

APRIL 2014 NEWSLETTER

Superintendent Notes

by Mike Davis



Smart Snacks in School are Coming!

What are Smart Snacks?

Last summer, the USDA published practical, science-based nutrition standards for all foods and beverages sold to students during the school day (outside of the school meals programs). These nutrition standards are called Smart Snacks in School. Smart Snacks will put all foods and beverages sold to students across campus on a level playing field. The standards will make healthier foods and beverages available to students while limiting junk food.

Why are Smart Snacks important?

Healthy, well-nourished students are better learners! Students who consume healthier foods and beverages are more likely to get the nutrients they need to learn, play and grow. Having healthier foods and beverages available contributes to the overall health and well-being of youth. In addition, students around the country are seeing a difference in their school meals, including more fruits, vegetables and whole grains. By providing healthier foods and beverages outside of the cafeteria, we can build on the great strides being made **in** the cafeteria!

What do I need to know?

- Smart Snacks will apply all foods and beverages **sold** to students outside of the school meals programs - including vending machines, a la carte, school stores, snack carts and in-school fundraising.
- Smart Snacks will be in effect all school day (midnight before to 30 minutes after the end of the school day) across the whole school campus.
- Foods and beverages sold to students **as fundraisers during the school day** will have to meet the Smart Snacks guidelines.
- Non-food fundraisers or fundraisers that include only foods and beverages that meet the standards are **not** limited in any way!
- Smart Snacks will **not** apply to foods served, such as classroom celebrations and during evening, weekend or community events.
- Smart Snacks go into effect on July 1, 2014.

What will the changes look like?

Cookies, candy, chips, donuts and soda will be replaced with items like nuts or seeds, popcorn, baked chips, fruit cups and plain water.



Blackbeard the Pirate

Missoula Children's Theatre came to Sterling on Monday, March 17th. After school that day 51 Sterling students in grades K-8 auditioned and were selected to be actors in a play entitled "Blackbeard the Pirate." Then after just five days of practice, these students performed on Friday in a matinee for the students and staff! Friday, March 21st at 7:00 PM they performed for an estimated 200 parents and family members.



Cast of Characters

Blackbeard-Makaela Fendrick, Bluebeard-Mae Stark, Redbeard-Emma Harms, Greybeard-Treyton Cockerill, Yellowbeard-Jessa Harms, Peachfuzz-Macie Whalen; Beach Bums-JeriJeydon Tallant, Kaleb Masur, Kaitlyn Wusk, Sam Boldt, Danielle Janssen, McKayla Vermeer; Lt. Maynard-Abigail Thies; Sailors-Jack McAuliffe, Trenton Peery, Dahltan Fisher, Kanyon Tibbs-Fossler; Crabs-Tanner McDonald, Kody Goracke, John Janssen, Andrew Harms, Thomas Zapata; Crocodiles-Joel Rathe, Bianca Gonzales; Mermaids-Isabella Cambron, Katy Boldt, Lauren Harms, Dakota Haner, Sierra Goracke; Seaweed Creatures-Riley Vermeer, Hayden Vollman, Wyatt Rathe, Haley Pella, Cassie Lynn Klein; Parrots-Hailey Truscott, Mary Ellen Zapata, Colin Wambold, Kiffin Theobald, Mikah Prather, Maxwell Parde, Aspyn Haner, Denver Eckhardt, Tiffini Cross, Dane Vollman, Zoey Vermeer, Tessa Cockerill, Dakota Andrews
Sam the Clam-Emma Mae Cambron; Assistant Director-Jessie Klein; Stage Manager-Torie Tucker; Accompanist-Angel Renninger; Jolly Rodger-Coryn Bourgeois (MCT); Director-Daniel Boughton(MCT)

STERLING PUBLIC SCHOOL

Creighton Community Schools

On February 24th, Mrs. Mackey, Mrs. Hier, Mr. Bolt, Mr. Theobald and I visited Creighton Community Schools to see what they are doing to get the results of 1st in Science, 2nd in Reading and Math last year on the Nebraska State Assessments (NeSA) overall in grades 3-11.

