

Stanton Community Schools

Home & School CONNECTION! (Working Together for School Success)

From the Superintendent's Desk

By Michael J. Sieh

The PEOPLE Are What I Will Really Miss!!

The past nineteen years have really flown by and I attribute it to the great people with whom I was able to work through the years! I will truly miss the daily interactions with students, staff members, board members and the community.

You often hear the quote that if you love your job then you will never go to work. This is especially true for me. I have enjoyed getting to know the hundreds of students that have allowed me to become a part of their lives. Through happy times and sad, I have weathered storms of emotions. I just hope that somehow, I have had a positive impact upon them for I know that they have had a positive impact upon me.

Both certified and classified staff members have also impacted my career. As I think back about each individual staff member that I have had the privilege to work with, I remember those moments and conversations where we were trying to come up with a solution that would best benefit the students we serve. I can guarantee you that the staff that I worked with was not trying to take the easy way but was in constant search for the best way to educate students.

My instructional staff understands national and state standards. They understand that we develop curriculum to serve as a guide that links state standards to our classroom instruction. They

understand Bloom's Taxonomy of Higher Level Thinking and Bob Marzano's instructional strategies that work (Google both). They utilize classroom instructional strategies that are research-based daily. They have focused energy on effective and consistent ways to assess and report student progress. And, they know child psychology, classroom management techniques, behavioral management techniques, how to address needs of student over and underachievers, and the list goes on and on and on! As a community, we need to be proud of our past, present and even future teachers, and offer them the support they need to be successful.

Each year, the non-teaching staff reviews how their job supports the learning of students. Non-teaching staff establish the climate of our buildings. They know that students can't learn if their basic needs are not met. The non-teaching staff ensures that the students aren't hungry, the learning environment is clean and germ free each night, the students arrive safely to and from school, extra classroom help to the teaching staff in meeting the needs of the students, and additional office support to both teachers and students.

Non-teaching staff members are unsung heroes. Employees of a school know you keep non-teaching staff members close for they are

often your first line of defense if a problem arises.

Through my nineteen years, I have worked with numerous boards of education members. I learned early on that one of the roles of a board member is to challenge the superintendent to be the best he/she could be. From this lesson, I decided one of my roles was to make every board member become the best he/she could be. Using this approach over the years has assisted the board and I in annually growing the school.

I have always told my board that I want them to be a diverse and transparent group. These qualities help ensure that all students are represented at our meetings and topics can be freely discussed.

As members come and go from the board, the educational target shifts. I have never seen the target do a complete 180 degree shift, but the movement is noticeable and keeps everyone fresh and moving forward so we don't get stuck on the status quo.

My family and I have always felt the support of the community. Another famous saying states that it takes a village to raise a family. Well, Stanton, you have been our village. As a leader in the community, I would not have been able to get where I'm at today if not for your constant support. My family and I have decided that even after my retirement, we plan to continue to be productive members of this great community!

Volume XVII, Issue 8

February 28, 2020

Reporters

Dr. Sieh Superintendent
Dr. Cunningham..... H.S. Principal
Mrs. Fernau..... Counselor
Mrs. Holoubek School Nurse
Mrs. Lechner English Instructor
Mrs. Ernesti..... 4th Grade Instructor
Mrs. Meyer H.S. Student Council
Mrs. Schieffer... Preschool Instructor

Events Calendar

March 3

- 1:20 p.m. dismissal - Parent/Teacher Conferences (3:30 - 7:00 p.m.)

March 4

- 1:20 p.m. dismissal - Parent/Teacher Conferences (3:30 - 7:00 p.m.)

March 6

- No School - P/T Compensation Day

March 9

- School Board Meeting (7:00 p.m.)
- Lil Stang's Preschool Registration Opens

March 11

- End of 3rd Quarter

March 12

- School Improvement/Grades Day (K-12: No School)

March 13

- No School (Spring Break)

March 20

- Curriculum Review Day (School is in Session for All K-12 Students)



www.scs-ne.org
(402)439-2233

Questions??? Please Call!
Central Office – 439-2233
High School Office – 439-2250
Elementary Office – 439-2639

Happy St Patrick's Day!

By Lisa Holoubek

March is National Nutrition Month!

Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids nutritional needs. Choosing foods from all the food groups helps give them the energy they need between meals.

It can help to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one hour before meals.

It's recommended that snacks (and meals) be eaten in an area without distractions. Avoid watching TV and using electronic devices while snacking.

Let kids help prepare the healthy snacks; here are a few tasty and healthy snacks to help get started:

1. Parfaits - Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. Mini-pizza - Toast a whole-wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
3. Smoothies - Blend frozen fruit, such as strawberries or blueberries with low-fat milk,

bananas or your other favorite fruits for a delicious cool drink.

4. Quesadilla - Sprinkle shredded cheese over a corn or whole-wheat tortilla, fold in half, and microwave for 20 seconds; top with salsa.
5. Cinnamon applesauce - Sprinkle cinnamon on unsweetened applesauce and enjoy a whole grain graham cracker for a taste similar to apple pie.
6. Rocky Road - Spread low-fat chocolate pudding on a whole-grain graham cracker, then top with a marshmallow.
7. Fruit dip - dip slices of fruit or whole grain graham crackers into low-fat vanilla pudding or yogurt.
8. Soup - Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
9. Baked potato - Microwave a small baked potato and top with reduced-fat cheddar cheese and salsa.
10. Mini muffins - whip up some mini muffins using whole-grain flours and pureed fruit.

