras & 2nds should be paid with cash to help the bill issue
- Homemade bread is not as good as it used to be.



## ***Do you need some work done?***

***SkillsUSA (VICA) would be happy to help. From Odd Jobs to Special Jobs this group of young people would like to help.***

***If you are interested please contact  
Chris Salberg at 866-4761 .***

### **FIRST DAY SCHEDULE - AUG.17**

8:10 - 8:30 – 6-12 Students Meet in Gym

8:30 – 8:55 - First Period

8:57 – 9:22 - Second Period

9:24 – 9:49 -Third Period

9:51 – 10:16 - Fourth Period

10:18 – 10:42 - Fifth Period

10:44 – 11:07 – Sixth Period

11:09 – 11:33- Seventh Period

11:35 – 12:00 - Eighth Period

Everyone needs to be prepared to be flexible. This is the schedule we will attempt to follow. There will be no bells so the OFFICE and ONLY THE OFFICE will dismiss the students.

If I happen to go past 8:30 during the opening we will just shorten 1<sup>st</sup> period and keep the rest of the schedule on the times listed above.

### **Class Schedule – 09-10**

First bell will ring at 8:05.

|                      |                      |
|----------------------|----------------------|
| <b>Period 1</b>      | <b>8:10 – 8:59</b>   |
| <b>Period 2</b>      | <b>9:01 – 9:50</b>   |
| <b>Period 3</b>      | <b>9:52 – 10:41</b>  |
| <b>Period 4</b>      | <b>10:43 -11:32</b>  |
| <b>JH Lunch</b>      | <b>11:32 - 12:02</b> |
| <b>HS Lunch</b>      | <b>12:23 – 12:53</b> |
| <b>Period 5 – HS</b> | <b>11:34 – 12:23</b> |
| <b>Period 5 – JH</b> | <b>12:04 – 12:53</b> |
| <b>Period 6</b>      | <b>12:55 – 1:44</b>  |
| <b>Period 7</b>      | <b>1:46 – 2:35</b>   |
| <b>Period 8</b>      | <b>2:37 – 3:38</b>   |

We will not have 8<sup>th</sup> period on Friday. 8<sup>th</sup> period is 61 minutes long M-Th.  
No home rooms.

# 6th Grade Parent Orientation

**Tuesday, August 11th at 7 p.m.**

*Meet in classroom 112 on main level. (Band room)*

Teachers will discuss class expectations, show you books, and inform you of items you will need for class. You are strongly encouraged to ask any questions you may have. It is up to you if you wish to bring your child along. Tea & cookies will be served following the orientation in Room 116



## Southeast District Health Department

601 J Street ♦ Auburn, Nebraska 68305

Phone: (402) 274-5550

Toll Free: (866) 242-2824

Dear Parent or Guardian,

The Southeast District Health Department will be offering Tdap (Tetanus, Diphtheria, Pertussis) and Menactra (meningococcal), and Hepatitis A vaccines to the incoming Seventh Grade. A \$15 administrative donation is requested, but not required. You will find an attachment of school requirements and Immunization sites in your area.

Please feel free to contact us with any questions or concerns.

Jeanne Wolken, R.N.  
Immunization Nurse  
jeanne@sedhd.org  
Southeast District Health Department  
601 J Street  
Auburn, Nebraska 68305

**Southeast District Health Department**  
601 J Street Auburn, Nebraska 68450  
[www.sedhd.org](http://www.sedhd.org)

**Nebraska School Immunization Requirements**

Students entering 7<sup>th</sup> Grade

**3** doses of DTaP, DTP, DT or Td vaccine, one given on or after the 4<sup>th</sup> birthday.

**3** doses of Polio vaccine.

**3** doses of Hepatitis B.

**2** doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month.

**1** dose of Varicella (chickenpox) or MMRV if given on or after 12 months of age and prior to 13 years of age. If given at over 13 years of age, 2 doses of Varicella, separated by at least one month. Written documentation (including year) of varicella disease will be accepted.

**New Recommendations for Junior High and High School**

The requirements listed above, plus:

**Tdap** A single booster of Tetanus, Diphtheria and Pertussis (*whooping cough*) for adolescents 11–18 years of age. You can get **tetanus** through cuts and puncture wounds, including animal bites, tattoos, and body piercing. **Diphtheria** is caused by bacteria, which is spread person to person. Outbreaks have occurred in various parts of the world, and the risk of diphtheria in the US is only a plane ride away. **Pertussis** is a highly contagious disease. The most common symptom is attacks of rapid coughing. In recent years, reports of the disease have been increasing in the United States.

**Meningococcal** All adolescents 11–18 years of age should be immunized, not just those at certain ages or higher risk of exposure. Meningococcal is a rare but dangerous disease that progresses rapidly and can have serious results such as permanent brain damage, limb amputation and death. Meningococcal germs can be spread by coughing, kissing, or sharing drinking glasses.

**Varicella** **Two** doses of **varicella** (Chickenpox). Teens and adults who catch chickenpox are at risk for severe disease and serious complications, including pneumonia, brain damage, and death.

