

# September 2010 Jet News

## Superintendent's Notes *By Larry Harnisch, Superintendent*

We are off to a fantastic start and ready for another successful school year. Our emphasis this school year will be to improve reading skills K-12 and "Hands and Words are not for hurting" which is a program to address "bullying".

The State Wide Reading scores have been released and we are not satisfied with how our students have performed; something needs to be changed! We will be instituting some new programs and emphasizing READING school-wide. An excellent web site for pre-school and primary aged students is [www.starfall.com](http://www.starfall.com). It would be an excellent idea to have your children on the computer working at this site rather than watching cartoons or other questionable TV programs. Here are some other reading activities you might try at home:

"License to read" – On car trips, make it a game to point out and read license plates, billboards and interesting road signs.

"Better than TV"- Swap evening television for a good action story or tale of adventure.

"Look and listen" – Too tired to read aloud? Listen to a book on tape and turn the books pages with your children. You'll still be reading with them!

"Labels, labels, labels" – Label things in your children's room as they learn to name them. Have fun while they learn that written words are connected to everyday things.

"Pack a snack, pack a book" – Going someplace where there might be a long wait? Bring along a snack and a bag of favorite books.

"Recipe for reading" – The next time you cook with your children, read the recipe with them. Step-by-step instructions, ingredients and measurements are all part of words in print!

"Shop and read" – Notice and read signs and labels in the supermarket. Back home, putting away groceries is another great time for reading labels.

"A reading pocket" – Slip fun things to read into your pocket to bring home: a comic strip from the paper, a greeting card or even a fortune cookie from lunch. Create a special, shared moment your child can look forward to every day.

"A little longer" – When your child asks to stay up a little longer, say yes and make it a 15 minute family reading opportunity.

### **TRAFFIC PATERNS BEFORE & AFTER SCHOOL**

We are trying to limit the traffic in front of the school by asking that all students enter their parking lot entrance from the south. However, the traffic is still hazardous at times, so be careful when dropping your child off in front of the school. Park to the outside of the road before allowing your child to get out of the car!!! When you stop in the middle of the road it is possible that some other vehicle might try to drive around you and put your child at risk!

Buses will be picking up/dropping off students in front of the gym door. All children are to cross the street in the marked crossing area ONLY! However, there are times when a child will sneak between the busses and run to their parent's car parked on the west side of the street, we don't want this to happen, but it does. **SO WATCH FOR CHILDREN WHEN ENTERING THE SCHOOL AREA!!!**

### **PARKING AREAS IN FRONT OF SCHOOL**

Handicapped and Loading areas have been freshly painted (Stripped blue & yellow areas) and have signs indicating handicapped or loading areas. When visiting school, please avoid parking in these areas.

# ImPACT Concussion Testing Program

Sterling high school is participating in a new concussion testing program that will help improve the school and coaches' care for athletes with sports-related concussions. This program is being provided by Nebraska Orthopaedic & Sports Medicine, and Saint Elizabeth Regional Medical Center of Lincoln, through the newly formed Nebraska Sports Concussion Network. Called the "ImPACT Test", this online computerized test is specifically designed for managing sports-related concussions. The test measures brain reaction time, processing speed, memory, attention, and allows us to obtain a "snap-shot" of how one's brain functions in normal conditions. Athletes are baseline tested in the pre-season, and if an athlete sustains a concussion, they are re-tested. Post-injury test scores are then compared to pre-injury, baseline scores. If differences exist between the baseline and post-injury tests, athletes will be restricted from activity until further test results return to normal. As post-injury scores return to baseline, or normal, this indicates an athlete is recovered sufficiently to resume a step-wise progression back into activity and full participation. This form of testing and return-to-play helps avoid prolonging the recovery from a concussion, and prevents athletes returning to play too soon before the brain has had time to fully heal, and risking serious or catastrophic injury.

