



STERLING PUBLIC SCHOOLS

NOVEMBER 2018 NEWSLETTER

Superintendent's Message from Mrs. Dottie Heusman

Lunch Charges...

It's the time of year that people are receiving automated phone calls from the school if your child's lunch account balance is low. We know these are somewhat irritating, but yet we find they are necessary.

At the end of the 2017-2018 school year all lunch balances were positive! That means everyone paid their bills during the school year. We believe this occurred because we did the phone reminders, Mr. Harrington and I followed up with parents, and all of you did an excellent job of paying when your child's account was negative. **THANK YOU FOR THAT!**

Just a reminder that if your child qualifies for free or reduced meals, that only pays for the main breakfast and lunch meal each day. **If your child wants the snack/milk break (PreK-2), an extra milk, or seconds, that is an additional full pay charge that isn't covered by their free or reduced meal status.** Therefore, parents will need to pay for those charges incurred. If you do not want your child to have these extras, please call the school office and let them know and we'll restrict the extras.

If you believe your child would qualify for free or reduced priced meals, please contact the office or me to receive the form.

Also, when sending a check to school for your child's meal fund, if you have more than one child, please designate exactly how much should go to each child's account and whether any money should be designated for a snack ticket (PreK-2 only). Thanks for helping us to keep our records straight.

Board of Education News

The Board of Education met for the regular board meeting on October 9, 2018. Items discussed and action taken included:

- Mark Horstman took the Oath of Office to fill the open position on the board.
- Mr. Davenport gave a report on the technology opportunities his class has this year in all of his classes.
- John Harms, Cheri Wirthele, and Dottie Heusman gave a brief report on the area membership meeting that they attended in October.
- Commendations were approved as presented.
- The board recognized the SEA as the exclusive bargaining agent for the district's non-supervisory certificated staff for the 2020-2021 contract year per a letter from Luke Boldt representing the SEA.
- The board delegated Scott Harrington and Dottie Heusman to have authority over the activities account.
- In non-action items the board discussed allowing seniors to purchase their MacBook at the end of the year. The board will vote in November to set the purchase price. Information will be shared with senior parents after the meeting in order for them to budget to purchase the machines if they would like to.
- Fall district enrollment figures from October 1, 2018 were shared with the Board.
- The Board will do a retreat with Marcia Herring from NASB on January 16, 2019.
- They reviewed upcoming events that various members will be attending.
- The next meeting is Monday, November 19 @ 7:30 p.m.



Sterling Public School's Board of Education is currently accepting sealed bids for snow removal for the 2018-2019 school year.

Areas to be cleared are the two parking lots, around the shop building, and behind the school. Bids should be submitted to Superintendent, Dottie Heusman, 250 Main Street, Sterling, NE 68443. Bids will be accepted until November 12, 2018.

From the Principal's Desk by Mr. Harrington

I wanted to share some information on vaporizers/e-cigarettes as it seems to be a growing issue in schools across Nebraska. This has developed into a complicated issue as there is varying information and misunderstandings involving vaping and/or electronic cigarettes. The purpose of this article is to inform you of the issue, give you resources if you feel your student is involved in this kind of behavior, as well as alert you to repercussions if your child engages in vaping on school property. We take this issue very seriously due to the negative health effects vaping can have on our students and often find that our parents are often not aware of the risks around vaping and what the devices may look like.

Vaporizers/e-cigarettes come in all different shapes. Some common styles we see look like a thick pen, a stylus for a iPad, a flash drive, or a small flask with a round chimney coming off the top (see pictures). The devices are very small and can easily be hidden on a person or blend in with normal backpack items. The nicotine juices for these items are often fruit flavored. Like cigarettes, stores cannot sell vaping items to people under the age of 18. However, students report that they purchase the devices online or buy from older siblings, friends, or unfortunately even parents.

When students vape in school bathrooms it can be due to an addiction to nicotine they have developed, a peer pressure issue, or they are simply curious and want to try it out. In any case, spending excessive time out of class is heavily correlated to lower grades and understanding of material. Vaping in school or being in possession of a vape results in a school suspension for the student.

