



JANUARY 2022 NEWSLETTER

STERLING HIGH SCHOOL



From the Principal's Desk by Jake Davenport

In December, I held an assembly for all junior high and high school students to ensure they understood where their priorities should be as we were wrapping up the semester. The two primary focuses of the assembly were attendance and courses required for graduation. While the topics were targeted at the upper grades, the focus is still relevant for all levels.

In high school, core classes refer to math, science, social studies, and English. Three years of math, science, and social studies are required for graduation. Four years of English are required. All other courses are referred to as "elective classes". Elective courses are courses that students can choose from, based on their interests or career readiness. There are also additional requirements that students must meet prior to graduation when completing elective credits. For additional graduation requirements, please refer to the student handbook on the district website. While elective courses are important for gaining knowledge in preparation for a student's future, the focus should remain on the successful completion of the core classes. This is true at all levels of education since these classes are typically used in all areas of life.

Attendance also needs to remain a focus for all students. As a reminder, students are only allowed to miss 8 days in any class before they forfeit credit in that course. The following is an excerpt from the Junior High and High School Handbook:

"A student who, for any reason, is absent eight (8) times from a semester course will forfeit credit for the course unless there are chronic health conditions or special arrangements involved. A physician's statement will determine the validity of each absence for illness over the maximum allowed. A student will be given the opportunity to make up the time without loss of credit by spending fifty minutes after school for each class missed over the limit."

For clarification, the 8 absences referenced are referring to unexcused absences. Documented illness, court, death of a family member, or suspension are all excused absences.

With everything said, starting a new semester is a great opportunity for all students to refocus and start fresh. Grades reset and provide all students with an opportunity to stay caught up on all classwork. Students can also plan ahead to manage or limit absences or make up work prior to any absences. Our teachers are willing to provide additional support if needed. I am certain that we will have a great semester to close out this school year and look forward to everything the new year brings.

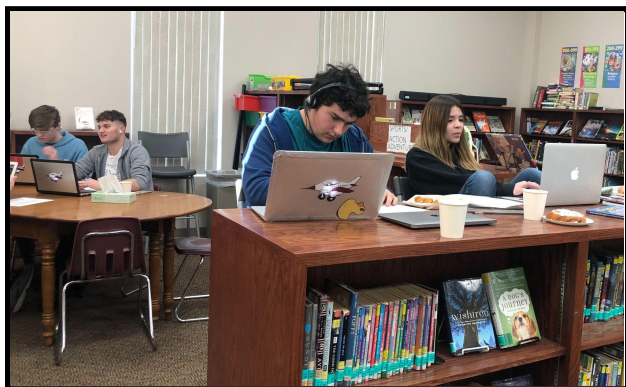
As always, please do not hesitate to reach out to me as needed. Since some of you receiving this newsletter do not currently have ties to our district, if you or any families you know are looking for a change of scenery with an excellent school, please get in contact with me. I would love to discuss why Sterling is likely a great fit.

Go Jets!!!

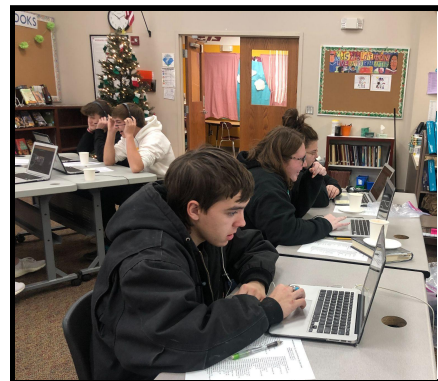
Johnson County Spelling Bee

WHERE: JCC in Cook
WHEN: January 22, 2022 @ 9AM





Juniors Attending a Virtual College Fair



Seniors Plan for Exciting Futures

By: Dani Janssen

The final year for seniors is in full swing! The Class of 2022 is making decisions on what they will do after graduation. The Sterling Seniors are taking many steps to prepare for life outside of high school.

Over the past few months, the seniors checked off a few steps on the preparation checklist. Many took the ACT to improve their ACT scores. A few took the test on December 11th. Another step was applying to colleges on the Apply-2-College Day on October 12th. Everyone applied to at least one college. Many of the Sterling seniors participated in Education Quest's presentation and the Virtual College Fair. Ella Wingert won a 500 dollar scholarship for visiting five colleges. Another Education Quest Virtual College Fair was held on December 8th.

