

Weekly Bulletin

Sterling Public Schools

September 18-26, 2009

**Friday
Sept. 18** Varsity Football vs. Pawnee City – 7:00 pm. *Parent's Night*
Parents please be at the football field by 6:40 p.m. for line-up and introductions
Meal for Players, Coaches & Student Managers and their immediate family

**Saturday
Sept. 19** AppleJack Parade @ Nebraska City – Bus leaves at 11:45 a.m.
Dance Team practice – 9 a.m. to Noon

BOOK FAIR WILL BE GOING ON ALL WEEK in the LIBRARY

**Monday
Sept. 21** Breakfast Menu: Toaster Pastry or Cereal/Fruit, juice
Menu: Nachos, peas, celery w/peanut butter, pineapple tidbits
PARENT-TEACHER CONFERENCES – 4:00-7:00 P.M.
JV Football @ Johnson-Brock - AWAY – 5:00 p.m. Bus leaves at 3:30 p.m.
Volleyball practice – before school
Football practice – after school
Post Prom Parents Meeting in school cafeteria – 7:30 p.m.

**Tuesday
Sept. 22** Breakfast Menu: French Toast Sticks, Sausage or Cereal/Sausage, juice milk
Menu: Spaghetti, lettuce salad, garlic bread, pears
JV/V Volleyball vs. Diller/Odell – 6:00 p.m. *Parent's Night* (be at school by 6:30 p.m.)
Football practice after school

**Wednesday
Sept. 23** Breakfast Menu: Cereal, Toast, Fruit, juice, milk
Menu: Mini Corn, Dogs, green beans, carrot sticks, peaches
Josten's – 1:00 p.m. Senior – Graduation Announcements/Sophomores - rings
Volleyball practice after school
Football practice after school

**Thursday
Sept. 24** **NO SCHOOL - PARENT-TEACHER CONFERENCES**
3:00 P.M. TO 8:30 P.M.
Book Fair will be going on during Parent-Teacher Conferences
Football practice – 8:00 a.m.
Volleyball practice - TBA

**Friday
Sept. 25** Breakfast Menu: Donut, Yogurt or Cereal/Yogurt, juice, milk
Menu: Chicken Nuggets, mashed potatoes w/gravy, corn, apple slice
Volleyball team leaves for Leigh, NE after school
Varsity FB @ Diller/Odell – 7:00 p.m. @ Diller Bus leaves at 4:30 p.m.
Diller Post Prom is having a Tailgate Party – 6:00 p.m. at the football field

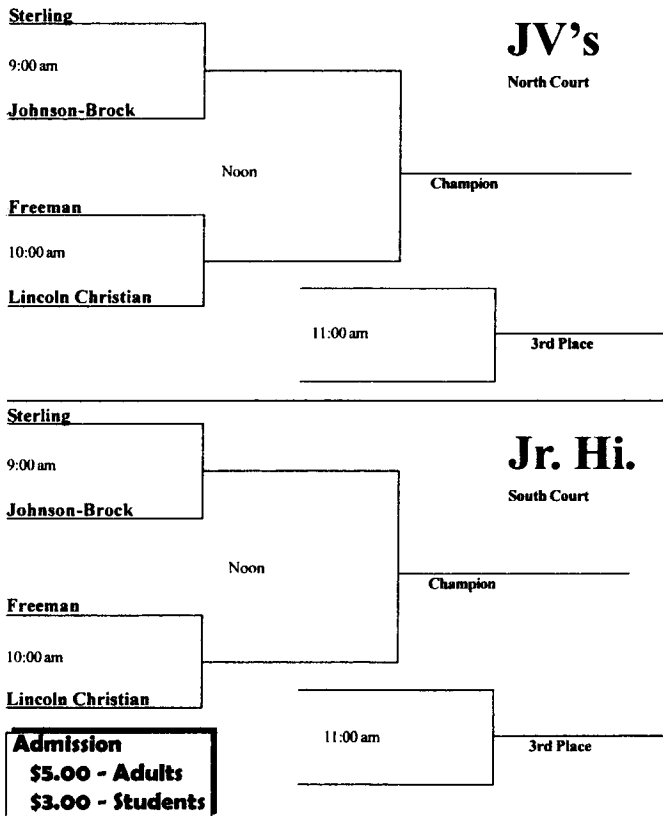
**Saturday
Sept. 26** Leigh Volleyball Tournament – Leigh, NE – 9:00 a.m. *see schedule on back*
Freeman JV & Jr. High Tournament @ Adams *see schedule on back*