The Surgeon General reports that nicotine is addictive and can harm brain development, which continues until about age 25. We know that using nicotine may make it harder for school related tasks such as learning and concentration. In conversations with students, it appears that many are not aware of the harmful effects of vaping. Students either say they use nicotine-free liquid or that it is safer than tobacco cigarettes.

Here are some helpful resources that you can use to talk to your kids about vaping. The first is the Surgeon General's 2016 report on e-cigarette use. The second is from the CDC on e-cigarettes and Juuling. The last link contains a fact sheet and parent tip sheet. If you feel your child has already developed an addiction to nicotine, we suggest you reach out to your health care provider.

<https://bit.ly/2jJe6oN>, <https://tinyurl.com/ybc4n3as>, <https://tinyurl.com/yb4akw95>.

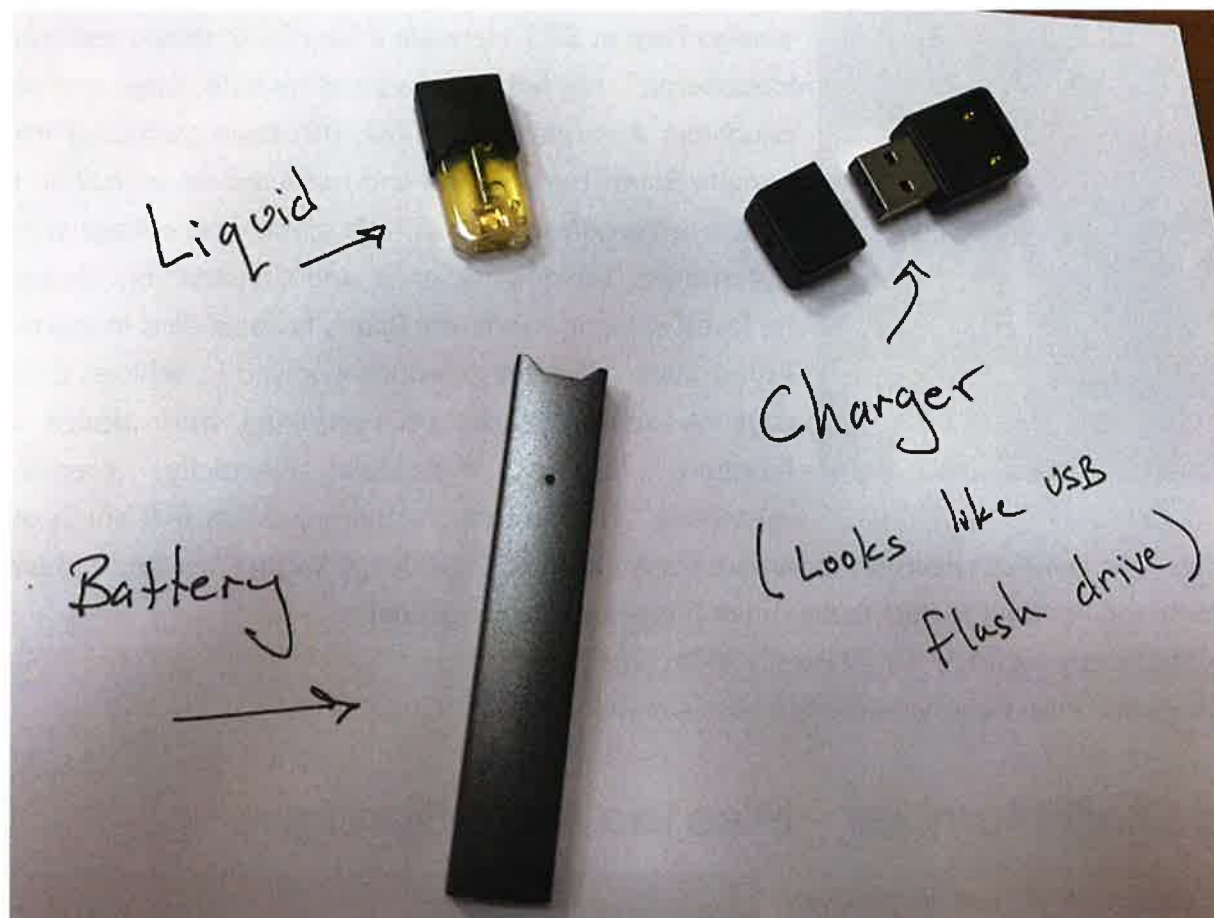
We hope you find this letter informative and understand our concerns about this potentially harmful issue. Our goal is to partner with parents to help support our students in making positive decisions for themselves and the high school community. We encourage you to have a conversation with your child(ren) about this topic. Finally, I have included some images of vapes, e-cigarettes, and Juuls to help you understand what these devices look like to better support parents as to what they should keep an eye out for. Thank you for your continued support of our school system.