This year Sterling high school athletes in 9th-12th grades participating in contact sports will be tested. The cost of baseline testing is being funded and implemented by the Nebraska Sports Concussion Network. Post-Injury testing, if necessary, is conducted by a physician trained in ImPACT listed on the network's website. School personnel have been trained to conduct baseline tests at school, and all coaches will have taken an online Concussion Training for Coaches course in an effort to improve the recognition of potential head injury. Additional information in recognizing head injuries is available for parents of athletes at [www.NebSportsConcussion.org](http://www.NebSportsConcussion.org).

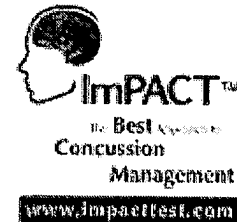
Sterling high school would like to thank Nebraska Orthopaedic & Sports Medicine & Saint Elizabeth Regional Medical Center for making the ImPACT Testing Program available to our athletic programs, and helping us ensure we are doing our absolute best in caring for your sons and daughters.

*The Nebraska Sports Concussion Network strongly recommends no one under the age of 19 years old be allowed to resume play while presenting with any SYMPTOMS of a concussion. Furthermore, all concussion injuries should be evaluated by a medical physician.*



† Saint Elizabeth  
Regional Medical Center

Nebraska  
Sports  
Concussion  
Network



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

## We Are SAVING BOX TOPS FOR EDUCATION and CAMPBELL SOUP LABELS!!

*The 5th Grade Class is collecting them for the whole Elementary.*

# Bullying Workshop Welcomed

There is no better way to start a new school year than with a new opportunity for students! Starting August 23<sup>rd</sup>, Mrs. Clark will visit each elementary classroom once a week with a new lesson on Character Education. The object of these lessons is to teach and promote empathy, tolerance, responsibility, and respect. Teaching these concepts will empower our students and staff to help prevent and stop bullying in our classrooms, school, and community.

Bullying is often something that is overlooked or passed off as “kids just being kids.” That is certainly NOT the case! Our goal is to educate students to know what bullying looks like, sounds like, and feels like in order for them to prevent and stop it. Through the character education classes, students will understand that they can make a difference by choosing to pledge *that they will not use their hands or words to hurt themselves or others*. This pledge will serve as the elementary school’s basis for discipline.

Once we have an understanding of bullying, students will be held accountable for any and all forms of bullying. Consequences for the first offense of bullying will be that students

will have to call their parents and be put on “bully probation”. Consequences for the second offense will be that students will have to call their parents and be put in in-school suspension. Finally, consequences for the third offense will be that students will have to call their parents and be given out of school suspension.

The students and staff are excited about this new opportunity and would appreciate parent and community support. Please help encourage students and members of the community by not using hands or words to hurt others.



<http://www.handsproject.org>  
tm & © 1997 Hands Are Not For Hurting Project

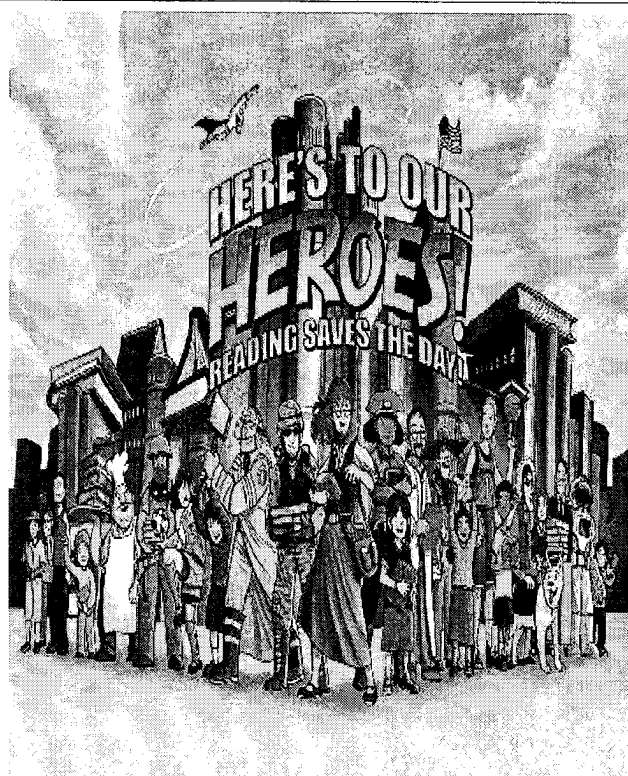
**HANDS  
 AND  
 WORDS  
 ARE  
 NOT  
 FOR  
 HURTING**