There weren't major differences between Creighton and Sterling Schools, but a few things that they are doing that could be put in place at Sterling next year. Some ideas we are recommending to do here at Sterling as a result of our visit include to increase the Title I services for our students and to put sixth grade back into the elementary. Creighton departmentalizes the middle grades 4-5-6. One teacher teaches all the language arts and reading, one teaches all the science and another teaches all the math. Their teachers use more practicing of testing of the standards that are in the NeSA tests and they have incentives for doing well on these tests.

Additional differences include their eligibility requirements which include a week of probation where students failing one class or more must report to their teachers for 30 minutes after school to work on that class. If after a week of probation they are still failing that subject or if the student is failing more than one subject area they are not eligible.

Creighton has the graduation requirements includes 20 community service hours or 5 per year and the students receive credit for PE if out for sports 2.5 credits per full sport season to accumulate to 10 credits.

Creighton's Policy on Absenteeism and Reduction in Credit per Semester:

0-5 classes missed	5 credits	6-8 classes missed	4 credits
9-11 classes missed	3 credits	12-14 classes missed	2 credits
15+ classes missed	0 credit	These credits pertain to high school only.	

Creighton junior high students who have 12 or more absences in a school year are subject to being deprived of promotion to the next grade.

Alert Solutions

Effective April 1st the school will replace the current system called School Reach with a new system called Alert Solutions. This will be the new company to reach out and inform parents on the telephone, text or email about school related information. There will be more that the teachers and coaches can use to communicate with parents.

Carolyn Eilers is Retiring

Mrs. Eilers is retiring at the end of the school year. She has been teaching at Sterling Public Schools for 46 years! Congratulations Mrs. Eilers and thank you for your years of service to our students!

PreSchool Grant

There is a good chance that Sterling PreSchool will be full-time next school year and the announcement hopefully will be made by April 15th. This would mean that those kids who turn 3 by July 31, 2014 would be eligible to attend the Sterling PreSchool starting next August 13th.

Sterling Public Schools Offering All Day PreSchool Next Year

At a special meeting on April 1st, the Sterling Board of Education approved a plan to offer all day preschool starting with the 2014-15 School Year.

Parents of 3 and 4 year olds will be offered this State approved educational program at Sterling and the school day will be the same as for the K-6 elementary students. Parents living in the district will be offered this first and if there is still room, option students will be accepted.

Space will be limited. Contact Mike Davis, Superintendent of Sterling Public Schools for more information. Office is 402-866-4761 or email at mdavis@sterlingpublicschools.com

From the Principal's Desk

by *Ryun Theobald*



We have officially completed three quarters of the 2013-14 school year. Our students are busy as usual with a wide variety of activities. Our teachers are continuing to prepare our students for the NeSA assessments that will have begun by the time you are reading this article. I am also sure that if you asked any senior, they can definitely tell you how many days of school they have left. With that being said, here are a few items that I would like to expand on.

1. Student of the Month. Our high school student of the month for the month of February is Taylor Cockerill. Taylor is the daughter of John and Nicole Cockerill. Our middle school student of the month is Nicole Harms. Nicole is the daughter of John and Nancy Harms. These are two young ladies who give a great effort in school and are all around positive role models for their peers.

2. Kindergarten Round-Up. Sterling Public Schools will be holding their annual kindergarten round-up for the 2014-15 school year on Monday, April 7th, 2014. Start time will be 9:00 a.m. and we will plan on meeting in the cafeteria. This will be for parents and their students who will turn five years of age by July 31, 2014. If you are a parent and you are on our census, hopefully you received an invitation letter. If have not received a letter, please feel free to contact the school office.