Continued on next page...



The picture below was taken from

<http://teendecision.org/2018/03/18/youve-heard-of-vaping-but-what-about-juuling/> and shows what a Juul looks like:



The next graphic is from the CDC and shows what some of the various types of e-cigarettes look like:

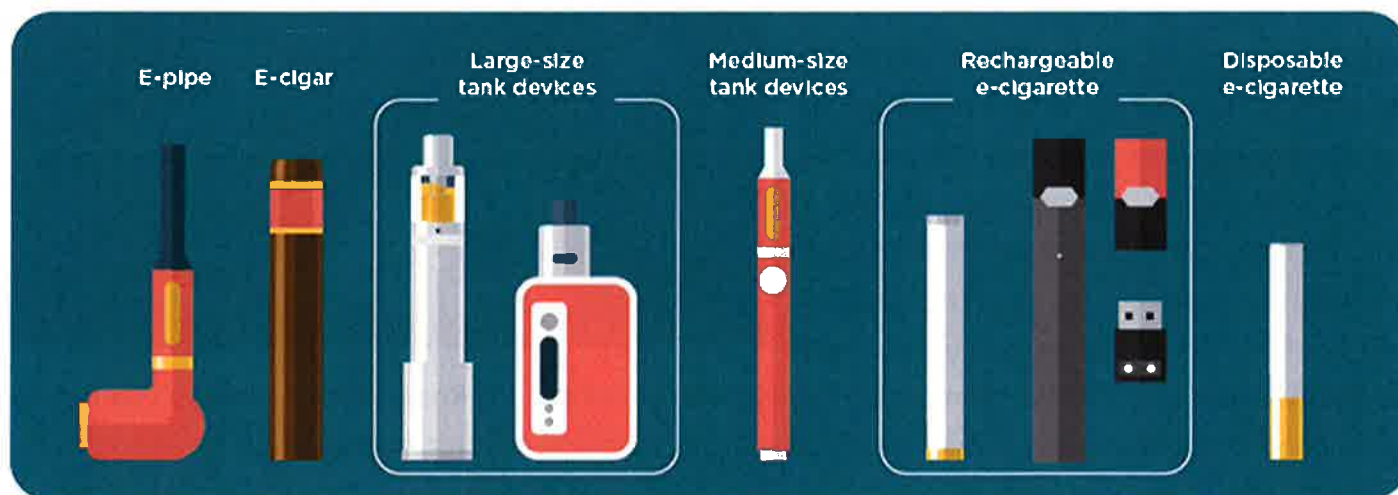


Image taken from <https://tinyurl.com/ybc4n3as>.

For Sale: 2003 Dodge Caravan Grand Sport Van, Light Blue color, 165,990 miles. Submit sealed bid to Dottie Heusman, Superintendent, Sterling Public Schools, 250 Main Street, Sterling, NE 68443 by November 12, 2018. For inspection please stop by the Main Office at School.



