

Weekly Bulletin

Sterling Public Schools

October 2-10, 2009

Friday, Oct. 2 FB @ Parkview Christian in Lincoln – 4:00 p.m. Bus leaves at 1:30 p.m.

Saturday, Oct. 3 Harvest of Harmony Parade – Sterling Band marching Bus leaves at 6:00 a.m.

**Monday
Oct. 5** Breakfast Menu: Breakfast Burrito or Cereal/Fruit, juice
Menu: Tacos, corn, celery w/peanut butter, pineapple tidbits
J.C.C. JV VB Tournament @ **Tecumseh site** - AWAY – 6:30/7:30 p.m.
JV Football vs Exeter Milligan – HOME - 5:30 p.m.
Volleyball practice – after school
Football practice – after school
Music Parents Meeting – 7:00 p.m. in the Music room

**Tuesday
Oct. 6** Breakfast Menu: Cereal, Toast, Fruit, juice milk
Menu: Hot Dog on Bun, baked beans or sauerkraut, green beans, applesauce
Sterling VB Triangular (Lewiston, College View)- HOME– 5/7:30 p.m.
Football practice after school

**Wednesday
Oct. 7** Breakfast Menu: Scrambled Eggs, Toast or Cereal/Toast, juice
Menu: Salisbury steak, mashed potatoes, breadsticks, pears
Youth Leadership @ Peru – 9 a.m.
PLAN Testing for 10th grade – Periods 1-4
Volleyball practice after school
Football practice after school

**Thursday
Oct. 8** Breakfast Menu: Cinnamon Toast or Cereal/Fruit, juice, milk
Menu: Chicken Fajita, rice, tator gems, mixed fruit
Jr. High Volleyball & Football vs. Diller/Odell – 5:30 p.m.
Football practice – after school
JV/V VB vs. Elmwood/Murdock @ Murdock 6/7 p.m. Bus leaves at 3:45 p.m.

**Friday
Oct. 9** Breakfast Menu: Donut, Yogurt or Cereal/Yogurt, juice, milk
Menu: Spaghetti, peas, garlic bread, peaches
Dance Team Fall Dance Clinic – After school until half time of the FB game.
Volleyball practice – after school
FB vs. Falls City Sacred Heart – 7:00 p.m.

**Saturday
Oct. 10** Jr. High VB @Lewiston Tournament in Lewiston – 9 a.m.
9/10 VB @ Nebraska City Lourdes – 8:30 a.m.
Varsity VB @ Falls City H.S. Invitational – 9 a.m.

*****more information on the back

- The Lunch Statements are being handed out today (10/2).
- **The Parkview Christian VB (Oct. 12) is at Sterling not in Lincoln and SENESportsonline.com will be covering it here.**
- **Booster Club Concession Stand Workers for October**

10/6 concessions (Sterling Volleyball Triangular ~ Lewiston, College View, 4:45 p.m. to close)

1. Rich and Cherie Walters 2. Jon and Brenda Rathe 3. Jeff and Missy Harms 4. Jim and Jodi Jasa

10/12 concessions (Parkview Christian JV/V Volleyball, 5:30 p.m. to close)

1. Jon and Brenda Rathe 2. Rick and Joyce Thies 3. Terry and Naomi Thies

- Sterling Fun Run is coming up on October 11. Pre register by Oct. 3. Flyers went home earlier.
- **NEW** Weight room keys are now available. Please return your old key and it will cost \$30 (for 6 months or less) and \$60 (for 7-12 months) for the new key. Stop by the office. The treadmill is now working again.
- The Sterling Walking and Nature Path is still \$1055.10 short of the needed \$10,384.30 to complete the project. If you, your family, church or community organization, or business would like to donate please contact Michelle Salberg (h) 866-2108 o (w) 866-4761. Donation forms are also available on the community website at <http://www.ci.sterling.ne.us/> Thanks for all of the support you have shown thus far. I hope you are all enjoying the path at the city park.
- **Booster Club** Did you know Sterling Jets apparel and merchandise can also be ordered directly from the school website? Sterling Jets personalized car decals are only one of the many options available online!
- **DANCE TEAM FALL DANCE CLINIC** – information is located on the Sterling School Website www.sterlingjets.org The clinic will be held on Friday, October 9 after school until halftime. Where the students will do a special presentation. Please register your student K-12 by Monday, Oct. 6.
- **The Sterling Football Team** will be having a RAFFLE sponsored by First National Bank of Sterling. The drawing will be held at halftime of the FCSH game on Oct. 9. Purchase tickets from the football players.