3. Edgerton Explorit Center. The Edgerton Explorit Center from Aurora, Nebraska, was here on March 5th. They provided hour-long science demonstrations to students in grades K-5, 6-8 and 9-12. The afternoon was spent with students in grades K-5 getting some hands-on time with some science demos. This was a very engaging activity for our students and it was also very educational. A special thank you goes out to Mr. Boldt for taking the time to research and organize this event for our students.

As always, if you have any concerns or comments, please do not hesitate to give me a call.



GO
JETS!!!



Fifth Grade Enjoys Learning

The fifth grade started a new unit in Science on electricity. Their first experiment was observing what happens as charges move from one object to another. They rubbed a balloon on someone's clean, dry hair. They had a great time, especially using Ms. Kate as their project. As you can see, Treyton was having a great time. They learned as they rubbed, electrons break away from your hair. The surface that loses electrons now has a positive charge. They are on the balloon. The balloon now has more electrons, which gives it a negative charge. Because opposite charges attract, the balloon will stick to your hair. They also found if you place the balloons near each other, there is a small force that pushes the balloons apart. This occurs because like charges repel. The flow of charges between the balloon and your hair is an example of electricity.

They are also preparing for the NeSA tests. They have been reviewing and learning new material in all subjects. They will also be taking their annual Safety Day field trip to Tecumseh, on May 1st.

This year has gone really fast. This group of students has made it a fun year of learning!!!!



**DON'T FORGET TO ORDER YOUR 2013-14
STERLING YEARBOOK for \$50.**

Contact the school.

From the Desk of the Athletic Director *by Brent Heusman*

We have now reached the spring season for activities here at Sterling. The girls basketball team wrapped up a very successful season by finishing as the Class D-2 runner-up. Coach Cockerill, Coach Salberg, and Coach Parrish along with all the girls should be commended for this outstanding accomplishment. The boys basketball team completed another successful season with a 13-10 record. The speech team has finished their season and although none of our team members qualified for state, Mrs. Steele and her students had some outstanding performances throughout the season. The high school track teams have been preparing for their first meet which is the Conference Indoor on Thursday, March 27th. Good luck to our track athletes and please take the opportunity to get out and support our tracksters if you get the chance.

Varsity Lady Jet BB 20-8

State Tournament- Class D-2 Runner-Up

Sterling vs. Stuart (W 46-41)

Sterling vs. Giltner (W 31-28)

D-2 Championship Game

Sterling vs. Wynot (L 38-53)

JH Girls BB (7-5)

Sterling @ Lewiston (W 22-8)

Freeman Tournament 2nd Place

Sterling vs. Johnson-Brock (W 15-12)

Sterling vs. Freeman (L 8-23)

Sterling @ Pawnee City (W 20-9)

Sterling @ Diller-Odell (W 26-17)

FCSH @ Sterling (L 11-44)

Lewiston Tournament (3rd Place)

Sterling vs. Lewiston (L 16-19)

Sterling vs. Diller-Odell (W 28-25)

Freeman @ Sterling (L 22-29)

Neb. City Lourdes @ Sterling (W 24-13)

Johnson-Brock Tournament 2nd Place

Sterling vs. Neb. City Lourdes (W 20-19)

Sterling vs. Johnson-Brock (L 7-17)

Varsity Boys BB (13-10)

Sub-Districts

Sterling vs. Parkview Christian (L 39-46)

Speech

MUDECAS - Superior Ratings

Ben Logston – Humorous Interpretation

Sarah Scamehorn- Serious Interpretation

Jazzy Eickhoff- Persuasive Speaking

Erika Eckhardt – Informative Speaking

6th Place - Ben Logston & Sarah Scamehorn – Duet Acting

HTRS Contest

4th Place - Ben Logston & Sarah Scamehorn – Duet Acting

Pioneer Conference - Superior Ratings

Ben Logston – Humorous Interpretation

Paxton Donovan – Humorous Interpretation

Erika Eckhardt – Informative Speaking

OID – (Ben Logston, Becky Williams, Megan Barber, Micah Erickson, and Meri Heitbrink)