Featured Staff Member - Mr. Brian Helmberger



Mr. Brian Helmberger is the new Industrial Technology teacher here at SPS. Here are a handful of tidbits about Mr. Helmberger... His family consists of his wife, Karen and two daughters, Amanda (15) and Kelly (18). Brian graduated from Omaha South High School and furthered his education at UNL. His favorite classes in high school and college were: Automotive, Welding, Science, and Construction because he loved working hands-on! Brian's favorite class to teach is Automotive: "There is so much involved in vehicles these days. A vehicle shows us everything from design to function, through hydraulics, electricity, precision measuring, and the manufacturing process that are in our

everyday industries." His favorite television shows are from the 80's: *The A-Team*, *Knight Rider*, and *Dukes of Hazzard*. His favorite movies are the *Back to the Future Trilogy* and *Back to School*.

We're very happy that you're a part of our Jet Family, Brian. Welcome!

(photo: Mr. Helmberger and Brian Heusman working hard in Automotive class!)

Featured Staff Member - Miss Ida Rose Sprague

Miss Ida Rose Sprague is a new Elementary Paraprofessional and new Elementary Special Education teacher at Sterling. Here are a few interesting notes about Ida Rose... After she graduated from Cozad, Ida Rose received her BA from Hastings College and her MSE from the University of Kansas. Her parents still live in Cozad and she has a brother who lives in Eagle along with her two nephews. In college Ida Rose loved her Psychology classes, it was her major!



She doesn't watch a lot of television but she loves Duke basketball. Ida Rose's favorite stores to shop at are Sephora and Ulta because she loves makeup! She loved shopping at Torrid so much, she decided to get a job there as well. If we have a day off of school Ida Rose will definitely be catching up on her sleep...zzz!

Welcome to the Jet Family, Ida Rose. We're glad to have you at Sterling Public Schools!

(photo: Miss Sprague helping the 3rd graders with their Writing!)

In Search Of... a scoreboard operator for the upcoming basketball season! Contact Mr. Heusman @ 402-866-4761 or bheusman@sterlingpublicschools.com if interested!



Addie Heusman

aheusman@sterlingpublicschools.com

402-866-4761, ext. 113

SENIORS...

There is A LOT going on right now with the financial aid and college admission processes, but do not get overwhelmed. Here is a recap of tasks you should complete this fall to stay on track.

- Complete the Free Application for Federal Student Aid (FAFSA) using the FSA ID you created during our Apply2College Event.
 - Both you and your parent will need an FSA ID that can be created at fsaid.ed.gov. You'll need it to access and sign the FAFSA.
 - Review the [FAFSA Checklist](#) for a list of items to gather before you start the form.
 - Complete the FAFSA at fafsa.gov. You may also complete it via the new myStudentAid app for iOS and Android.
 - For free help with the FAFSA, see FAFSA Tools at EducationQuest.org or call EducationQuest to make an appointment: Omaha – 888.357.6300, Lincoln – 800.303.3745
- Apply to your TOP college choices.
- Make yourself aware of scholarship deadlines at the colleges you have applied at.
- Retake the ACT.
- See ScholarshipQuest at EducationQuest.org for Nebraska-based scholarships and a list of national search sites. More scholarships are added each month.

JUNIORS...

Start researching colleges. If you narrow your college choices by the end of your junior year, your senior year will be less stressful. Here's how to get started:

- Review *College Profiles* at EducationQuest.org for information about colleges in Nebraska and across the country. If you're interested in an out-of-state school, check out the Midwest Student Exchange Program to learn about tuition discounts.
- Meet with college representatives who visit your school, and then visit the websites of the colleges that interest you to learn more about the schools.
- Once you've narrowed your choices, schedule campus visits. Try to visit in the spring of your junior year while colleges are still in session. You get three college visit days to use either your junior or senior year.
- For more tips, see the Selecting a College section at EducationQuest.org.

You app-solutely need this to stay on track to college!

- EducationQuest's new app will give you easy access to tools like Activities Resume, College Profiles, College Timeline, Reality Check, and ScholarshipQuest. There's also a calendar that will guide you through college-planning steps - and you can personalize it with your own tasks.
- Apps are available on Apple and Android.

Continued on next page...



Veterans Day Program

Monday, November 12, 2018

9AM in the gym

The public is invited!