**Hepatitis A** All children 1-18 years of age should be immunized. Hepatitis A is a serious liver disease caused by the **hepatitis A virus (HAV)**. **HAV** is found in the stool of persons with **hepatitis A**. It is usually spread by close personal contact and sometimes by eating food or drinking water containing **HAV**. It is a series of 2 doses administered 6 months apart.

**For more information, contact your health-care provider or the Southeast District Health Department.**

**Southeast District Health Department Immunization Sites**

**Johnson County Hospital** Home Health Entrance  
**202 High Street** (North Door)  
**Tecumseh, Nebraska**  
**1st Tuesday**  
**9 a.m. – 1:30 p.m.**

**Union Bank Community Room**  
**514 G Street**  
**Pawnee City, Nebraska**  
**4<sup>th</sup> Wednesday**  
**9 a.m. – 1 p.m.**

Services are available to anyone, birth up to age 19, regardless of race, color, national origin, sex, handicap, disability, or income. For information about these and other clinics, call **402.274.3993** or **877.777.0424** (Toll Free).

The Southeast District Health Department requests an administrative fee **of \$15.00 per child, per visit.**

**Please bring your child's current Immunization record.**

# School Phone Notification System Works

Dear Parent,

In our efforts to improve communications between parents and school, Sterling Public School is instituting a telephone broadcast system that will enable school personnel to notify all households and parents by phone within minutes of an emergency or unplanned event that causes early dismissal, school cancellation or late start. The service may also be used from time-to-time to communicate general announcements or reminders. This service is provided by SchoolReach, which specializes in school-to- parent communications. Sterling Schools will continue to report school closings due to snow or weather on the usual radio and television stations and will use this system as an overlay to the public announcements.

When used, the service will simultaneously call all listed phone numbers in our parent contact list and will deliver a recorded message from Superintendent Larry Harnisch or another school administrator. The service will deliver the message to both live answer and answering machines. No answers and busies will be automatically retried twice in 15 minute intervals after the initial call. We do ask that if your phone numbers change throughout the year to notify the school offices of those changes.

**NOTE: 1) This requires NO registration by the parent on the SchoolReach website. 2). All information and contact numbers are strictly secure and confidential and are only used for the purposes described herein.**

Here is some specific information you should know.

- **Caller ID:** The Call ID will display 402-866-4761, which is the main number for Sterling Public Schools.
- **Live Answers:** There is a short pause at the beginning of the message, usually just a few seconds. Answer your phone as you normally would “Hello” and hold for the message to begin. Multiple “Hello’s” will delay message. Inform all family members of this process who may answer your phone.
- **Answering Machines:** The system will detect that your machine has answered and will play the recording to your machine. The maximum numbers of rings before hang up is 5. Make sure your machine answers after 4 rings or you may miss the message.
- **Morning & Day Calls:** In the event a cancellation decision is made the night before, or in the early morning hours, the broadcast message will be sent only to home phone numbers. In the event a cancellation decision is made mid-day, the broadcast message will be sent to home and cellular numbers. General announcements would be sent only to home numbers.
- **Message Repeat:** At the end of the message you will be prompted to ‘press one’ to hear the message again. This is very effective when a child answers the phone and hands it to a parent, who can then ‘Repeat’ the message in its entirety.
- **Emails:** If this option exists for your school, and if you supply the school with your email address, you can be included in the email broadcasting service. The Principal can then send a text message to you or even attach a .wav file of the message sent home.
- **Attendance:** If your School is using SchoolReach for daily attendance, you will be notified daily of your child missing a required amount of classes. To minimize these calls, make sure to call in and inform the school when you KNOW your child will miss classes on a given day.

If you have any questions, please contact Superintendent Larry Harnisch at 402-866-4761. SchoolReach, the service provider, uses the best available technology in the industry to detect the difference between human answer and machine answer.

How detection works:

1. The system detects and measures the voice energy when the phone is answered.
2. The system measures this energy in combination with the background noise and line impairments.
3. If the system determines that it is a “live” answer it will immediately start playing the message.
4. If the system determines that it is a machine it will wait for 3 full seconds of silence before playing the message with a maximum wait time of 20 seconds.
5. If the system cannot make a determination it will default to answering machine thus requiring three seconds of silence for the message to play. In this case, you may hear a prompt to “Press any key hear the message immediately.”

Some reasons for false detection:

1. Loud background noise; television, radio, general noisy environment.
2. Cordless phone that has static or other foreign noise.
3. Not saying hello or delaying saying hello.

What can be done to remedy this?

1. Do not say hello more than once, if the system detected your answer incorrectly all noise will reset the three-second counter.
2. If, after you answer, the message does not immediately play- you can cover the mouthpiece of the phone to cutout all background noise the message should then play after three seconds.