Many seniors are considering the colleges they want to attend. Many students in the past few years visited various colleges, and now are beginning to choose which institutions they would like to go to. Some of these colleges include Morningside University, Doane University, UNL, Peru State College, Wayne State College, and Southeast Community College. Potential careers range from teachers to pipe welders to massage therapists. This group of seniors plans to branch out after high school graduation. Some will be participating in college sports, like Kaylee Lafferty for cheerleading.

Some seniors recently started the scholarship application process. A big deadline passed on December 1st for some of the Sterling seniors. Some colleges required students to apply for Early Action scholarships. They went through the process of writing essays and requesting letters of recommendation. Other due dates vary across different colleges. Many are also completing the Free Application for Student Federal Aid, or FASFA. The FASFA is due on June 30, 2022.

This group of seniors will graduate on May 14, 2022. They are already counting down the days! They're so close!

Book Recommendation

High School: Stolen Time

Author: Danielle Rollins

First in the series, these two stories, one in 1913 and another in 2077, collide in time travel.

Elementary: How Do You Dance?

Author: Thyra Heder

Have fun reading about the different ways to dance!

By: Hailey Truscott

FUN FACTS

1.) THE EARTH IS CLOSEST TO THE SUN DURING WINTER.

2.) MORE THAN 22 MILLION TONS OF SALT IS USED ON U.S. ROADS EACH WINTER.

3.) THE SNOWIEST CITY ON EARTH IS IN JAPAN.

4.) THERE'S A DIFFERENCE BETWEEN FREEZING RAIN AND SLEET.

5.) SOMETIMES SNOWBALLS FORM THEMSELVES.

BY: HALEY PELLA

Washington DC Trip over Thanksgiving Break

By: Hailey Truscott

On Wednesday, November 24, 2021, many of the Sterling Public Schools students in grades seventh, eighth, and ninth took a grand trip to Washington DC. Normally this trip is for sixth, seventh, and eighth graders and is taken every two years. However, due to Coronavirus issues the last trip was postponed and so the freshmen were invited to take the adventure this time around. This trip lasted well throughout the Thanksgiving holiday, and the students returned on the following Sunday the 28th.

During the visit, the students and their sponsors went to a number of fun and educational places. The National Air & Space Museum, Mount Vernon, and Arlington National Cemetery, along with malls and famous food courts, were only a handful of the attractions visited by the students during their trip.

According to Jubilee Matkins, an eighth grader, her favorite part of the trip was when the group, "... went to the National History Museum, because it had everything I wanted to look at." While the trip may have been a short one, there was still plenty of time to learn new and exciting things about United States history.

"There's so much more to our country's history than what you can read in a book," claimed Renae Kinney, a parent who helped chaperone for the trip. Aside from the joyous atmosphere of the trip to Washington DC, the numerous learning opportunities led to positive feedback from multiple, if not all, participants.

The impact left on those who attended the 2021 WorldStrides trip to Washington DC, resulted in high hopes and new educational values towards the importance of the United States and the making of what it has become today. For those that went on the trip this year, they claimed they would gladly go on that adventure once again.

Lincoln Journal Star's 2021 All-State Football

1st Team Defense: Tanner McDonald and Andrew Richardson

Honorable Mention: Carson McAuliffe

Lincoln Journal Star's 2021 All-State Volleyball

Honorable Mention: Lauren Harms and Macy Richardson

Omaha World Herold's 2021 All-State Volleyball

Honorable Mention: Lauren Harms, Macy Richardson, Ellie Lafferty, and Brooke Huetson

FALL 2021 THANK YOU NOTES

Football

The Crow's Nest Crew - Mark Horstman, Ryan McAuliffe, Jake Weyers, Roy Goracke, Josh Pfeiffer, and Greg Peterson

The Chain Gang - Austin Walters, Seth Harms, Mason Gee, Sam Boldt, Luke Boldt, and DeeAnn Richardson

Ticket Takers - Jennifer Moss, Ashlynn McClung, DeeDee Phillips, Addie Heusman, and Renae Kinney