For more healthy eating tips, visit www.kidseatright.org.

4th Graders are Selected to be Published

(Ernesti) In Ms. Ernesti's 4th grade classroom, the children have been working on writing poems. Ten students were chosen to have their poem published in the Anthology of Poetry. They are Eli Bohac, Juliana Bollmeyer, Josh Borgmann, Jaxon Dickey, Jace Douglass, Levi Haig, Aubrie Hansen, Ryan Hoehne, Emma Koenig, Loreli, Smykowski, and Kathryn Tamez.

A different poem was sent into the Creative Communication of 2020. Six of the students were selected to be published with this company. They are Eli Bohac, Aubrie Hansen, Juliana Bollmeyer, Levi Haig, Josh Borgmann, and Jaxon Dickey. Congratulations to the above students on being selected.

Spelling Bee Results Are In

(Lechner) On Thursday, February 6th, the Stanton 5th-8th grade students competed in the Stanton Middle School Spelling Bee. The spelling bee qualifiers competed in five written rounds before the finalists competed in the oral round. In the 5th/6th grade section, Mia Sherman placed 3rd, Andrew Bohac placed 2nd, and 1st place went to William Bryant, winning with the word "exhibit." In the 7th/8th grade section, Isaaah Stark placed 3rd and Bradyn Dickey placed 2nd. After a long and close battle against Bradyn, Henley Morris

was the champion. She first had to spell the word "competent" correctly and then won with the word "commuter." Next, Henley will compete in the 91st annual Omaha World-Herald Midwest Spelling Bee in Omaha on March 28th. About 80 students from across Nebraska compete every year in this spelling bee, with the winner receiving an all-expense-paid trip to compete against champion spellers from other states. The Scripps National Spelling Bee takes place in Washington, D.C. at the end of May.

Connecting with Dr. Cunningham

By Dave Cunningham

State Testing...

Parents play an important role in their child's ability to perform well on tests of any kind. As we wrap up February and move even closer to the end of the school year, we have to work through the state standardized testing. Each student is required to take each test.

The results of some tests tell schools that they need to strengthen courses or change teaching methods. Still, other tests compare students by schools, school districts, or cities. All tests determine how well a child is doing in the areas measured by the tests.

Tell your child that occasionally, s/he will take "standardized" tests. Explain that these tests use the same standards to measure student performance across the state or even across the country. Every student takes the same test according to the same rules. This makes it possible to measure each student's performance against that of others.

The following is a schedule for state testing that involves 5th, 6th, 7th, 8th, and 11th grades.

5th Grade

- English Language Arts - April 7, 2020
- Science - April 8, 2020
- Math - April 9, 2020

6th Grade

- English Language Arts - April 7, 2020
- Math - April 9, 2020

7th Grade

- Math - April 1, 2020
- English Language Arts - April 2, 2020

8th Grade

- Science - March 31, 2020
- Math - April 1, 2020
- English Language Arts - April 2, 2020

10th Grader

- Pre ACT testing - April 15th, in the Library, Periods 1-4

11th Grade

- Practice ACT - March 19th in the Library, Periods 1-4
- ACT - April 7th - St. Peter's Parish Hall

- Breakfast will be served for the Juniors at the Parish Hall that day beginning at 7:30 am. We need all Juniors in their seats by 7:55 am. Snacks will be available half-way through the test and then at the end we will serve the students lunch before heading back to the school to finish the school day.

Students will take the test first thing in the morning. Tests will begin at 8:10 am. Students need to report to their assigned testing area at the start of the school day. It is very important that your student be in school the day of their tests. Please schedule appointments outside of your student's day of testing. Schools are not only graded on student scores but also on if all students take the tests. If a student misses their testing time, we then have to find time and pull that student from class to complete the required tests. Missing the testing time can be detrimental in two ways because the student misses the test but then misses important instructional time to make the test up. The testing window starts on March 16th and all tests must be completed by April 24th.

Tips for Parents

- See that your child is rested and eats breakfast.
- See that your child arrives at school on time and is relaxed.
- Encourage your child to do the best work possible.
- Do not send your child to school if illness is apparent.
- Do not remove your child from school on test days for appointments.

Tips for Students

- Relax.
- Eat a good breakfast. Your brain needs quality fuel.
- Get to school on time. You do not want to miss anything or get a late start. Running late causes more stress.
- Bring any required materials (pen, calculator, paper, etc.)

Counselor's Corner

By Lindy Fernau

March 2020 Newsletter Article

The following is an excerpt from a Tim Elmore article I read recently and thought it was appropriate to share. As caregivers, we are prone to taking on the task of others to relieve their load. Not that it is a bad trait, but we have to ask ourselves if we are helping in the long run.