THANKSGIVING RECIPES

¡Feliz Día de Gracias! From Sra. Salberg

Todos mis estudiantes dan gracias por:

Las sopapillas

Necesitas:

2 tazas harina

1 cucharada levadura en polvo

½ cucharadita sal

1 cucharada Crisco de sabor mantequilla

2/3 taza agua tibia

El rodillo

2 tazas de aceite

Miel o azucar en polvo

Caliente el aceite hasta 375 grados.

Combine los ingredientes excepto del agua.

Mexcle con agua poco a poco con un tenedor.

Amase con un poco de harina.

Deje la masa en reposo 10 minutos.

Extiende la masa en forma de rectángulo a ¼ pulgada de grosor.

Corte en cuadros de 2-3 pulgadas.

Fría hasta que dore.

Sirva con miel o azucar de polvo.

Happy Thanksgiving! From Mrs. Salberg

Something all my students are thankful for:

Sopapillas

You will need:

2 c. flour (plus extra for rolling dough)

1 T. baking powder

½ t. salt

1 T. butter flavored Crisco

2/3 c. warm water

Rolling pin

2 c. oil for frying

Honey and or powdered sugar

Heat oil to 375 degrees.

Combine all ingredients, except water.

Stir in water slowly with a fork.

Knead dough on floured surface.

Let stand 10 minutes.

Roll out into rectangle about ¼" thick.

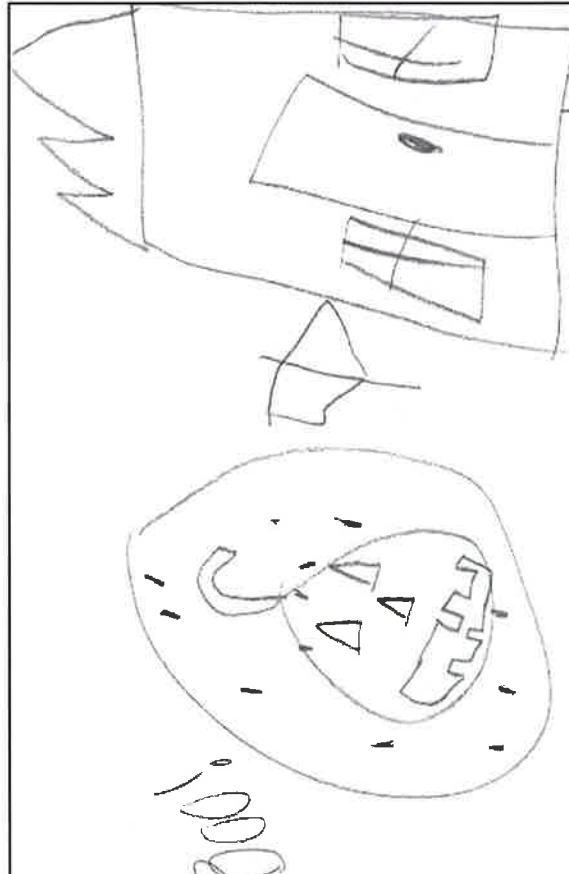
Cut into 2"-3" squares.

Fry in hot oil until golden brown.

Serve with honey and/ or powdered sugar.



