

# Weekly Bulletin

Sterling Public Schools

May 17-24, 2010

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**Monday**  
**May 17**  
Breakfast Menu: Pancakes, Sausage or Cereal/Sausage, juice, milk  
Menu: Cook's Choice Sandwich, french fries, lettuce salad, pears  
Community Clean Up Day – begins at 4 p.m.  
Track practice for those going to State

**Tuesday**  
**May 18**  
Breakfast Menu: Cereal, Toast, Fruit, juice, milk  
Menu: Submarines, peas, gelatin, peaches  
**End of Year Carnival** – in the school Gym – 5-8 p.m.  
Track practice for those going to State

**Wednesday**  
**May 19**  
Breakfast Menu: Scrambled Eggs, Toast or Cereal/Toast, juice, milk  
Menu: Chicken Nuggets, corn, mashed potatoes w/gravy, pineapple  
**FINALS – Early Dismissal – 2:57 p.m.**  
Period 4 – 8:10-9:25  
Period 6 – 9:27-10:42  
Home room – 10:44-11:45  
Lunch – 11:45-12:20  
Period 7 – 12:25-1:40  
Period 2 – 1:42-2:57  
Track practice for those going to State

**Thursday**  
**May 20**  
Breakfast Menu: Cook's Choice of Breakfast or Cereal/Fruit, juice, milk  
Menu: Mini Corn Dogs, green beans, veggies, fruit  
**FINALS – Early Dismissal – 2:57 p.m.**  
Period 5 – 8:10-9:25  
Period 1 – 9:27-10:42  
Home room – 10:44-11:45  
Lunch – 11:45-12:20  
Period 3 – 12:25-1:40  
Period 8 – 1:42-2:57  
Track practice for those going to state

**Friday**  
**May 21**  
LAST DAY OF SCHOOL – NOON DISMISSAL – No food served  
State Track Meet at Omaha Burke High School

**Saturday**  
**May 22**  
State Track Meet at Omaha Burke High School

**Monday**  
**May 24**  
Teacher Workday

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- FINAL LUNCH STATEMENT will be coming out on Thursday, May 20.
- **Going Home Party for Exchanges students Peter Touma, Eva Schmitt and Laura Sandjohann** will be Sunday, May 16 at the Sterling Park from 6-8 p.m. Sandwiches and cake provided. Please come and wish our exchange students well. In case of rain it will be in the basement of St. John Church.



# Family Fun Walk

"Take the Walk to Healthy Living,  
You CAN Do it!"

May 15th at the Sterling Park's Walking Path

2:00 - 4:30pm

**Free: Games, T-shirts, Snacks and Prizes!**

**Sponsored by the Johnson County CAN Group**

**Sterling members include: Reba Hestermann, John Parrish, Jessica Heusman  
Nicole Wenzl, Andrew Daehling and Michael Lucas, sponsor Sandy Weyers**

## NSAA State Track and Field Championships 2010 Schedule

### FRIDAY - MAY 21 (D-B Girls then D-B Boys)

9:00 am. 3200 Meter Relay Finals  
9:55 am. 100 Meter High Hurdles  
10:15 am. 110 Meter High Hurdles  
10:35 am. 100 Meter Dash  
11:15 am. 400 Meter Dash  
11:55 am. 3200 Meter Run Finals  
12:55 pm. 300 Meter Low Hurdles  
1:15 pm. 300 Meter Intermediate Hurdles  
1:35 pm. 200 Meter Dash

### FRIDAY - MAY 21 (C-A Girls then C-A Boys)

3:30 pm. 3200 Meter Relay Finals  
4:25 pm. 100 Meter High Hurdles  
4:40 pm. 110 Meter High Hurdles  
4:55 pm. 100 Meter Dash  
5:35 pm. 400 Meter Dash  
6:10 pm. 3200 Meter Run Finals  
7:10 pm. 300 Meter Low Hurdles  
7:30 pm. 300 Meter Intermediate Hurdles  
7:45 pm. 200 Meter Dash

### SATURDAY - MAY 22

#### (D-C-B-A Girls Finals then D-C-B-A Boys Finals)

9:30 am. 800 Meter Run  
10:45 am. 400 Meter Relay  
12:00 pm. 100 Meter High Hurdles  
12:15 pm. 110 Meter High Hurdles  
12:30 pm. 100 Meter Dash  
12:55 pm. 400 Meter Dash  
**Intermission**  
2:00 pm. 1600 Meter Run  
3:10 pm. 300 Meter Low Hurdles  
3:25 pm. 300 Meter Intermediate Hurdles  
3:40 pm. 200 Meter Dash  
4:10 pm. 1600 Meter Relay

### 2010 NSAA STATE TRACK & FIELD CHAMPIONSHIPS - Order of Field Events

	CLASS A	CLASS B	CLASS C	CLASS D
<b>Long Jump</b>				
◆Boys	3:00 p.m. Sat.	8:30 a.m. Sat.	10:30 a.m. Sat.	1:00 p.m. Sat.
◆Girls	3:00 p.m. Fri.	11:00 a.m. Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
<b>Triple Jump</b>				
◆Boys	6:00 p.m. Fri.	9:00 a.m. Fri.	3:00 p.m. Fri.	12:00 noon Fri.
◆Girls	11:00 a.m. Sat.	1:30 p.m. Sat.	8:30 a.m. Sat.	3:30 p.m. Sat.
<b>Shot Put</b>				
◆Boys	5:30 p.m. Fri.	9:00 a.m. Fri.	3:30 p.m. Fri.	11:00 a.m. Fri.
◆Girls	1:00 p.m. Sat.	11:00 a.m. Sat.	3:00 p.m. Sat.	8:30 a.m. Sat.
<b>Discus</b>				
◆Boys	11:00 a.m. Sat.	1:00 p.m. Sat.	8:30 a.m. Sat.	3:00 p.m. Sat.
◆Girls	3:00 p.m. Fri.	12:00 noon Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
<b>High Jump</b>				
◆Boys	3:00 p.m. Fri.	12:00 noon Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
◆Girls	3:00 p.m. Sat.	8:30 a.m. Sat.	1:00 p.m. Sat.	10:30 a.m. Sat.
<b>Pole Vault</b>				
◆Boys	9:00 a.m. Sat.	9:00 a.m. Fri.	3:30 p.m. Fri.	1:00 p.m. Sat.
◆Girls	3:30 p.m. Fri.	9:00 a.m. Sat.	1:00 p.m. Sat.	9:00 a.m. Fri.



NSAA SCHOOL ACTIVITIES ASSOCIATION