Volleyball

Bookkeepers/Libero Trackers - Rachel Goracke, Nancy Harms, and Cheri Wirthele

Ticket Takers - Renae Kinney and Jennifer Moss

Officials/Linespeople/Announcers - Taylor Schultz, Julie Saathoff, Cheri Wirthele, Addie Heusman, Abby Heusman, and Derrick Gossard

FBLA / FFA / SKILLS CHRISTMAS PARTY



Sterling Through The Years

By: Joie Janssen

You might think of Sterling Public Schools as a normal, boring school, but if you actually dig deep, you might find something that will make you think differently. The people in this town have a lot of stories to share, but today I will only tell you a couple of stories from very fascinating people. Our very own Sterling Public Schools was founded in 1917, and we are still going strong. Today we will find out more about Sterling Public Schools.

Gerald Janssen, a former Sterling Public Schools graduate of 1981, told me a couple of stories from when he was in school. The ambulances were rushing to Sterling, but it was too late, Mr. Reese was dead. It happened during school, Gerald Janssen was in the back of the classroom doing homework as always, but he noticed a girl in his class go up to ask Mr. Reese a question. Then Bam! Mr. Reese in a split second fell on the floor. Gerald wondered if he was joking or if he was in serious pain. Their minds were thinking about all the things that could have happened. Was it a stroke? They later found out he died of a heart attack. This might sound like a fictional story, but it really happened to Mr. Reese here at Sterling Public Schools.

Another thing Gerald brought up was the Freshman Initiation. His description of it was, "The seniors had a chance to humble the freshman by dressing them up as characters and making them drink a disgusting concoction. One time when I was a freshman, one of the seniors drank the concoction." He said that it tasted like pickle juice in his opinion. For the Freshman Initiation, Gerald had to dress up as the Jolly Green Giant. Some kids had to dress up as Tarzan, Jane, a baby, and many more. Luke Boldt, a teacher at Sterling Public Schools did not have Freshman Initiation, but if he did, he said, "I would have dressed up as my favorite wrestler, the Ultimate Warrior." When Gerald was a senior, he was finally ready to "humble" the freshman but at this point they stopped the tradition. So, he really didn't get to experience the best part of the Freshman Initiation.

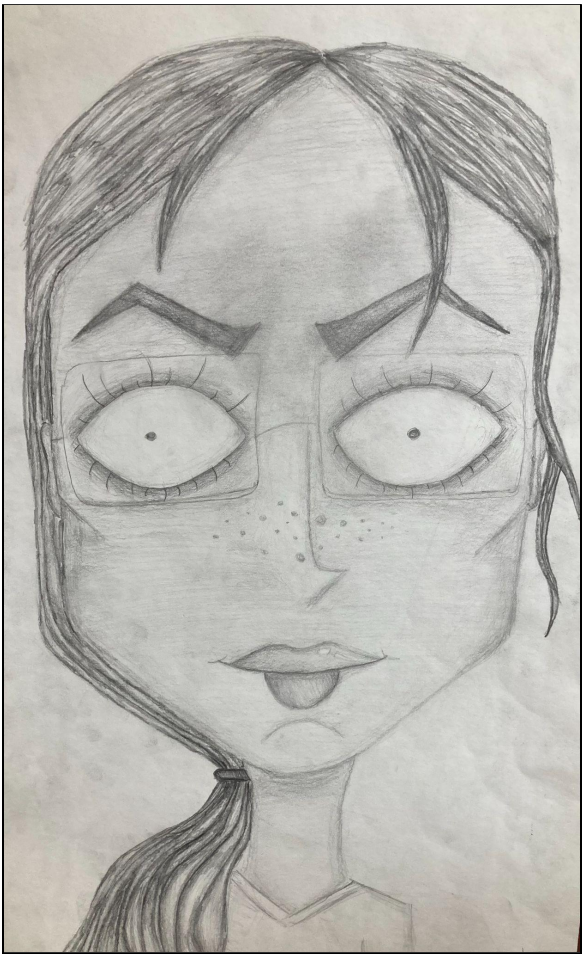
Gerald and Boldt participated in many clubs and activities. For example they both participated in a play. Boldt was in a play called the "Drive In" and he said it was a blast. Gerald participated in basketball, was vice president in the National Honor Society, and ran track. Mr. Boldt was involved in many activities. "I was involved in Football, Basketball, Track, Band, Vocal Music, Boys Quartet, Swing Choir, National Honor Society, FBLA, and I really enjoyed all of them, but sports and singing were my favorites."