### **Emergency Situations**

|                                 |                      |                         |                                |
|---------------------------------|----------------------|-------------------------|--------------------------------|
| <b>Weather-related Closings</b> | <b>Bomb Threats</b>  | <b>Utility Failures</b> | <b>Lockdowns</b>               |
| <b>On-Campus Violence</b>       | <b>Bus Incidents</b> | <b>Rumor Abatement</b>  | <b>Missing Child/Abduction</b> |

### **General Information Announcements**

|                                |                            |                               |                                  |
|--------------------------------|----------------------------|-------------------------------|----------------------------------|
| <b>Attendance Calls</b>        | <b>Fund Raisers</b>        | <b>Conferences</b>            | <b>Activity Reminders</b>        |
| <b>Curriculum Night</b>        | <b>College Planning</b>    | <b>Report Card Notices</b>    | <b>Early Dismissal Reminders</b> |
| <b>Testing Dates</b>           | <b>Tardy Notices</b>       | <b>Open Houses</b>            | <b>Camp Schedules</b>            |
| <b>Alumni Affairs</b>          | <b>Substitute Teachers</b> | <b>Book Fairs</b>             | <b>Bus Schedule Changes</b>      |
| <b>Picture Days</b>            | <b>Year-end Events</b>     | <b>Graduation</b>             | <b>Staff Development Days</b>    |
| <b>PSR Announcements</b>       | <b>Back to School Info</b> | <b>Athletic Teams</b>         | <b>Bond Issues/Referendums</b>   |
| <b>Lunch Account Reminders</b> | <b>Field Trips</b>         | <b>Nurse Reminders</b>        | <b>Development Appeals</b>       |
| <b>Homework Notices</b>        | <b>Tuition Reminders</b>   | <b>Registrations</b>          | <b>Safe/Drug Free Events</b>     |
| <b>School Board Meetings</b>   | <b>PTO/PTA Meetings</b>    | <b>Specific Grade Notices</b> |                                  |

# STERLING PUBLIC SCHOOLS

250 Main Street, P.O. Box 39  
STERLING, NEBRASKA 68443  
Phone (402) 866-4761 Fax (402) 866-4771



LARRY HARNISCH  
SUPERINTENDENT

GREG PETERSON  
PRINCIPAL

Dear Parent/Guardian:

Children need healthy meals to learn. Sterling Public School offers healthy meals every school day. Breakfast costs \$1.25; lunch costs \$1.65 for elementary (K-5) and \$2.00 for 6-12. Your children may qualify for free meals or for reduced-price meals. Reduced-price is \$0.30 for breakfast and \$0.40 for lunch.

If your child qualified for free or reduced-price meals at the end of last school year, you **must submit a new application by September 17<sup>th</sup>** in order to avoid an interruption in meal benefits.

Frequently asked questions and answers:

**1. Do I need to fill out an application for each child?**

No. Complete the application to apply for free or reduced-price meals. Use one Free and Reduced-Price School Meals Application for all students in your household. We cannot approve an application that is not complete, so be sure to fill out all required information. **Return the completed application to the school office or your child's elementary teacher. Questions should be referred to Larry Harnisch, Superintendent – 866-4761.**

**2. Who can get free meals?**

Children in households receiving Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program), or getting TANF, and most foster children can get free meals regardless of your income. Also, your children can get free meals if your household income is within the free limits on the Federal Income Guidelines.

**3. Who can get reduced-price meals?**

Your children can get low cost meals if your household income is within the reduced-price limits on the Federal Income Chart, shown on page 2 of the application.

**4. I receive WIC. Can my child get free meals?**

Children in households participating in WIC may be eligible for free or reduced-price meals. Please fill out an application.

**5. Will the information I give be checked?**

We are required to check 3% of the applications received, so you may be asked to send written proof, which may be a recent pay check, Income Tax Return or other verification.

**6. If I don't qualify now, may I apply later?**

Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start receiving SNAP, TANF or other benefits. If you lose your job, your children may be able to get free or reduced-price meals.

**7. What if I disagree with the school's decision about my application?**

You should talk to school officials. You also may ask for a hearing by calling or writing to: Tom Nieveen, School Board President.

**8. May I apply if someone in my household is not a U.S. citizen?**

Yes. You or your child(ren) do not have to be a U.S. citizen to qualify for free or reduced-price meals.

**9. Who should I include as members of my household?**

You must include all people living in your household, related or not (such as grandparents, other relatives, or friends). You must include yourself and all children who live with you.

**10. What if my income is not always the same?**

List the amount that you normally get. For example, if you normally get \$1000 each month, but you missed some work last month and only got \$900, put down that you get \$1000 per month. If you normally get overtime, include it, but not if you get it only sometimes.

**11. If I qualify for free or reduced-price meals will my children be eligible for *Kid's Connection: Nebraska Children's Health Insurance Program*?**

For more information on this program that provides health care coverage for children up to age 19, please call toll free 1-877-632-5437.

**12. We are in the military, do we include our housing allowance as income?**

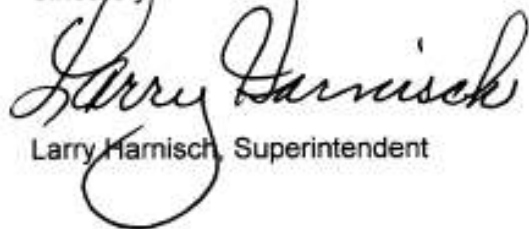
If your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. **All other allowances must be included in your gross income.**

If you have other questions or need help, call **866-4761**.