## Have you been missing important messages from Sterling Public Schools?

**SchoolReach** phone notification system is the instant parent contact tool used by Sterling Public Schools that enables school personnel to notify all households and parents within minutes of an emergency or unplanned event that causes early dismissal, school cancellation or late start. The service is also used from time-to-time to communicate general announcements or reminders.

If you are not receiving important phone messages from Sterling Public Schools or your phone numbers have changed, please take a moment and update your contact information. Contact Karla Daehling at Sterling Public Schools, 402-866-4761 or email [kdaehling@esu4.org](mailto:kdaehling@esu4.org). If you have other questions please feel free to call. Thank you!

**NOTE: All information and contact numbers are strictly secure and confidential and are only used for the purposes described herein.**



# Scholastic Book Fair

Please join us and attend our annual Scholastic Book Fair!

Mark your calendars and come visit us during the following times:

- Monday - Sept. 20 - 1 PM—7:30 PM
- Tuesday - Sept. 21 - 8 AM—4 PM
- Wednesday - Sept. 22 - 8 AM—4 PM
- Thursday - Sept. 23 - 3 PM—8:30 PM
- Friday - Sept. 24 - 8 AM—12 N

**THE BOOK FAIR IS COMING!**



## SCHOLASTIC BOOK FAIR INFORMATION

Join us in sharing a love of reading with our students at the 2010 Sterling Public Schools Scholastic Book Fair. The Book Fair will be held in the school library starting Monday, September 20th and ending Friday, September 24th. It's a great way to connect your kids with books they want to read!

The book fair will be open during Parent Teacher Conferences, September 20 & 24, 2010.

### Your child's class will be visiting:

Kindergarten	Tues., September 21 at 2:45P
1 <sup>st</sup> Grade	Mon., September 20 at 12:55P
2 <sup>nd</sup> Grade	Wed., September 22 at 2:45P
3 <sup>rd</sup> Grade	Mon., September 20 at 1:45P
4 <sup>th</sup> Grade	Wed., September 23 at 10:45A
5 <sup>th</sup> Grade	Tues., September 22 at 1:25P

Spend some time with your child looking at the Book List that will be sent home with students the week before the book fair.

Visit our Fair to make your selections in person or complete the Book List order form and send back to our school.

### **Build Better Classroom Libraries**

Stop by the Classroom Wish List display while visiting our Book Fair or during Parent Teacher Conferences. We are busy building up each classroom library and adding new titles. Help add books to our classroom shelves by purchasing books and donating them to your child's class.

Our school's Classroom Wish List goal:

**10 New Books for Each Class**

*See you at the book fair!*

## Improving Comprehension Skills: What Can a Parent Do?

Beginning in April 2010, Nebraska students in grades 3-8 and grade 11 will take a new statewide reading test called NeSA-R (Nebraska State Accountability - Reading). The NeSAR test is designed to measure students' skills in reading comprehension and vocabulary, two skills all good readers possess.

Often parents ask how they can help support their children in becoming good readers -- readers who are able to understand all types of printed materials. Because we know reading is an act that requires interaction with oneself or others, home seems to be a great place to practice making sense of printed materials in fun and yet meaningful ways.

The following are some fun ways for children and parents to connect with each while children make reading a way of life.