Have you ever heard of the Winter Ball? If you have, you would be surprised that Sterling has had a Winter Ball for many years. Mr. Boldt and Gerald Janssen both went to the Winter Ball but had different experiences. Gerald said it was just ok while Mr Boldt had a lot more fun. Mr. Boldt said, "I always loved the dances. We didn't miss a song. Always danced with as many girls as I could. The music was always good. I remember that there was always good food and the teachers usually sponsored the dances."

Sterling, Nebraska, as you can see, is a really interesting place if you find the right people to talk to. Like Mr. Boldt said, "I'm really blessed to have been a student at Sterling and still blessed to be working as a teacher here. It's great to be able to know almost everyone in town. I get to see the students in school, at games, at church, at the gas station, and wherever else our paths may cross."



Batman by Amelia Kephart



Self Portrait by Chloe Waters



Self Portrait Kylie Mathes–Riensch



Dog by Calle Wusk

Student Piece of the Month

Body Image and how the Media Affects It by Piper Kinney

The media. A place where toxicity is a must and human degradation is a staple. Every day, billions of photos are uploaded, whether edited or not, and millions of people see them. It's easy to affect someone's body image with that many photos out there. Just one could make the whole thing go awry. Because of how easy it is to affect body image and how much the media does, it's constantly being changed, but one remaining constant is that skinny and perfect bodies are the end all, be all. I think the media negatively affects the female body image because of its unrealistic beauty standards, its ability to cause self-hatred, and because it hides the reality of body issues.

When you think of the "perfect body," what comes to mind? Is it wide hips and high cheekbones? Or maybe a slim waist and pin-straight hair? All of these standards are products of the media. Not only are they very specific, but they're also very unrealistic and hard to reach. Trying to drastically change your body type from the one you were born with is exceedingly difficult. The three major body types are endomorph, mesomorph, and ectomorph (Rashid). Of course, there are slight variations in each, the hourglass figure being a mix of endomorph and mesomorph, for example. One universally known franchise that portrays females with perfect bodies and flawless skin is Disney. In her book *Packaging Girlhood* (2007), child psychologist Sharon Lamb states that Disney girls are depicted as women with "Barbie doll bodies" (Lamb and Brown). Don't get me wrong, Disney princess movies are spectacular, but the actual princesses themselves project society's ideal, "perfect" body and all the toxicity that comes along with it.

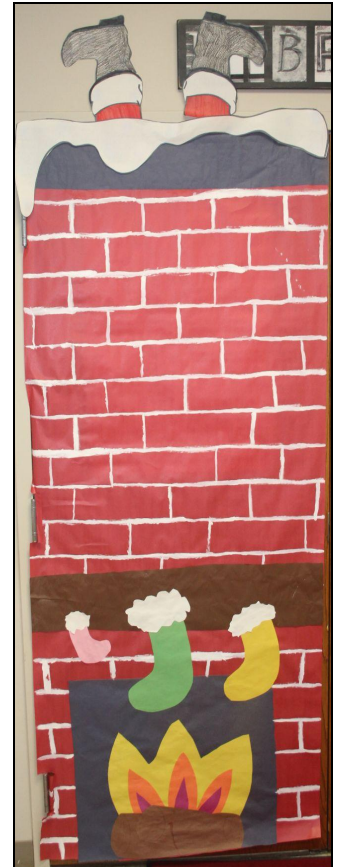
Not only is the media unrealistic, but it also has the ability to cause self-hatred. Donna Wick, EdD, founder of Mind-to-Mind Parenting, says that for teenagers, the combined weight of vulnerability, the need for validation, and a desire to compare themselves with peers forms what she describes as a "perfect storm of self-doubt" (Jacobson). Teenagers are persistently looking for validation from other people and are constantly comparing themselves to others, whether they realize it or not. This, along with the vulnerability that is the female body image, forms self-doubt. And social media doesn't help that. According to a study done in 2019, adolescents who spend more than three hours per day using social media may be at heightened risk for mental health problems, particularly internalizing problems (Riehm et al.) This proves that social media is a common cause for self-hatred and mental health problems. Even checking sporadically throughout the day subjects you to toxicity and an unhealthy body image.