*Si necesita ayuda, por favor llame al teléfono: 866-4761.*

*Si vous voudriez d'aide, contactez nous au numero: 866-4761.*

Sincerely



Larry Harnisch, Superintendent

**Part 1: Children in School (Use a separate application for each foster child)**

| Names of all children in school<br>(First, Middle Initial, Last) | School Name | Grade | SNAP (formerly Food Stamps) or TANF or<br>FDPIR case number for each child.<br>(Not EBT number) |
|--|-------------|-------|---|
|  |             |       |   |
|  |             |       |   |
|  |             |       |   |
|  |             |       |   |

If you listed a SNAP (formerly Food Stamp)/TANF/FDPIR case number for EACH child, skip to Part 4.  
Complete Part 3 for any child without a case number.

**Part 2: Foster Child/Institutionalized Child**

Check this box if this application is for a foster child or a child who is residing in an institution. List the amount of the child's personal use monthly income: \$ \_\_\_\_\_. If there is no income, record "0". Skip to Part 4.

**Part 3. Total Household Gross Income—You must tell us how much and how often**

| 1. Name<br>List <b>everyone</b> in household <u>and</u> the<br>income each earns <u>or</u> check the box<br>at the right if they have no income | 2. Gross Income and how often it was received |           |                                    |           |  |           |                                       |           | 3. Check<br>if NO<br>income |                          |
|---|---|-----------|------------------------------------|-----------|--|-----------|---------------------------------------|-----------|-----------------------------|--------------------------|
|   | Earnings from Work<br>before deductions       |           | Welfare, Child<br>Support, Alimony |           | Pensions, Retirement,<br>Social Security |           | All Other Income<br>(Self Employment) |           |                             |                          |
|   | Income  | How often | Income                             | How often | Income                                   | How often | Income                                | How often |                             |                          |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |
|   |   |           |                                    |           |  |           |                                       |           |                             | <input type="checkbox"/> |

**Part 4. Signature and Social Security Number (Adult must sign)**

An adult household member must sign the application. If Part 3 is completed, the adult signing the form must also list his/her Social Security Number or mark the "I do not have a Social Security Number" box. (See Privacy Act Statement on page 2)  
*I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get Federal funds based on the information I give. I understand that school officials may verify (check) the information. I understand that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted.*

Sign here: \_\_\_\_\_ Print name: \_\_\_\_\_  
Address: \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Social Security Number: \_\_\_\_\_  I do not have a Social Security Number

**Part 5. Children's racial and ethnic identities (optional)**

**Mark one ethnic identity: -- and --** **Mark one or more racial identities:**  
 Hispanic or Latino                       Asian                       Black or African American                       Native Hawaiian or  
 Not Hispanic or Latino                       White                       American Indian or Alaska Native                      other Pacific Islander

Do not fill out this part. For School use only.

Annual Income Conversion: Weekly X 52; Every 2 Weeks X 26; Twice a Month X 24; Monthly X 12

Total Household Size \_\_\_\_\_ Free  Temporary Approval for Zero Income Until: \_\_\_\_\_

Total Income \$ \_\_\_\_\_ per \_\_\_\_\_ Reduced  Results of Follow-up (45 days or less): \_\_\_\_\_

Year  Month  2 X Mo.  Every 2 Wks  Week

SNAP (formerly Food Stamps)/FDPIR/TANF  Denied  Reason for Denial: \_\_\_\_\_ Follow-up Signature \_\_\_\_\_ Date: \_\_\_\_\_

Foster/Institutionalized Child  Income too high  Incomplete App.  Date Withdrawn from School: \_\_\_\_\_

Signature of Determining Official \_\_\_\_\_ Date Approved: \_\_\_\_\_

Signature of Confirming Official (Verification only) \_\_\_\_\_ Date Confirmed: \_\_\_\_\_

**Your children may qualify for free or reduced price meals if your household income falls within the limits on this chart.**

| <b>FEDERAL INCOME CHART</b> |        |         |                 |                 |        |
|-----------------------------|--------|---------|-----------------|-----------------|--------|
| For School Year 2009-10     |        |         |                 |                 |        |
| Household size              | Yearly | Monthly | Twice per Month | Every Two Weeks | Weekly |
| 1                           | 20,036 | 1,670   | 835             | 771             | 386    |
| 2                           | 26,955 | 2,247   | 1,124           | 1,037           | 519    |
| 3                           | 33,874 | 2,823   | 1,412           | 1,303           | 652    |
| 4                           | 40,793 | 3,400   | 1,700           | 1,569           | 785    |
| 5                           | 47,712 | 3,976   | 1,988           | 1,836           | 918    |
| 6                           | 54,631 | 4,553   | 2,277           | 2,102           | 1,051  |
| 7                           | 61,550 | 5,130   | 2,565           | 2,368           | 1,184  |
| 8                           | 68,469 | 5,706   | 2,853           | 2,634           | 1,317  |
| Each additional person:     | 6,919  | 577     | 289             | 267             | 134    |

\* SNAP: Supplemental Nutrition Assistance Program (formerly the Food Stamp Program)

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**Privacy Act Statement: This explains how we will use the information you give us.**

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the social security number of the adult household member who signs the application. The social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

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**Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly.**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

## Computing Income for Self-Employed Individuals

Individuals who are self-employed or engaged in farming may experience variations in cash flow and cannot easily report a monthly income. These individuals may use their 2008 U.S. Individual Income Tax Return Form 1040 to report self-employment income for the free and reduced price meal application. The income to be recorded is income derived from the business venture less operating costs incurred in the generation of that income. Deductions for personal expenses, such as interest on home mortgages, medical expenses, and other similar non-business items are not allowed in reducing gross business income.

