

# STERLING PUBLIC SCHOOLS - WEEKLY BULLETIN: May 2-9, 2026

**Saturday  
May 2** HS State Trap @ Doniphan  
Pioneer Conference Track @ Lewiston - Bus/Van leave @ 6:43AM - Schedule on back

**Sunday  
May 3** FFA Trash Pick-Up - Meet at Immanuel Church at 1PM - Bring gloves!  
Secret Sister Dinner - 7PM @ Hopewell Methodist Church

**Monday  
May 4** Breakfast: Donut, Ham, Omelete, Fruit, Milk/Juice  
Lunch: Chicken Nuggets, Pasta Salad, Fruit, Veggie, Salad Bar, Milk  
SOAR - 7th period  
K/2 Field Trip to Firth - Bus leaves @ 8:40AM  
TRACK PRACTICE: after school  
NHS Induction Ceremony - 6PM / Awards Banquet - 7PM - GYM

**Tuesday  
May 5** Breakfast: Waffle, Egg, Cheese Stick, Fruit, Milk/Juice  
Lunch: Ham & Cheese Sandwich, Chips, Fruit, Veggie, Salad Bar, Milk  
SOAR - 6th period  
Freeman Invite @ Adams - 8:30AM - Bus/Van leave @ 6:58AM - Schedule on back  
GBB Camp (Grades 2-7) 3:45-5:15PM - GYM

**Wednesday  
May 6** **NO PRESCHOOL/PRE-KINDERGARTEN**  
Breakfast: English Muffin, Egg, Sausage, Fruit, Milk/Juice  
Lunch: Fajita, Rice, Fruit, Veggie, Salad Bar, Milk  
FFA Meeting - 7:15AM  
SOAR - 5th period - AP Groups  
Senior Hallway Walk - 10:35AM  
Freshman Wax Museum - 2PM - GYM  
TRACK PRACTICE: after school  
GBB Camp (Grades 2-7) 3:45-5:15PM - GYM

**Thursday  
May 7** Breakfast: English Muffin, Egg, Ham, Fruit, Milk/Juice  
Lunch: Corn Dog, Mac & Cheese, Fruit, Veggie, Salad Bar, Milk  
SOAR - 4th period  
FFA Petting Zoo from 9AM-12PM  
TRACK PRACTICE: after school  
GBB Camp (Grades 2-7) 3:45-5:15PM - GYM

**Friday  
May 8** Breakfast: Oatmeal, Sausage, Egg, Fruit, Milk/Juice  
Lunch: Chicken Fried Steak, Mashed Potatoes, Fruit, Veggie, Salad Bar, Milk  
SOAR - 3rd period  
Elementary Field Day @ Sterling Park - Families welcome to attend!  
TRACK PRACTICE: after school

**Saturday  
May 9** Graduation - 2PM - GYM  
Pioneer Conference JH Track @ Pawnee City - Vans leave @TBA - will be posted ASAP

**MORE INFO ON BACK**

**BOOK FAIR WEEK!!!**

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\*This institution is an equal opportunity provider. \*Menu is subject to change without notice.

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**THE JET WAY: THINKING OUTSIDE THE BOX...** Creative thinkers look for new ways to do things. If your child is stuck on a task or problem, encourage them to pause and think of a different approach. Creativity helps students stay calm and keep trying.

**DETENTION ROOM:  
MR. MATKINS**

# PIONEER CONF. HS TRACK

## 5/2/26 @ LEWISTON

**8:30AM** - Girls Pole Vault then Boys

### 9AM - FIELD EVENTS

Boys Discus then Girls Discus

Girls Shot Put then Boys Shot Put

Girls Long Jump then Girls Triple Jump

Boys High Jump then Girls High Jump

Boys Triple Jump then Boys Long Jump

### 12PM - RUNNING EVENTS

4 x 800 Meter Relay Finals

100 / 110 Meter Hurdles Prelims

100 Meter Dash Prelims

400 Meter Dash Finals

3200 Meter Run Finals

200 Meter Dash Prelims

*(15 - 30 minute break)*

100 / 110 Meter Hurdles Finals

100 Meter Dash Finals

800 Meter Run Finals

300 Meter Hurdles Finals

200 Meter Dash Finals

1600 Meter Run Finals

4 x 100 Meter Relay Finals

4 x 400 Meter Relay Finals

# FREEMAN HS TRACK

## 5/5/26 @ ADAMS

*1st Session*

*2nd Session*

### 8:30AM

Pole Vault Girls Boys

### 9AM - FIELD EVENTS

Shot Girls Boys

Discus Boys Girls

Long Jump Boys Girls

Triple Jump Girls Boys

High Jump Boys Girls

### 12PM - RUNNING EVENTS

*Girls followed by Boys*

3200 Meter Relay Finals

100/110 Meter Hurdles Prelims

100 Meter Dash Prelims

400 Meter Dash Finals

3200 Meter Run Finals

200 Meter Dash Prelims

### **BREAK**

100/110 Meter Hurdles Finals

100 Meter Dash Finals

800 Meter Run Finals

300 Meter Hurdles Finals

200 Meter Dash Finals

1600 Meter Run Finals

400 Meter Relay Finals

1600 Meter Relay Finals