- Find reading material your child likes to read. Reading material comes in many form such as books, newspapers, websites, catalogs, cereal boxes, magazines, comic books, cookbooks, etc. Print is found virtually everywhere in our lives.
- Schedule 10-15 minutes of special time everyday to listen to your child read or to have your child read silently. Ask your child about the material he/she read.
- Have children read aloud to siblings (or even a pet), perhaps playing "teacher" and asking the brothers or sisters good questions as they read.
- Read the back of a DVD box before selecting and watching the movie. Use the description to make predictions about the movie.
- Explore your child's interests and hobbies through reading.
- Read books aloud that challenge your child's listening vocabulary and thinking skills. Reading books that are above your child's reading level will help him or her grow as a reader.
- Go to the school library, public library, or to the local bookstore each week and then read a new book together. After you read each book, talk about how it is similar to other books you have read together. Talk about whether the book was "good" or not.
- Find times such as traveling in a car, running errands, eating dinner, or other informal settings, to share reactions to items you have read. Encourage your children to do likewise.
- Read short selections aloud from a book, sports page, a magazine, catalogs, cereal boxes and then discuss it with your child.
- Work as a family on a project that requires reading. It may be gathering information for a trip or how to cook a meal. It may involve reading directions to build a model or to put a toy together.
- Give books or magazine subscriptions as gifts.
- Have your child read and reread familiar books aloud. It can also be helpful to have your child read a short passage several times while you record the time it takes. Children often enjoy seeing if they can improve their time from one reading to the next. Also repeated reading helps students to become smooth readers.

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## Improving Comprehension Skills:What Can a Parent Do? *continued*

- Let your children see you read and enjoy books, magazines, websites, etc.
- Have your children read junk mail and then decide if the advertisers did a good job of convincing the reader that the product is worthy of buying. Encourage them to find where the ad may be deceiving the reader.
- Find a child-friendly blog related to your child's interest. Read and respond to the blog.

Making sense of printed materials is a skill that is crucial for student success in school and the world of work. By learning to make meaning from printed material, Nebraska students will be well prepared for the future as well as for the NeSA-R test.

## Improving Reading Comprehension:What will Students Learn at School?

Nebraska students in grades 3-8 and grade 11 will take a new statewide reading test called NeSA-R (Nebraska State Accountability - Reading). The NeSA-R test is designed measure students' skills in reading comprehension and vocabulary, two skills all good readers possess.

Parents and community members have asked how schools are preparing their students to be able to read and understand the test questions on the upcoming test. The answer lies in teaching students the actions that good readers use.

Good readers use the following strategies, so teachers spend instructional time having student practice the strategies.

- Before reading a story or lesson, good readers figure out what the author feels is important about a reading selection. They do this by reading the title, headings and subheadings, by looking at pictures, charts, and graphs.
- While good readers are figuring out what is important, they begin to think about what they already know about the topic. They might know some information because they have had past experience, knowledge that they have gained over time.
- As they read, readers constantly ask themselves questions in order to find or to clarify information. Often the questions cause the reader to reread a part of the material, to slow down the reading rate, or to think about what is coming. Questions often lead the reader to compare or contrast to other information they possess.
- In order to make sense of some reading material, good readers are often required to read "between the lines" and draw conclusions from information provided by the author. Good readers put details together in order to draw a conclusion.
- Good readers visualize what they are reading. It is somewhat like creating a video inside the reader's mind. Sometimes the video does not make sense, so the reader rereads, slows down, or questions him/herself about the parts that do not make sense.
- Good readers are able to summarize and explain what they have read.

Making sense of printed materials is a skill that is crucial for student success in school and the world of work. By learning to make meaning from printed material, Nebraska students will be well prepared for future as well as for the NeSA-R test.

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## Improving Vocabulary Skills: What Can Parents Do?

NeSA (Nebraska State Accountability) is the new statewide reading test that will be given in the spring. It will include questions on reading comprehension and vocabulary.

As a parent, how can you prepare your child for the vocabulary part of the test?