USDA has announced that **losses** (negative numbers) on the lines listed below can be used to determine the **total** income for this attachment. If the total income is a negative number, it must then be recorded as zero on the application in the category labeled "All Other Income".

Zero income resulting from the use of Form 1040 does not require follow-up.

Please note: Line 7 cannot be reported as current income. Income from wages or salaries must be reported on the application for the most recent month.

Line 22 (total income) and line 37 (adjusted gross income) may not be used for purposes of applying for free and reduced-price meals.

The required information for determining the allowable income from self-employment is to be taken from the **2008 U.S. Individual Income Tax Return Form 1040**.

|                                    |  |
|------------------------------------|--|
| Line 12, Business Income (or loss) |  |
| Line 13, Capital Gain (or loss)    |  |
| Line 14, Other Gains (or losses)   |  |
| Line 17, Rental Real Estate, etc.  |  |
| Line 18, Farm Income (or loss)     |  |

**NOTE:** If any members of the household have income from wages or salary, the gross income from last month must be reported on the application form.

This attachment is used only to report income from self-employment and/or farming.

|                       |  |  |
|-----------------------|--|--|
| Total of above lines: |  | <b>equals annual self-employed income*</b> |
|-----------------------|--|--|

**If the total of the above lines is a negative number, it must be changed to zero before it is transferred to the application.**

\* This figure is to be reported on the application under "All Other Income".

## Instructions for Completing the Free and Reduced Priced School Meals Application

**If your household receives benefits from the Supplemental Nutrition Assistance program (SNAP), formerly FOOD STAMP Program, or receives TANF, follow these instructions:**

- Part 1:** List child(ren)'s name, school, grade and a Food Stamp or TANF case number. Check the appropriate box, if any.
- Part 2:** Skip this part.
- Part 3:** Skip this part.
- Part 4:** Sign the form. A Social Security Number is not necessary.
- Part 5:** Answer this question if you choose to.

**If you are applying for a FOSTER CHILD or an institutionalized child, follow these instructions:**

- Part 1:** Use a separate application for each foster or institutionalized child. List the child's name, school, and grade.
- Part 2:** Check the box and list the child's personal use monthly income or zero if none.
- Part 3:** Skip this part.
- Part 4:** Sign the form. A Social Security Number is not necessary.
- Part 5:** Answer this question if you choose to.

**ALL OTHER HOUSEHOLDS, including WIC households, follow these instructions:**

- Part 1:** List each child's name, school and grade.
- Part 2:** Skip this part.
- Part 3:** Follow these instructions to report total household income from last month.
  - Column 1–Name:** List the first and last name of **each** person living in your household, related or not (such as grandparents, other relatives, or friends). You must include yourself and all children living with you. Attach another sheet of paper if you need to.
  - Column 2 –Gross income last month and how often it was received.** Next to each person's name list each type of income received last month, and how often it was received. For example, *Earnings from work:* List the **gross income** each person earned from work. This is not the same as take-home pay. **Gross income is the amount earned before taxes and other deductions.** The amount should be listed on your pay stub, or your boss can tell you. Next to the amount, write how often the person got it (weekly, every other week, twice a month, or monthly). *All other income:* List the amount each person got last month from welfare, child support, alimony, pensions, (second column) pensions, retirement Social Security (third column) and ALL OTHER INCOME SOURCES (fourth column). In the All Other column, include Worker's Compensation, unemployment, strike benefits, Supplemental Security Income (SSI), Veteran's benefits (VA benefits), disability benefits, regular contributions from people who do not live in your household, and ANY OTHER INCOME. Report net income for self-owned business, farm, or rental income. Next to the amount, write how often the person got it. If you are in the Military Housing Privatization Initiative do not include this housing allowance.
  - Column 3–Check if no income:** If the person does not have any income, check the box.
- Part 4:** An adult household member must sign the form and list his or her Social Security Number, or mark the box if he or she doesn't have one.
- Part 5:** Answer this question if you choose to.