But body image and the media's version of it is good, it's inspirational, right? Yes, on the surface. But "perfect," edited photos hide the reality of body issues. And that reality is that everyone's body is different and has flaws. Eating disorders and other weight problems exist, even if they're not shown on the surface. According to Child Mind Institute, after a recent spate of college suicides, researchers at Stanford University coined the phrase "duck syndrome." The term refers to the way a duck appears to glide effortlessly across a pond while below the surface its feet work frantically, invisibly struggling to stay afloat (Jacobson). On the surface, everything may seem perfect, but below the surface, people struggle. They try to look like their life is put together, but, in reality, it's not. People deal with body issues every day, cellulite being one of the most common. In fact, approximately 90% of women are affected by it (Harmon). That's over half of the females you will meet in life.

Body image and the media affect each other so much that it's hard to draw the line between what's what. But there is one remaining constant: society only accepts perfect, flawless women. I think the media negatively affects the female body image because of its unrealistic standards, its ability to cause self-hatred, and because it hides the reality of body issues. But why should you even care about this? Does it really matter? Yes, you should care, because people are affected by this every day; they're being dragged down and forced to hate themselves. Next time you're on social media, don't compare yourself to the "perfect" pictures posted. Ditch societal standards, be real, be you. Because everyone's different and you're one of a kind.



Teacher Door Decorating Contest





**STERLING
FOUNDATION
SCHOLARSHIPS**

**THE FOUNDATION PROVIDED SCHOLARSHIPS
TO SENIORS WHO QUALIFY AND APPLY.
THEY ARE LOOKING FOR
DONATIONS TO ASSIST STERLING
STUDENTS PURSUING A
SECONDARY EDUCATION.**

JANUARY 2022 MENUS

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL	4 Cereal	5 Scrambled Eggs, Hash Browns	6 Tornados	7 Breakfast Bars
10 Sausage & Gravy w/ Biscuits	11 Cheese Omelet, Sausage	12 Waffles	13 Yogurt	14 Sausage Quiche
17 Pop Tarts	18 Egg Patty, Ham	19 Bagel w/ Cream Cheese	20 Pancakes, Bacon	21 Donuts
24 Cereal	25 Tornados	26 French Toast	27 Yogurt	28 Frudels
31 Oatmeal				

NO SCHOOL DEC 23-JAN 3

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL	4 Macaroni & Cheese w/ Ham, Green Beans	5 Hot Dogs, Baked Beans	6 Chicken Patty, Mashed Potatoes w/ Gravy	7 Fish Sandwich, Coleslaw
10 Spaghetti w/ Meat Sauce	11 Chicken Fried Rice, Egg Rolls	12 BBQ Pulled Pork Sandwich, Potato Salad	13 Tomato Soup, Grilled Cheese	14 Salisbury Steak, Corn, White Rice
17 Scalloped Cheesy Potatoes w/ Ham, Peas	18 Fish Sticks, Coleslaw	19 Walking Tacos, Salad Bar	20 Cheeseburgers, Tator Tots	21 Chicken Nuggets, Potato Wedges
24 Hot Grilled Sandwiches, Chips	25 Sausages & Potatoes, Green Beans	26 Lasagna, Garlic Bread	27 Chili, Cinnamon Roll	28 Cheesy Chicken Broccoli w/ Rice, Roll
31 Potato Bake				

**Alternate Entree (7-12): Chef Salad - Fruits and vegetables offered with every meal - Milk served with every meal -
Menus are subject to change**