*******more information on the back**

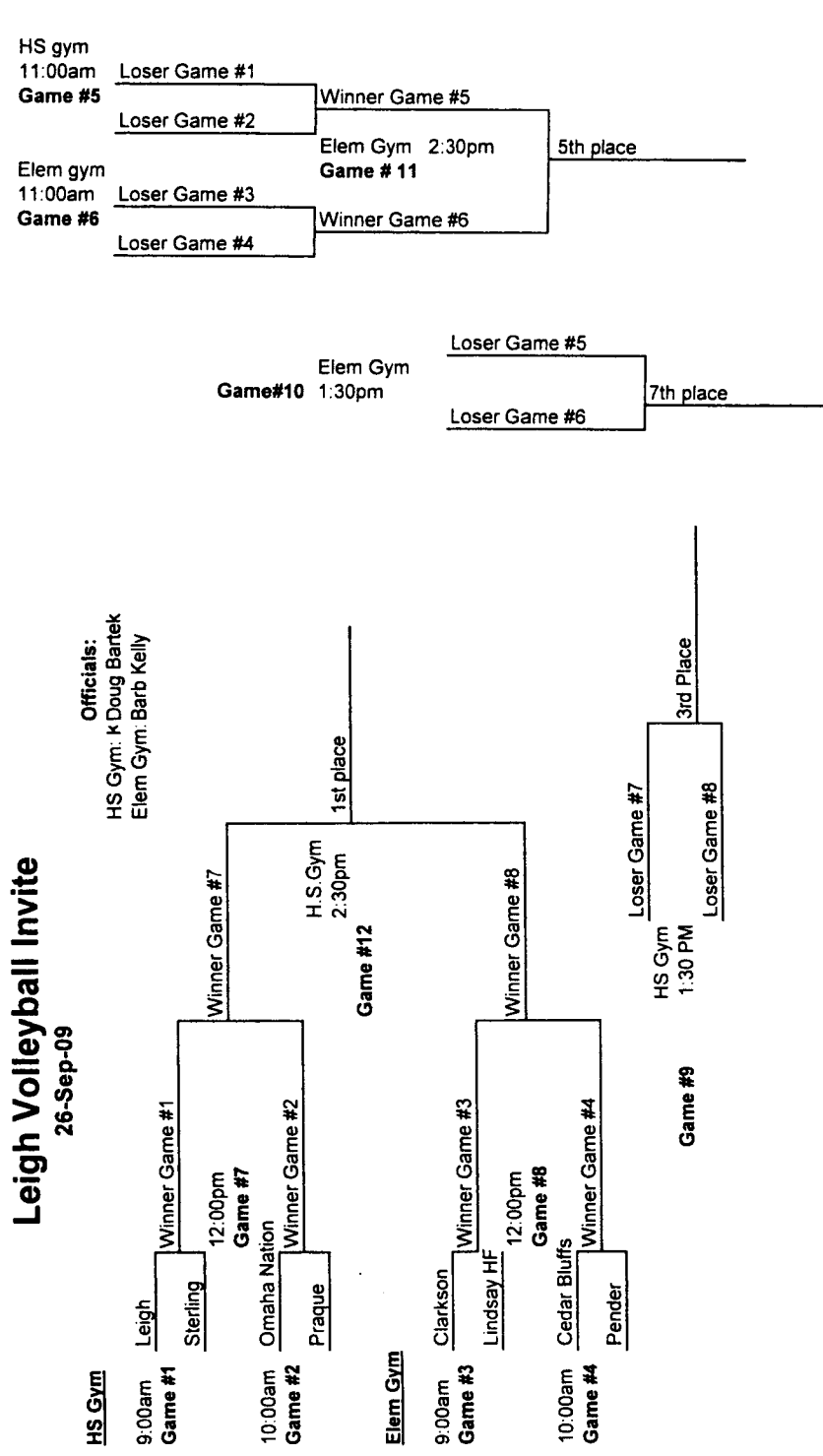
- Mr. Cockerill will not be available for Parent-Teacher Conferences on Monday, Sept. 21 due to the JV FB game at Johnson.
- **VOLLEYBALL PARENTS NIGHT** – Sept. 22 - see more information on the website or contact the office for what to bring. The desserts will be held in the school cafeteria. Immediate family of all volleyball players, coaches and student managers are invited.

- Sterling Livestock Trash pickup – Thurs. Sept. 24 – 10 a.m. meet in front of the shop.
 - Dance Team is still selling Eilleen’s Cookie Dough through Sept. 26....3 pound tubs for \$12 each! Will be delivered by October 7! See a dance team member or Melissa Boldt to order yours today!
 - **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

Freeman High School
Spirit Club Volleyball Tournament
 Saturday, September 26, 2009



Leigh Volleyball Invite
 26-Sep-09



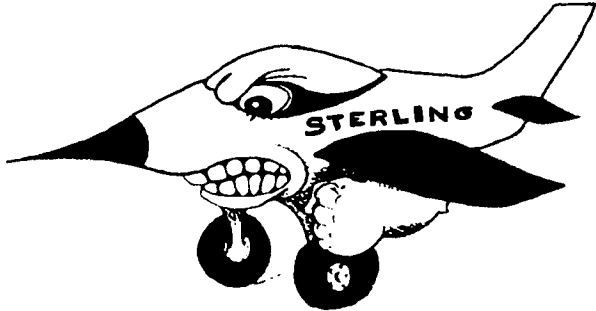
Jet Fun Run

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**

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

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.

**Proceeds will Benefit
The Sterling Booster Club**

**Mail form and entry fee to:
Shannon Nielsen**

73235 609th Ave
Sterling, NE 68443

T-shirt Size: S M L XL
Circle Youth or adult

Name of both team members

Address (give just one)

Phone

T-shirt Size: S M L XL
Circle Youth or adult

Sex

Age on race day

Waiver

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-MileRun), the Sterling Comm Association, Race Coordinators, all sponsors, volunteers, and property owners for any injuries suffered by

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date