# Supply List for the Upcoming Year

## Kindergarten:

Book bag  
Glue sticks  
Box of 8 large crayons  
Pencil box  
Rug or mat for rest time  
P.E. Shoes

## First Grade:

Pencils  
Erasers  
Crayons (24 count)  
2 Pocket folders  
Glue sticks  
Pencil box  
P.E. Shoes

### *optional:*

Colored pencils/markers  
Big box of tissues

## Second Grade:

Pencils  
Crayons  
Glue sticks  
Eraser  
Pocket folder (for taking work home)  
Notebook paper  
Pencil box  
P.E. Shoes

### *optional:*

Colored pencils  
Markers

## Third Grade:

Pencils (several)  
Eraser  
Crayons (box of 16 or more)  
Loose leaf notebook paper  
or Clean tear notebooks (no spiral bindings)  
2 boxes of facial tissue  
Glue stick  
Two – 2 pocket folders (for loose leaf paper & homework)

Pencil box  
P.E. Shoes

### *Extras you may want:*

Markers  
Colored pencils

## Fourth Grade:

Dry Erase Markers  
Old sock or wash cloth  
Pencils  
Two-red pens  
Colored pencils  
Markers  
Five-folders  
Five-Wide ruled spiral notebooks (must have perforated tear out lines)  
One pkg. of loose notebook paper  
Two-Glue sticks  
School box to hold items  
P.E. Shoes

## Fifth Grade:

Pencils & Pens (red/black)  
Colored pencils  
Colored markers

2 - erasable board markers  
Old sock  
Pocket folders  
College ruled paper or notebooks  
Book covers  
2 boxes of Kleenex  
Ruler - with inches & cm  
P.E. Shoes

## MIDDLE SCHOOL:

Pencils  
Pens  
Notebooks or Loose leaf paper  
Pocket folders  
Standard calculator  
Colored pencils  
P.E. shoes

### *Math 8:*

3 ring binder with 4 dividers  
Pencils/pens  
Scientific calculator (optional)

### *English 8:*

3 ring binder

*A suggestion for those going into Middle school, color coordinate your notebooks, pocket folders and book covers for each class, for organizational purposes.*

## HIGH SCHOOL:

### *Math 9-12:*

3 ring binder with 4 dividers  
Pencils/pens  
TI-83 or TI-84 calculator (optional)

### ELEMENTARY

NO TRAPPER KEEPERS,  
3 RING BINDERS, SCISSORS,  
AND SHARPENERS

# Sterling Football Schedule 2009



| <u>Date</u> | <u>Day</u> | <u>Opponent</u>                       | <u>Place</u> | <u>Time</u> |
|-------------|------------|---------------------------------------|--------------|-------------|
| Aug. 28     | Friday     | Prague                                | Away         | 7:00        |
| Sept. 4     | Friday     | Johnson/Brock                         | Away         | 7:00        |
| Sept. 11    | Friday     | Dorchester<br><i>(Homecoming)</i>     | Home         | 7:00        |
| Sept. 18    | Friday     | Pawnee City<br><i>(Parents Night)</i> | Home         | 7:00        |
| Sept. 25    | Friday     | Diller/Odell                          | Away         | 7:00        |
| Oct. 2      | Friday     | Parkview Christian                    | Away         | 4:00        |
| Oct. 9      | Friday     | FCSH                                  | Home         | 7:00        |
| Oct. 16     | Friday     | Open Date                             |              |             |
| Oct. 23     | Friday     | Lewiston                              | Away         | 7:00        |

## JV Football Schedule

| <u>Date</u> | <u>Day</u> | <u>Opponent</u> | <u>Place</u> | <u>Time</u> |
|-------------|------------|-----------------|--------------|-------------|
| Sept. 8     | Tuesday    | Diller/Odell    | Home         | 5:30        |
| Sept. 14    | Monday     | FCSH            | Home         | 6:00        |
| Sept. 21    | Monday     | Johnson/Brock   | Away         | 5:00        |
| Sept. 28    | Monday     | Freeman         | Away         | 6:00        |
| Oct. 5      | Monday     | Exeter/Milligan | Home         | 5:30        |
| Oct. 12     | Monday     | Lewiston        | Home         | 5:30        |
| Oct. 19     | Monday     | Pawnee City     | Away         | 5:30        |

## Jr. High Football Schedule

| <u>Date</u> | <u>Day</u> | <u>Opponent</u> | <u>Place</u> | <u>Time</u> |
|-------------|------------|-----------------|--------------|-------------|
| Sept. 22    | Tuesday    | Freeman         | Away         | 1:00        |
| Sept. 30    | Wednesday  | Lewiston        | Away         | 1:00        |
| Oct. 8      | Thursday   | Diller-Odell    | Home         | 5:30        |
| Oct. 21     | Tuesday    | Johnson-Brock   | Home         | 5:00        |