JANUARY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	Jan 1
MORATORIUM		WEeping WATER HOLIDAY TOURN			NEW YEAR'S EVE	NEW YEAR'S DAY
NO SCHOOL - CHRISTMAS BREAK - DEC 22-JAN 3						
2	3	4	5	6	7	8
	Teacher Workday	Start of 2nd Semester G/B BB vs. Palmyra - HOME (4 games) 4PM		G/B BB vs. Dorchester - HOME (GJV/GV/BV) 5PM	G/B BB @ HTRS (4 games) 4PM	
NO SCHOOL - CHRISTMAS BREAK						
9	10	11	12	13	14	15
			NHS Blood Drive @ Community Building 12-6PM			
16	17	18	19	20	21	22
	FFA District Leadership Event @ Norris 9/10 G/B BB vs. Johnson-Brock - HOME - 6:30/7:30PM School Board Mtg. 7PM	G/B BB vs. Mead - HOME (4 games) 4PM	NO PRESCHOOL	Freeman JH GBB Tournament - 4PM	G/B BB vs. Southern - HOME (4 games) 4PM	
23	24	25	26	27	28	29
	NO SCHOOL (PreK-6) 1:37PM EARLY OUT (7-12) Pioneer Conference Instrumental Clinic @ Sterling JH GBB @ Pawnee City - 2PM	G/B BB vs. NCL - HOME (4 games) 4PM	JH GBB @ Diller-Odell - 1PM		G/B BB @ Lewiston (GV/BV) 6PM	MUDECAS Speech Contest
30	31	Feb 1	2	3	4	5
	JH GBB vs. FCSH - HOME - 4PM		NO PRESCHOOL 1:37PM EARLY OUT FFA District Proficiency Reviews & State Degree Interviews		NO SCHOOL Engaging Educators Conference @ Peru (Teacher Inservice)	
PIO CONF BB TOURN @ DILLER-ODELL/FCSH					PIONEER CONFERENCE BB TOURNAMENT @ DILLER-ODELL/FCSH	
PIONEER CONFERENCE ART EXHIBIT						

Events and times are subject to change. Please check the Weekly Bulletin or Google Calendar for the most up-to-date info.



FEBRUARY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 JH GBB vs. FCSH - HOME - 4PM	Feb 1	2 NO PRESCHOOL 1:37PM EARLY OUT FFA District Proficiency Reviews & State Degree Interviews NAEP Testing (8th Grade) 8AM-12PM	3	4 NO SCHOOL Engaging Educators Conference @ Peru (Teacher Inservice)	5
PIO CONF BB TOURN @ DILLER-ODELL/FCSH						
PIONEER CONFERENCE ART EXHIBIT @ HTRS						
6	7 9/10 BBB vs. FCSH - HOME - 7PM Meridian JH GBB Tournament - 5:30PM	8 ESU4 Leadership Academy GBB vs. Freeman - HOME (JV,V) 6PM	9 Pioneer Conference Speech Meet @ Friend JH GBB vs. Freeman - HOME - 1PM	10 NO PRESCHOOL 1:37PM EARLY OUT P/T CONFERENCES 2:30-8PM	11 NO SCHOOL G/B BB vs. Tri-County - HOME (4 games) 4PM	12 ACT Test Date Lewiston JV G/B BB Tournament - 8AM
13	14	15	16 NO PRESCHOOL JH GBB vs. Neb City Lourdes - HOME - 2:30PM	17	18 BBB vs. Freeman - HOME (JV,V) 6PM	19
GBB SUB-DISTRICTS						
20	21 School Board Meeting - 7PM	22	23	24 SCC Accuplacer (10-12th) 9:05AM JH GBB vs. HTRS - HOME - 1PM	25	26
BBB SUB-DISTRICTS						
BBB SUB-DISTRICTS FINALS						
BBB SUB-DISTRICTS FINALS (CI-D2)						
NATIONAL FFA WEEK						
27	28 Johnson-Brock JH GBB Tournament - 4PM 1st Day of Spring Practice	March 1 FFA District Career Development Events @ SCC-Beatrice	2 NO PRESCHOOL 1:37PM EARLY OUT	3	4 District Speech Contest @ FCSH SkillsUSA Middle School Conference @ Grand Island	5

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Website: www.sterlingjets.org

SUPERINTENDENT

Adrian Allen

PREK - 12 PRINCIPAL

Jacob Davenport



1st Annual
Snowcoming
DANCE
SATURDAY
January, 22
7:30 - 11:00PM

Open to 9-12th Grade Students
Doors close at 8:00PM
Sponsored by STUCO