UP COMING TOURNAMENT SCHEDULES

Lourdes Central Catholic JV Volleyball Tournament

September 5, 2009

POOL "A" POOL "B"

Freeman (2) Sterling

Lourdes Central Freeman (1)

Johnson Brock Falls City Sacred Heart

TOURNAMENT SCHEDULE

WARM-UPS WILL BEGIN FIVE (5) MINUTES AFTER THE FINISH OF EACH MATCH

****FIRST TEAM LISTED WILL BE THE HOME TEAM IN EACH MATCH* ***

MATCH 1—FREEMAN (2) VS. LOURDES CENTRAL —9:00 A.M.

MATCH 2—SACRED HEART VS. FREEMAN (1)

MATCH 3—LOURDES CENTRAL VS. JOHNSON BROCK

MATCH 4—STERLING VS. SACRED HEART

MATCH 5— JOHNSON BROCK VS. FREEMAN (2)

MATCH— 6 FREEMAN (1) VS. STERLING

POOL "A" TEAMS WILL BE THE HOME TEAM IN FINALS MATCHES

MATCH 7—FIFTH PLACE MATCH

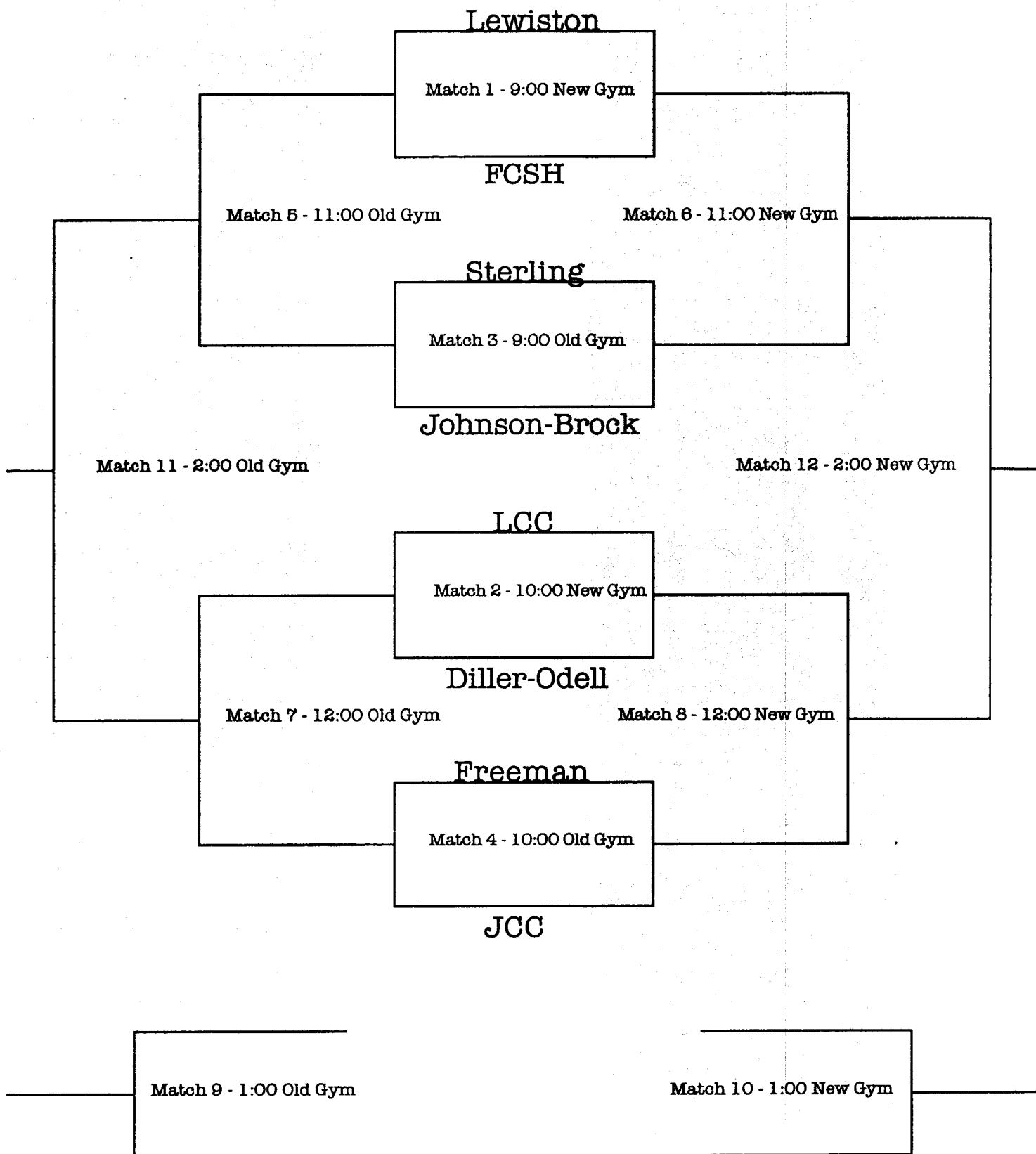
MATCH 8—THIRD PLACE MATCH

MATCH 9—FIRST PLACE MATCH

OFFICIALS: Jarred Knapp and Crew

WE ARE ANTICIPATING GAMES WILL TAKE APPROXIMATELY ONE HOUR. PLEASE PLAN ACCORDINGLY.

2009 Lewiston J.H. Volleyball Tournament - Oct. 10



Sterling Dance Team Fundraiser

Fall Dance Clinic '09

The Sterling High School Dance Team will be holding their first of two dance clinics this year on Friday October 9th at the football game between Sterling and Falls City Sacred Heart during halftime. The clinic is open to any youth in elementary, middle or high school who would like to participate, the more the better! The kids will be learning a line dance and two crowd participation chants with use of props. They will also be getting a pair of metallic shaker pom poms, a t-shirt, FOOD, and lessons on dance, crowd cheering, and sportsmanship. We will be meeting in the cafeteria right after school that day for registration and the kids will stay with us until the start of the game that night. During the first half of the game they will sit in a designated bleacher section and cheer on the Sterling Jets! After the half time show, we ask that the parents please come and get their child. We would like the kids to either wear jeans or black pants to the game that night, they can either bring these with them to school or wear them to school. They will have an opportunity to change before heading to the game that night. Questions: Contact Melissa Boldt mboldt@hbbs.org or Jennifer Clark jclark@esu6.org