- Talk to and read with your child regularly, whatever their age. These are terrific ways to help them hear and read new words.
- Read a challenging book aloud to your child to give exposure to higher level words.
- Have conversations and ask questions about new and interesting words.
- Share new words you hear and read and discuss them with your child.
- Ask your child specific things about their day.
- Play word games, including crossword puzzles, Scattegories, Scrabble, etc.

For younger students:

- Talk about the people you see and the types of jobs they have.
- Talk about the colors and shapes of things you see.
- Sing songs you both know.
- Talk about the places you're going and what you see along the way.
- Ask open-ended questions, such as "I am happiest when..." or "The best part about my day was..."

For older students:

- Discuss newspaper and magazine articles with your child.
- Encourage your child to develop their own definition and own examples of new words.
- Help your child make connections between new vocabulary words and their real life.
- Find websites that introduce a word-a-day.

## POWER SCHOOL NUMBERS

Have you forgotten your password to Power School? Don't feel bad, you are not the only one.

If you wish to check your students' progress please contact the office or guidance counselor.

The first ineligibility list will be out on Monday, September 13.

**NO  
SCHOOL  
WEDNESDAY,  
SEPTEMBER 29  
TEACHER-IN-SERVICE**

*Post Prom Parents*

# Hamburger & Pork Burger Feed

**Friday, Sept. 17**

**(Night of the Homecoming Game)**

**5:30 p.m. - ?**

## **Post Prom Parents (Junior Parents)**

PER  
FAMILY

Bring 1 bag of 22 count assorted chips

2 dozen individually wrapped cookies or bars

### Work Schedule

**Set-up - 4:30** - Jim & Mary Erickson, Dan & Brenda VanGroningen, Dale & Debbie Heusman

**5:30 - 7:00** - Laurie Bayless, Landy & Laura Theisen, Earl & Audrey Keebler, Jim & Sonja Wenzl

**7:00 until Hamburgers are gone or halftime** - Brett & Becky Barney, David & Stacy Barth, Angie Dolbow, Dean Dolbow, Clay Elson, David Keim, Wendie Keim, Patti Puls, Kevin & Karla Daehling

**EVERYONE to help at HALFTIME to CLEAN UP!**

# THANK YOU TO THE FOLLOWING

Thank you to the Sterling Community Association for donation of the Track & Field Record Board.

*Thank you to those of you who have already signed up to take tickets, more are needed.*

## REMINDERS FOR YOU

We do not issue aspirin at school. You may fill out 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, please make arrangements with office.

If you have any questions please contact the office at 866-4761.

## AFTER SCHOOL PHONE CALLS

Students will not be allowed to use the phone after school to try to change their plans or change your minds. If changes are needed please contact the office before the end of school that day.

## Changes in the Sports Schedules

### Jr. High Changes:

10/7 - Jr. High Boys Football and Jr. High Girls Volleyball game at Diller-Odell will begin at 4:15 p.m. Both games will be held at Diller, NE.

## 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 established by the State of Nebraska in Rule 51 for Autism, Behavior Disorder, Deaf-Blindness, Developmental Delay, Hearing Impairment, Mental Handicap, Multiple Impairments, Orthopedic Impairment, Other Health Impairment, Specific Learning Disability, Speech-Language Impairment, Traumatic Brain Injury, and Visual Impairment.

If you believe that your child may qualify for any of these programs, please contact your local school superintendent so arrangements for diagnosis can be made. All these services are provided by the Sterling Public School.



## PARENT-TEACHER CONFERENCES

**SEPTEMBER 20 - PARENT-TEACHER  
CONFERENCES FROM 4:00-7:30 P.M.**

**SEPTEMBER 23 - NO SCHOOL - PARENT-TEACHER  
CONFERENCES FROM 3:00-8:30 P.M.**

# Welcome to Our Newest Students

We would like to welcome our new students and their families.