Districts - Superior Ratings

Paxton Donovan – Humorous Interpretation

OID – (Ben Logston, Becky Williams, Megan Barber, Micah Erickson, and Meri Heitbrink)

STERLING PUBLIC SCHOOL 2014-15 CALENDAR

August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

October

		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

December

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

April

		1	2	3	4
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	

Aug. 11-12 Teacher Inservice
 Aug. 13 First Day for Students
 Aug. 15 County Fair -No School
 Sept. 1 Labor Day - No School
 Sept. 25 - Early out at 2:43 PM
 PT Conf. 3:30 PM to 8:30 PM

Oct. 16 - End 1st Quarter
 Oct. 17 No School - Fall Break
Nov. 10 - Hosting Pioneer Music-No Elem. School
Nov. 10 - Elem. Teacher Workday
 Nov. 26 Dismiss at Noon for all
 Nov. 27-28 Thanksgiving Break

Dec. 18 & 19 Sem. Exams
 Dec. 19 - End 2nd Quarter - Dismiss @ 2:43 PM
 Dec. 19 - Jan. 1 Winter Break
Moratorium Dec 21-25
 Jan. 2 - Teacher Inservice
 Jan. 5 - 2nd Semester Starts for Elementary

Feb. 12 - Dismiss @ 2:43 PM
 Feb. 12 P/T Conf. 3:30 PM - 8:30 PM
 Feb. 13 - Spring Break
 March 6 - End of 3rd Quarter

April 3 & 6 - No Classes - Easter Break
 April 23 - Teacher In-Service No School
 May 7 - Seniors Last Day
 May 9 - Graduation @ 4:00 p.m.
 May 22 - Schools Out-Noon Dismissal
 May 27 - Teacher Workday



End of Quarter

No Classes for Students

3 Days have been built in as Snow Days

***Snow Days may cause this calendar to be extended or shortened.

First Quarter	45.0 Student Days & 47.0 Teacher Days
Second Quarter	42.5 Student Days & 42.5 Teacher Days
Third Quarter	44.0 Student Days & 45.0 Teacher Days
Fourth Quarter	51.5 Student Days & 53.5 Teacher Days
TOTAL	183 Student Days & 188 Teacher Days

September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

November

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

January

			1	2	3
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30
31					

March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2014 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 Turkey Creek Relays @ Friend - 10 a.m.	2	3 NHS/STUCO Bloodmobile 12-6 p.m.	4	5 MUDECAS H.S. Track Meet @ JCC Tecumseh 9 a.m.	
6	7 Kindergarten Round-Up 9 a.m. Freeman J.H. Quiz Bowl 6 p.m.	8	9 Mustang Invite @ Friend - 10 a.m.	10 5-12 Spring Concert Small Groups - 7 p.m.	11	12 ACT Test Date PROM @ Beatrice - Classics 7:30 p.m.	
13	14 Freeman H.S. Quiz Bowl 6 p.m.	15 Lewiston Invite @ Pawnee City 9:30 a.m.	16	17 Pawnee City JH Track Invite - 10 a.m.	18 Early Dismissal 2 p.m.	19	
20	21 NO SCHOOL Spring Break	22 Irish Invite @ Syracuse 10 a.m. Mid Quarter Reports MUDECAS JH Quiz Bowl @ Freeman 1 p.m.	23 NE Nebraska Show Choir 8:10 a.m.	FFA State Convention in Lincoln			26 MUDECAS JH Track Meet @ Pawnee City - 9 a.m.
27	28	29 Pawnee City Invite @ Pawnee City - 3 p.m.	30 Shop Field Trip to SCC- Milford & Lincoln Lewiston JH Track Invite @Pawnee City - 9:30 am	24 District Music Contest @ JCC Tecumseh JCC JH Track Invite @ JCC Tecumseh 4 p.m.	25		