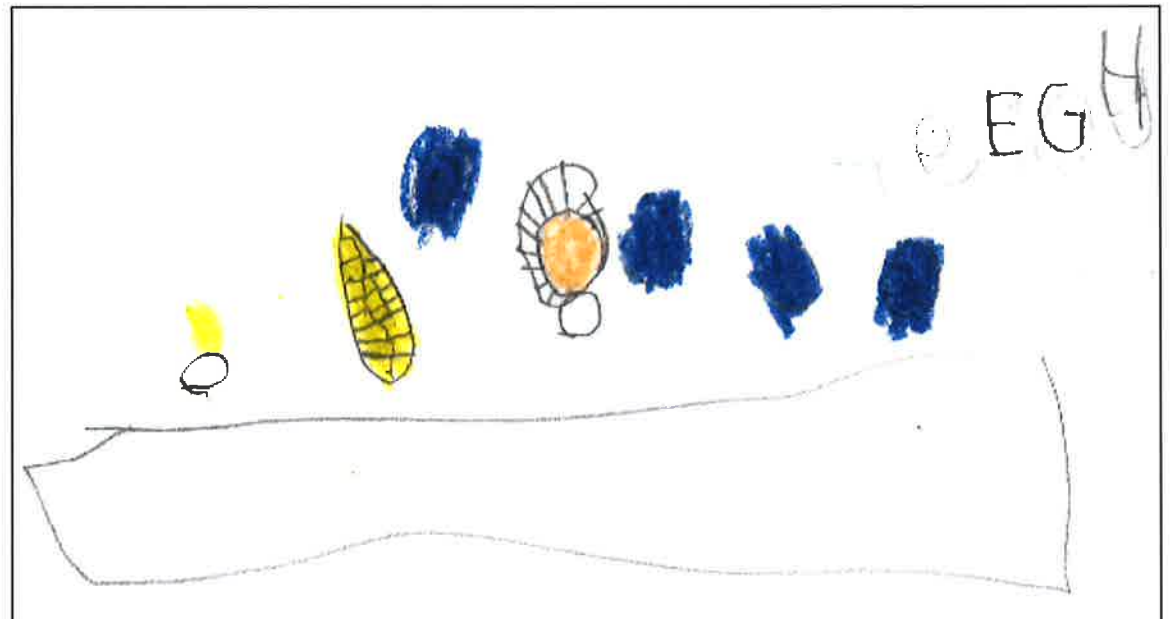
Some Thanksgiving Recipes from the 1st graders...



Bob's

pumpkin cookies for my bath to
and how like X P H A A C A A
big giant cookies has to
pumpkins in it put them
in the oven for 1 hour?

BRAYLEN



EGG

CORN WITH BATH OVEN
ORANGE TO MEATS

Some Thanksgiving Recipes from the 1st graders...



HOW TO MAKE TURKEY TURKEY

TURKEY MEAT YOU PUT IT IN
THE OVEN FOR 20 SECONDS THEN
PUT AN 1 SPOON FULL OF PORK
THE YOU EAT IT.

SAFTEP

Riley

- 2- Then you splash it
- 3- Then you get sum
- 4- Then you put it in the oven for 20 seconds
- 5- Then you get send
- 7- Then you put the pumpkin in the pan