**Kindergarten:**

Katy Boldt  
 Gracyn Doblów  
 Andrew Harms  
 Samuel Harms  
 John Janssen  
 Izak Kreigbaum  
 Carson McAuliffe

Jack McAuliffe  
 Trenton Peery  
 Macy Richardson  
 Noah Williams  
 Thomas Zapata

**First Grade**

Cadance Cox  
 Jaida McCall  
 Isaiah Ross

**Second Grade**

Bianca Gonzalez

**Sixth Grade**

Jonathan Cox

**Exchange Students**

Isabella Gundolf  
 Jose Pecina  
 Marta Bogoni  
 Marius Zinke

## Bus Parents Information and Reminder

Please make sure to notify your bus driver or the school when there will be any changes for pick up or drop off of your student(s). Unless the school office or the bus driver is notified the student will be dropped off or picked up at their regular stops.

Also if there is someone who will be coming home with your student(s), please notify the school or bus driver. 866-4761 Thank you.

**BUS RULES**

1. All riders are to remain seated while the bus is in motion
2. No vulgar language or profanity is to be used.
3. Refrain from loud conversation
4. No loud singing, boisterous conduct, or unnecessary noise
5. Do not lean out of, or hold hands and arms out of bus windows
6. Do not throw papers or other trash on the floor of the bus
7. The bus driver is in charge!! Obey him/her at all times.