APRIL 2014 MENUS

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menus subject to change without notice</i>	1 B- Egg Taco or Cereal/WG Muffin, fruit, milk L- Submarines, corn, gelatin, applesauce	2 B- Donut, Yogurt or Cereal/Yogurt, juice, milk L- Nachos w/cheese or bean dip, black bean salad, celery w/peanut butter, pineapple tidbits	3 B- Garlic Cheese Toast or Cereal/WG Muffin, fruit, milk L- Spaghetti, green beans, wg garlic bread, pears	4 B- Cereal, Toast, juice, milk L- Fish Nuggets, peas, coleslaw, peaches
	7 B- WG Pancakes, Sausage or Cereal/Sausage, juice, milk L- Tacos, corn, celery w/peanut butter, mandarin oranges	8 B- Omelet WG Toast or Cereal/WG Toast, fruit, milk L- Chicken Noodle Soup, romaine lettuce salad, pb&j, sandwich, peaches	9 B- Garlic Cheese Toast or Cereal/WG Muffin, juice, milk L- Chicken Nuggets, ff and/or swt. ff., mixed vegetables, pears	10 B- Cereal, Toast, fruit, milk L- Roast Turkey, mashed potatoes w/gravy, green beans, tea rolls w/jelly, applesauce
14 B- Egg Taco or Cereal/WG Muffin, juice, milk L- Chicken Tenders, mashed potatoes w/gravy, corn, pineapple tidbits	15 B- French Toast Sticks, Sausage or Cereal/Sausage, fruit, milk L- Mini Corn Dogs, tator gems and/or swt. tator gems, baked beans, pears	16 B- Cereal, Toast, juice, milk L- Chili Soup, romaine lettuce salad, wg cinnamon roll, mandarin oranges	17 B- Breakfast Bar or Cereal/WG Muffin, fruit, milk L- Chicken Fajita, peas, rice, peaches	18 B- Donut, Yogurt or Cereal/Yogurt, fruit, milk L- Pizza, green beans, applesauce
NO SCHOOL	22 B- Waffles, Sausage or Cereal/Sausage, fruit, milk L- Tomato Soup, romaine lettuce salad, cheese sandwich, applesauce	23 B- Cereal, Toast, juice, milk L- Hamburger, ff and/or swt. ff, tomatoes, pears	24 B- Scrambled Eggs, WG Toast or Cereal/WG Toast, fruit, milk L- Potato Bake, ham or tuna salad sandwich, string cheese, mandarin oranges	25 B- Sausage Gravy Over WG Biscuits or Cereal/WG Toast, juice, milk L- Chicken Tetrazzini, peas, coffee cake, peaches
	28 B- French Toast Sticks, Sausage or Cereal/Sausage, juice, milk L- Goulash, green beans, wg tea rolls w/jelly, applesauce	29 B- Breakfast Pizza or Cereal/WG Muffin, fruit, milk L- Cook's Choice Soup, breadsticks, peaches, romaine lettuce salad	30 B- Cereal, Toast, juice, milk L- Chicken Patty on WG Bun, mashed potatoes w/gravy, corn, pineapple	<i>All meals include half pint of milk and two kinds of fresh vegetables.</i>
				<i>Extra Whole Sandwich .90 Half a sandwich .45</i> <i>WG – whole grain Swt. ff – sweet potato french fries</i>

**STERLING
PUBLIC
SCHOOL**

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SUPERINTENDENT

MIKE DAVIS

K-12 PRINCIPAL

ACTIVITIES DIRECTOR

RYUN THEOBALD

GUIDANCE COUNSELOR

JILL SHEA

ATHLETIC DIRECTOR

BRENT HEUSMAN

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IMPORTANT DATES TO REMEMBER

April 7th - Kindergarten Round-Up - 9 a.m.

April 10th - 5-12 Spring Concert - Small Groups - 7 pm

April 12th - Prom @ Classics @ Beatrice - 7:30 pm

April 18th - Early Dismissal - 2 p.m.

April 21st - NO SCHOOL

April 24th - District Music Contest @ JCC Tecumseh