NOVEMBER MENUS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Served with every meal. Alternate Entrée: Chef Salad Variety of fruits/vegetables offered with every meal. Menu subject to change.</p>			<p>1 B- Breakfast Bar OR WG Cereal/WG Muffin, Fruit/Juice, Milk L- Salisbury Steak, Mashed Potatoes w/ Gravy, Dinner Roll, Applesauce</p>	<p>2 B- Toaster Pastry, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk L- Hamburger, Baked Beans, Cottage Cheese, Peaches</p>
<p>5 B- Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk L- Submarines, Broccoli w/ Cheese, Coleslaw, Pineapple Tidbits</p>	<p>6 B- Yogurt Parfait OR WG Cereal/WG Muffin, Fruit/Juice, Milk L- Chicken Noodle Soup, PB&J Sandwich, Lettuce Salad, Mandarin Oranges</p>	<p>7 B- Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk L- Ham Patty on WG Bun, Tator Gems and/or Swt. Tator Gems, Applesauce</p>	<p>8 B- WG Cereal, WG Toast, Fruit/Juice, Milk L- Spaghetti, Green Beans, Garlic Bread, Peaches</p>	<p>9 B- WG Donut OR WG Cereal/WG Donut, Fruit/Juice, Milk L- Chicken Drumstick, Mashed Potatoes w/ Gravy, Peas, Pears</p>
<p>12 B- Breakfast Tornado OR WG Cereal/WG Muffin, Fruit/Juice, Milk L- Pulled Pork Sandwich, Black Bean Salad, Potato Chips, Applesauce</p>	<p>13 B- WG Pancakes, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk L- Tacos, Corn, Celery w/ PB, Mandarin Oranges</p>	<p>14 B- Oatmeal or WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk L- Chicken Nuggets, FF and/or Swt. FF, Broccoli w/ Cheese, Pears</p>	<p>15 B- French Toast Sticks, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk L- Turkey, Dressing, Mashed Potatoes w/ Gravy, Green Bean Casserole, Thanksgiving</p>	<p>16 B- Sausage Gravy over WG Biscuits OR WG Cereal/WG Biscuits, Fruit/Juice, Milk L- Hot Dog on WG Bun, Baked Beans, Pineapple</p>
<p>19 B- Belgian Waffle Sticks, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk L- Chicken Patty on WG Bun, Mashed Potatoes w/ Gravy, Mixed Vegetables, Peaches</p>	<p>20 B- Apple or Cherry Frudel OR WG Cereal/WG Muffin, Fruit/Juice, Milk L- Ham and Bean Soup, Honey Corn Biscuit, Gelatin</p>	<p>21 NO SCHOOL THANKSGIVING BREAK</p>	<p>22 NO SCHOOL THANKSGIVING BREAK</p>	<p>23 NO SCHOOL THANKSGIVING BREAK</p>
<p>26 B- Toaster Pastry, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk L- Mini Corn Dogs, Baked Beans, Tator Gems and/or Swt. Tator Gems, Peaches</p>	<p>27 B- Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk L- Tomato Soup, Cheese Sandwich, Lettuce Salad, Applesauce</p>	<p>28 B- WG Cinnamon Roll OR WG Cereal/WG Muffin, Fruit/Juice, Milk L- Chicken Nuggets, Corn, Mashed Potatoes w/ Gravy, Pineapple Tidbits</p>	<p>29 B- Yogurt Parfait OR WG Cereal/Granola Bar, Fruit/Juice, Milk L- Chili Soup w/ Cheese, Cinnamon Roll, Lettuce Salad, Pears</p>	<p>30 B- Breakfast Pizza OR WG Cereal/WG Muffin, Fruit/Juice, Milk L- Nachos w/ Cheese Sauce or Bean Dip, Green Beans, Celery w/ PB, Apple Churro</p>

NOVEMBER 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31 Happy Halloween! 	November 1	2	3
4	5	6	7	8	9	10
Daylight Saving Times Ends - FALL BACK	Pioneer Conference Vocal Clinic @ Friend	9th Graders to Peru State College 10AM-2:30PM NHS Blood Drive 12-6PM Election Day	EARLY OUT 1:37 PM NO PREK	VB DISTRICT FINALS	Picture Retakes @ 8:15AM	Middle School Dance 7:30-10PM
11	12	13	14	15	16	17
Veterans Day  THANK YOU!	Veterans Day Program - 9AM UNK College Rep - 1PM 1st Day of BB Practice	JH BBB @ Johnson-Brock - 2:30PM	Pioneer Conference One Act Play Competition @ HTRS - 9AM	UNL Math Day	6-man Football Finals @ UNK Sportsmanship Summit @ Lincoln North Star	HTRS JH BBB Tournament - 9AM
18	19	20	21	22	23	24
	One Act Play Performance 7PM SCHOOL BOARD MEETING - 7:30PM	10th-12th Grades to NW Missouri State JH BBB vs. Diller-Odell - HOME - 1PM GV/BV BB Jamboree @ Falls City - 6PM	NO SCHOOL	NO SCHOOL HAPPY THANKSGIVING 	NO SCHOOL	
25	26	27	28	29	30	December 1
	One Act Play District Contest @ Pawnee City Freeman JH BBB Tournament - 1PM		Accuplacer Test 9AM	BB vs. FCSH - HOME - 5PM (BJV.GV.BV)	NO PREK BB vs. FCSH - HOME - 5PM (BJV.GV.BV)	BB @ Thayer Central - 2PM (4 games)



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SUPERINTENDENT

Dottie Heusman

PREK - 12 PRINCIPAL

Scott Harrington

ATHLETIC DIRECTOR

Brent Heusman

GUIDANCE COUNSELOR

Addie Heusman