*RIDING THE BUS IS A PRIVILEGE WHICH CAN BE REVOKED IF REPEATED VIOLATIONS OF THE RULES OCCUR.*

**DRIVERS - NUMBERS**

**St. Mary's Route**

**Driver Luke Boldt**

**335-8337**

**Douglas Route**

**A.M. Driver**

**Terry Thies**

**866-2126**

**Cell - 239-8960**

**P.M. Driver**

**Jay Carpenter**

**866-6701**

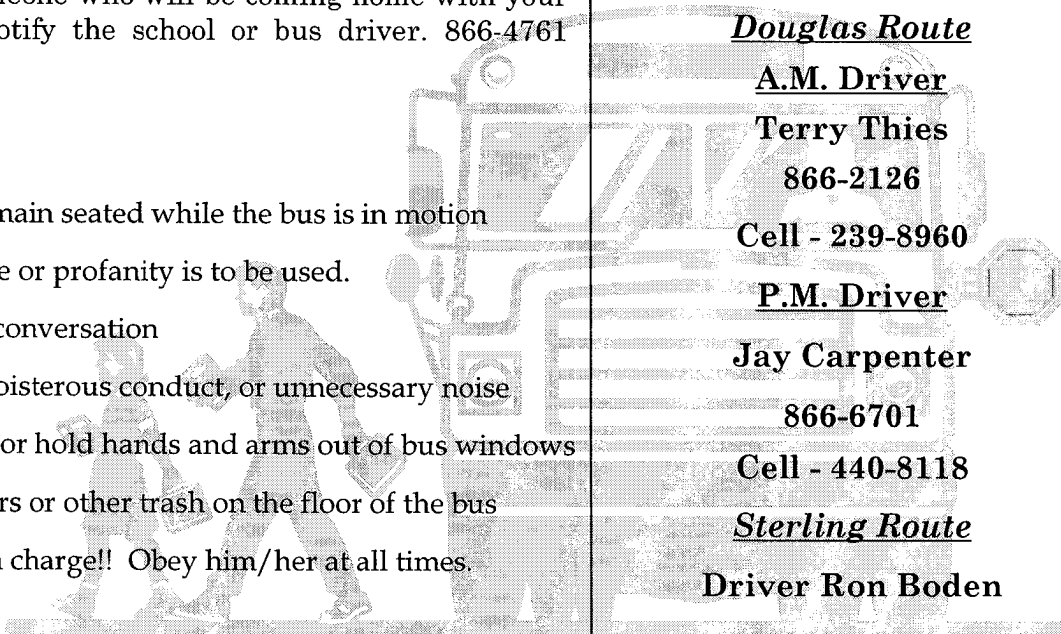
**Cell - 440-8118**

**Sterling Route**

**Driver Ron Boden**

**866-6602**

**Cell - 450-4534**



# 2010-2011 ACT Test Dates by Jill Shea, Guidance Counselor

<u>Test Date</u>	<u>Registration Deadline</u>	<u>(Late Fee Required)</u>
October 23, 2010	September 17, 2010	Sept. 18 – Oct. 1, 2010
December 11, 2010	November 5, 2010	Nov. 6-19, 2010
February 12, 2011	January 7, 2011	Jan. 6-21, 2011
April 9, 2011	March 4, 2011	March 5-18, 2011
June 11, 2011	May 6, 2011	May 7-20, 2011



## Picture Day

**September 20 - 8:15 a.m.**  
*Preschool kids 8 a.m.*

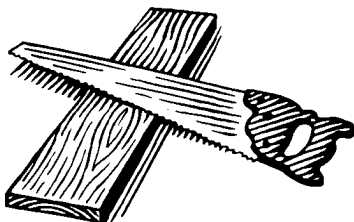
## JUNIOR CLASS MAGAZINE SALES

Magazine Sales have begun for 2010.



Hold on to those renewals. If you are interested in purchasing magazines and don't know a junior, contact school at 866-4761. Thank you for your support!

## SkillsUSA (VICA) available for



**any odd jobs.**

Contact  
**Mr. Salberg at school**  
 866-4761

## Sterling School Library Online

JUST A REMINDER... students, parents and the public are able to access the school library from any computer; not just at school, but from any computer that has internet access. Our web based system will allow you to search for any book by title, author, keyword or subject. Each book has a card attached to it which has the barcode of the book, information on what the book is about and whether or not the book is available or checked out. Go to the [sterlingjets.org](http://sterlingjets.org) website and click on the Library tab and it will take you directly to the Sterling School Library online.

# Activities for September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				VB @ Freeman Invite 6/8 pm	FB @ Freeman 7:00 p.m.	VB @ Freeman Invite 9/11 pm Championship game 2 pm
5	6	7	8	9	10	11
	<b>NO SCHOOL</b>	VB @ Freeman JV/V - 6 pm JV FB @ <u>Diller/Odell</u> 5:30 pm	ASVAB Testing for Seniors School Board Meeting	Project Response K-5 Assembly VB @ Falls City Tri. (Falls City High/ Pawnee City) 5/6 pm JV vs. Falls City 5 pm	Living History Day for 5th Grade FB HOME at 7 pm vs. Lawrence/Nelson <i>Parents Night</i>	JV VB @ Syracuse 8:30 am
12	13	14	15	16	17	18
Homecoming Pep Rally TBA	JV FB @ FC Sacred Heart 6 pm VB MUDECAS - 3 pm	VB MUDECAS - 6 pm		MUDECAS Volleyball Finals	Post Prom Hamburger Feed at field - 5:30 FB vs. Meridian 7 pm <i>Homecoming</i> Dance following game	AppleJack Parade in Nebraska City Noon
		MUDECAS Volleyball @ SCC Beatrice				
19	20	21	22	23	24	25
	Lifetouch Pictures Preschool 8 am <b>EARLY OUT 2:42 pm</b> P/T Conferences 4-7:30 JV FB at Home 6 pm vs. Johnson/Brock	SCC Beatrice College Fair - 9-11:30 VB @ <u>Diller/Odell</u> JV/V - 6:00 pm	JH VB vs. Freeman 12:30 pm JH FB vs. Freeman 1:30 pm	<b>NO SCHOOL</b> P/T Conferences 3-8:30 p.m.	Civil War Workshop at PC FB @ Pawnee City 7:00 p.m.	Leigh VB Invite @ Leigh - 9 am JV/JH Freeman Tourn @ Adams - 9 am
26	27	28	29	30	October 1	October 2
	JV FB at Home vs. Freeman 6 pm	VB @ Dorchester JV/V - 6:00 pm	<b>NO SCHOOL</b> Teacher-In-Service	JH FB @ FCHS 5 pm	FB @ Mead 7:00 p.m.	Harvest of Harmony Parade @ Grand Island Nose Art Unveiling at Lincoln ANG