Registrations Due by October 6th!!!!
 *****Late registrations may not receive a t-shirt due to inability to get them printed at the last minute so please get your registration in early.

Name of Child _____ Age _____

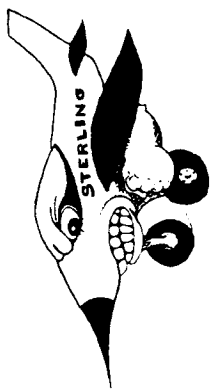
T-Shirt Size YS YM YL AS AM AL Peanut Butter/Grape Jelly Peanut Butter/Strawberry Jelly

Sandwich Type Just Peanut Butter Just Jelly _____

\$30.00 Registration Fee paid by Cash Check

Jet Fun Run

Date: October 11, 2009
Time: 2:30 pm
Location: Sterling Fire Hall
Pre-register by: October 3 2009



PRIZES

- First Place
- Second Place
- Third Place
- *All participants will get a T-Shirt**

What is the Jet Fun Run?

The Jet Fun Run is a 1 mile course with 5 challenging pit stops. Teams of 2 people are preferred in this race but individual runners will be accepted. Each team will have a card that will need to be marked at each station after completing the challenge before they can move on. The fun run will be split into 2 age groups, K-5 and 6-12, which will be ran separately. The pit stops will consist of physical fun challenges that will be suitable for each age group.

The Jet Fun Run is designed to help students work together as a team and view physical exercise as a fun and important part of their lifestyle.

ENTRY FEES
\$24 for Team Entry
\$12 For Individual Entry

Registration Forms can be found on <http://www.sterlingjets.org/>
 if you have further questions call 402-866-5131

Proceeds will Benefit The Sterling Booster Club

Mail form and entry fee to:
Shannon Nielsen
 73235 609th Ave
 Sterling, NE 68443

Name of both team members _____
 Address (give full one) _____
 Phone _____
 T-shirt Size S M L XL Signatures _____
 Circle Youth or adult Circle Youth or adult Age of parent or guardian if under 18 years of age _____
 Sex _____ Date _____

I hereby for myself, my heirs and executors, waive and release any and all rights and claims for damages against the Jet Fun Run (which includes a 5K and 1 mile run), the Sterling Comm. Association, Race Coordinators, all sponsors, volunteers, and property owners for any injuries suffered by _____