# Sterling Volleyball Schedule 2009-2010

| <u>Date</u>      | <u>Day</u>         | <u>Opponent</u>                                  | <u>Place</u>     | <u>Time</u> |
|------------------|--------------------|--|------------------|-------------|
| Sept. 3, 5       | Thurs, Sat.        | Freeman Invite                                   | Adams            | TBA         |
| Sept. 8          | Tuesday            | Freeman (JV, V)                                  | Sterling         | 6:00        |
| Sept. 10         | Thursday           | Sterling Triangular<br>(Pawnee City, Falls City) | Sterling         | 5:00/7:00   |
| Sept. 12         | Saturday           | Syracuse JV Tourney                              | Syracuse         | TBA         |
| Sept. 14, 15, 17 | Mon., Tue., Thurs. | MUDECAS Tournament                               | SCC-Beatrice     | TBA         |
| Sept. 22         | Tuesday            | Diller-Odell (JV, V)<br>(Parents Night)          | Sterling         | 6:00        |
| Sept. 26         | Saturday           | Leigh Volleyball Invite                          | Leigh            | 9:00        |
| Sept. 26         | Saturday           | Freeman Tournament (JV, JH)                      | Adams            | TBA         |
| Sept. 29         | Tuesday            | Dorchester (JV, V)                               | Dorchester       | 6:00        |
| Oct. 5           | Monday             | Johnson CC JV Tri<br>(Lewiston, JCC)             | Tecumseh         | 6:30/7:30   |
| Oct. 6           | Tuesday            | Sterling Triangular<br>(Lewiston, College View)  | Sterling         | 5:00/7:30   |
| Oct. 8           | Thursday           | Elmwood-Murdock (JV, V)                          | Murdock          | 6:00        |
| Oct. 10          | Saturday           | Falls City Invite                                | Falls City       | TBA         |
| Oct. 10          | Saturday           | Neb. City JV Tourney                             | Neb. City        | 8:30        |
| Oct. 12          | Monday             | Parkview Christian (JV, V)                       | Sterling         | 5:45        |
| Oct. 20          | Tuesday            | Nebraska City Lou. Tri.<br>(Neb. City, FCSH)     | Neb. City        | 6:30/7:30   |
| Oct. 22          | Thursday           | Johnson-Brock (JV, V)                            | Johnson          | 6:00        |
| Oct. 26, 27, 30  | Mon., Tues., Fri.  | Pioneer Con. Tourn.                              | Freeman/Lewiston | TBA         |
| Oct. 31          | Saturday           | Sterling JV Tourney                              | Sterling         | 9:00        |
| Nov. 2, 3        | Mon.-Tues          | Sub-districts                                    | TBA              | TBA         |
| Nov. 6           | Friday             | District Finals                                  | TBA              | TBA         |
| Nov. 13-14       | Fri-Sat.           | State Tournament                                 | TBA              | TBA         |

## Jr. High Volleyball Schedule

| <u>Date</u> | <u>Day</u> | <u>Opponent</u>       | <u>Place</u> | <u>Time</u> |
|-------------|------------|-----------------------|--------------|-------------|
| Sept. 22    | Tuesday    | Freeman               | Adams        | 1:00        |
| Sept. 26    | Saturday   | Freeman Tournament    | Adams        | 9:00        |
| Sept. 30    | Wednesday  | Lewiston              | Lewiston     | 1:00        |
| Oct. 8      | Thursday   | Diller-Odell          | Home         | 5:30        |
| Oct. 10     | Saturday   | @ Lewiston Tournament | Lewiston     | 9:00        |
| Oct. 17     | Saturday   | @ Omaha BT Tournament | Omaha        | TBA         |
| Oct. 20     | Tuesday    | Johnson-Brock         | Home         | 4:00        |

# August 2009

## Breakfast & Lunch Menus

| Sun | Mon   | Tue  | Wed  | Thu  | Fri  | Sat |
|-----|---|--|--|--|--|-----|
|     |   |  |  |  |  | 1   |
| 2   | 3   | 4  | 5  | 6  | 7  | 8   |
| 9   | 10  | 11   | 12   | 13   | 14   | 15  |
| 16  | 17<br>No Breakfast or<br>Lunch Served<br>Noon Dismissal   | 18<br><i>B - Cereal, Toast, fruit,<br/>juice, milk</i><br><i>L - Mini Corn Dogs,<br/>french fries, ice cream<br/>treat, applesauce</i>                 | 19<br><i>B - French Toast Sticks,<br/>Sausage or Cereal/<br/>Sausage, juice, milk</i><br><i>L - Tacos, corn, celery<br/>w/peanut butter, pineap-<br/>ple tidbits</i> | 20<br><i>B - Cheese Toast or<br/>Cereal/Fruit, juice, milk</i><br><i>L - Potato Bake, ham or<br/>tuna salad sandwich,<br/>string cheese, peaches</i> | 21<br><i>B - Breakfast Pizza or<br/>Cereal/Fruit, juice, milk</i><br><i>L - Chicken &amp; Noodles,<br/>peas, bread &amp; butter,<br/>pears</i> | 22  |
| 23  | 24<br><i>B - Pancakes, Sausage<br/>or Cereal/Sausage,<br/>juice, milk</i><br><i>L - Ham Patty, tator<br/>gems, carrot sticks, pine-<br/>apple tidbits</i> | 25<br><i>B - Scrambled Eggs,<br/>Toast or Cereal/Toast,<br/>juice, milk</i><br><i>L - Nachos, green<br/>beans, celery w/peanut<br/>butter, peaches</i> | 26<br><i>B - Cereal, Toast, fruit,<br/>juice, milk</i><br><i>L - Chicken Nuggets,<br/>mashed potatoes w/<br/>gravy, corn, applesauce</i>                             | 27<br><i>B - Donut, Yogurt or<br/>Cereal/Yogurt, juice,<br/>milk</i><br><i>L - Goulash, lettuce<br/>salad, tea rolls w/jelly,<br/>pears</i>          | 28<br><i>B - Toaster Pastry or<br/>Cereal/Fruit, juice, milk</i><br><i>L - Chicken Fajita, rice,<br/>peas, mixed fruit</i>                     | 29  |
| 30  | 31<br><i>B - Breakfast Burrito or<br/>Cereal/Fruit, juice, milk</i><br><i>L - Chicken Patty,<br/>mashed potatoes w/<br/>gravy, corn, oranges</i>          |  | <i>B—Breakfast Menu</i><br><i>L—Lunch Menu</i>   | <i>Menu subject to change<br/>without notice. All meals<br/>include half pint of milk.<br/>Extra bread and butter</i>                                |  |     |