# Breakfast/Lunch Menus

## September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>B—Breakfast Menu L—Lunch Menu</i>	<i>Menu subject to change without notice. All meals include half pint of milk. Extra bread and butter</i>					
5	6 <b>NO SCHOOL Labor Day</b>	7 <b>B -</b> Mozzie Cheese Toast or Cereal/Fruit, juice, milk <b>L -</b> Chicken Gravy Over Biscuits or Bread, peas, carrot sticks, peaches	8 <b>B -</b> Cereal, Toast, Fruit, juice, milk <b>L -</b> Ham Patty, tator gems, green beans, applesauce	9 <b>B -</b> Donut, Yogurt or Cereal/Yogurt, juice, milk <b>L -</b> Nachos, corn, celery w/peanut butter, pears	10 <b>B -</b> French Toast Sticks, Sausage or Ce- real/Sausage, juice, milk <b>L -</b> Spaghetti, lettuce salad, garlic bread, mixed fruit	11
12	13 <b>B -</b> Pancakes, Sau- sage or Cereal/Sausage, juice, milk <b>L -</b> Chicken Patty w/bun, mashed potatoes & gravy, corn, peaches	14 <b>B -</b> Scrambled Eggs, Toast or Cereal/Toast, juice, milk <b>L -</b> Potato Bake, ham or tuna salad sandwich, string cheese, pears	15 <b>B -</b> Toaster Pastry or Cereal/Fruit, juice, milk <b>L -</b> Turkey & Cheese Sandwich, french fries, green beans, applesauce	16 <b>B -</b> Cereal, Fruit, Toast, juice, milk <b>L -</b> Mini Corn Dogs, mixed vegetable or broccoli w/ cheese, lettuce salad, watermelon	17 <b>B -</b> Breakfast Pizza or Cereal/Fruit, juice, milk <b>L -</b> Burritos, peas, chips w/salsa, pineapple tidbits	18
19	20 <b>B -</b> Mozzie Cheese Toast or Cereal/Fruit, juice, milk <b>L -</b> Gou- lash, green beans, tea rolls w/jelly, applesauce	21 <b>B -</b> Donut, Yogurt or Cereal/Yogurt, juice, milk <b>L -</b> Submarines, tator gems, gelatin, pears	22 <b>B -</b> Cinnamon Toast or Cereal/Fruit, juice, milk <b>L -</b> Chicken Nuggets, mashed potatoes w/ gravy, corn, peaches	23 <b>NO SCHOOL Parent-Teacher Conferences</b>	24 <b>B -</b> Cereal, Fruit, Toast, juice, milk <b>L -</b> Beef & Noodles, peas, bread & butter, mixed fruit	25
26	27 <b>B -</b> Cereal, Toast, Fruit, juice, milk <b>L -</b> Hot Dogs, baked beans or sauerkraut, green beans, pears	28 <b>B -</b> Pancakes, Sau- sage or Cereal/Sausage, juice, milk <b>L -</b> Meat- balls, french fries, bread- sticks w/franch dressing, applesauce	29 <b>NO SCHOOL Teacher In Service</b>	30 <b>B -</b> Scrambled Eggs, Toast or Cereal/Toast, juice, milk <b>L -</b> Chicken Fajita, peas, rice, peaches		

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

Non-Profit  
U.S. Postage  
PAID  
Sterling, Ne  
Permit No. 2

**FB PARENTS NIGHT - Sept. 10**

**HOMECOMING - Sept. 17**

*Dance following the game*

**Parent-Teacher Conferences Sept. 20 & 23**

**No School Sept. 29 Teacher-In-Service**

**VB PARENTS NIGHT - Oct. 21**