# Sterling Schools August 2009

| Sun  | Mon   | Tue                                      | Wed | Thu   | Fri   | Sat |
|--|---|--|-----|---|---|-----|
| <i>All calendar items<br/>are subject to change<br/>without notice</i> |   |  |     |   |   | 1   |
| 2  | 3   | 4  | 5   | 6   | 7   | 8   |
| 9  | 10<br>Football practice<br>begins                                     | 11<br>6th Grade Orientation<br>7:00 p.m. | 12  | 13<br><i>Johnson County Fair</i><br>Teacher Work Day    | 14<br><i>Johnson County Fair</i><br>Teacher Work Day<br>Band Marches                    | 15  |
| 16<br><i>Johnson County Fair</i><br>Band Marches                       | 17 FIRST DAY<br>OF SCHOOL<br>8:10 a.m. to Noon<br>Volleyball practice | 18                                       | 19  | 20  | 21 Junior Class<br>Magazine Sales begin<br>Football Sports Drink<br>Scrimmage 7:00 p.m. | 22  |
| 23   | 24  | 25                                       | 26  | 27<br>Volleyball Sports<br>Drink Scrimmage<br>7:00 p.m. | 28<br>Football @ Prague<br>7:00 p.m.  | 29  |
| 30   | 31  |  |     |   |   |     |

# STERLING PUBLIC SCHOOL 2009-10 CALENDAR

## August

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

Aug. 13 & 14 Teacher Ins.  
 Aug. 17 First Day for Students  
 Sept. 7 Labor Day - No Classes  
 Sept. 21 P/T Conferences 4:00 - 7:00 p.m.  
 Sept. 24 No Classes P/T Conf. 4:00 - 8:30 p.

## September

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

## October

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  |    |    |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Oct. 16 - End 1st Quarter  
 Oct. 19 - No Classes/Teacher Work Day  
 Oct. 20 - Start 2nd Quarter  
 Nov. 25 - Dismissal @ 2:23  
 Nov. 26 & 27 Thanksgiving

## November

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 |    |    |    |    |    |

## December

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  |    |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

Dec. 21 & 22 Dismiss @ 2:50  
 Dec. 22 - End 1st Semester  
 Dec. 23 - Jan. 4 Winter Break  
 Jan. 4 - Teacher Work Day  
 Jan. 5 - 1st Day 2nd Semester

## January

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 4  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

## February

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 |    |    |    |    |    |    |

Feb. 8 - P/T Conferences 4:00 - 7:00 p.m.  
 Feb. 11 - No Classes, P/T Conf. 3:00-8:30  
 Feb. 15 - ESU4 In-Serv. No Classes  
 Mar. 11 - End 3rd Quarter  
 Mar. 12 - No Classes

## March

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

## April

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  |    |    |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

Apr. 2 & 5 Spring Break  
 May 6 - Seniors Last Day  
 May 8 - Graduation @ 4:00  
 May 20 - Students Last Day  
 May 21 - Teachers Work Day

## May

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 |    |
| 30 | 31 |    |    |    |    |    |

 No Classes for Students

**Sterling Public School**  
**250 Main**  
**Sterling, NE 68443-0039**

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# **VOLUNTEERS NEEDED**

**If you are interested in helping at the gate for sporting activities,  
please contact the school office at 866-4761 and ask for Cheri Wirthele.**

**We appreciate your support.**

## **IMPORTANT DATES**

- |                |   |
|----------------|---|
| <b>AUG. 10</b> | <b>FOOTBALL PRACTICES BEGINS</b>                |
| <b>AUG. 17</b> | <b>FIRST DAY OF SCHOOL - 8:10 AM TO NOON</b>    |
| <b>AUG. 17</b> | <b>VOLLEYBALL PRACTICE BEGINS</b>               |
| <b>AUG. 21</b> | <b>JR. CLASS MAGAZINE SALES BEGIN</b>           |
| <b>AUG. 21</b> | <b>FOOTBALL SPORTS DRINK SCRIMMAGE - 7 PM</b>   |
| <b>AUG. 27</b> | <b>VOLLEYBALL SPORTS DRINK SCRIMMAGE - 7 PM</b> |
| <b>SEPT. 3</b> | <b>LIFETOUCH PICTURE DAY</b>                    |
| <b>SEPT. 7</b> | <b>NO SCHOOL - LABOR DAY</b>                    |