Overstressed teens:

Millions of parents see their children becoming more and more stressed over the grind of everyday life. These kids feel the pressure of scoring high on standardized tests, keeping grades up and an overwhelming schedule filled with practices for travel ball, speech team, after school job, homework— you name it. Often, compassionate mothers or fathers feel they must relieve

stress by simply doing some of these things for their children.

When we solve their problems, we create a pattern that's not sustainable and does not prepare them for the life that awaits them. Relieving stress and anxiety through being their substitute is not the answer, at least not long term.

When parents feel their kids are too stressed to fulfill their normal obligations, they may naturally begin to complete that stressful work for them, but this unwittingly conditions the child to always need others to do tasks for them. Or at least it feels that way. Next, they begin to feel entitled to someone doing things for them all the time and can end up at an

Please see **COUNSELOR**, page 4

Preschool Paint Like Michelangelo



(Schieffer) The Lil' Stangs Preschool has been learning about different artists and how they create their "masterpieces." Here we talked about Michelangelo and how he painted the Sistine Chapel ceiling. We discussed where he was from, and how he went about painting the ceiling. Since the ceiling is a little high for our kiddos, we brought it down and had them paint on their backs while looking up under the tables. They had to create their "masterpiece," and then we shared with the class.



Student Council Blood Drive March 11th!

(Meyer) March is Red Cross Month. You can be part of the humanitarian mission of the Red Cross by donating blood or platelets.

- Be a hero for patients in need, every two seconds, someone in the U.S. needs blood—from accident victims to children battling cancer to mothers giving birth.
- The Red Cross must collect nearly 13,000 blood donations every day for patients in need—but that need can't be met without generous volunteers like you!
- Type O negative is the universal blood type and what emergency personnel reach for in trauma situations where there isn't time to determine a patient's blood type.
- Type O positive is the most transfused blood type and can be transfused to Rh-positive patients of any blood type.

Red Cross reports that 770 blood drives have been cancelled due to inclement weather; the Red Cross has lost 25,000 pints of blood due to those cancellations. Did you know that every 2 seconds someone in the U.S. needs blood? Or that 1 donation can help save the lives of up to 3 people? The Student Council at Stanton High School, along with the American Red Cross, will be conducting a blood drive on Wednesday, March 11th, at the Stanton Middle School Gym. The hours are 8:00 a.m. to 2:00 p.m. If you would like to give blood, you can call Stanton High School at 402-439-2250 and ask for Kathy Meyer between 8:00 a.m. and 4:00 p.m., Monday through Friday, or you can walk in the day of the drive. The Student Council has set a goal of 40 units for the day. Please help us meet our goal! We hope to see you there!

Blood donations at high school and college blood drives account for as much as 20 percent of donations during the school year!

Can I give blood?

If you are wondering if it is too soon to give blood, the answer is "no." A person can give whole blood every 56 days (up to 6 times a year), and double red cells every 112 days (up to 3 times a year), so this is far enough after the community blood drive, and early enough to still give in the May blood drive. The Red Cross does a great job of setting up the blood drives, so the community drives and the high school drives do not overlap.

If you donated whole blood on or before January 13, 2020 or double red cells on or before November 13, 2019, you are eligible again to donate.

Students who are 16 will need parents to fill out the Parental Consent for Blood Donation. All students ages 16-18 wanting to give blood will need two forms of identification, a driver's license and another form showing your birth date. (It can be a statement from the school).

High School Young Minds Change Lives Scholarship Program

The Red Cross High School Young Minds Change Lives Scholarship Program began on June 1 and encourages high school students to plan and host lifesaving blood drives at their schools. In return for their efforts, schools can receive scholarship money to award to students for post-secondary education. The program runs from June 1, 2019 to May 31, 2020.

The amount of the scholarship is determined by the number of pints collected at the school blood drives. Scholarships will be awarded to the graduating students and will be sent in the recipient's name to their chosen institution of higher education. Come out and give blood to help our seniors receive a scholarship. By reaching our goal of 40 units, we can give out up to \$500 in scholarship money.

adult age, but without adult coping skills to handle hard work.

Steps Parents Can Take

1. **Begin with belief.** Kids may naturally assume they can't work harder when in reality they have far more potential than they see. Speak words of belief about their capabilities.
2. **Help them say "no."** Sometimes, kids become overwhelmed because they've said yes to too many options. They're overcommitted. Creating margin offers peace of mind.
3. **Give them regular chores.** "If kids aren't doing the dishes, it means someone else is doing that for them," Stanford Dean Julie Lythcott-Haims [says](#). Work helps build grit.
4. **Maintain high expectations.** The best parents don't reduce expectations, knowing that relays a message of disbelief to kids. Encourage them and keep high standards.
5. **Model social skills.** Parents who

do this actually help kids maintain perspective on a busy schedule. Talk over the "to-do list," and maintain level emotions. It will catch on.

6. **Value effort over avoiding failure.** It's huge to affirm effort over grades or scores. Effort is in their control; outcomes often aren't. Foster a growth mindset vs. fixed mindset.
7. **Help them limit their social media use.** I've said it before—less than two hours on social media means kids are less vulnerable to anxiety each day. Over two hours leads to anxiety.
8. **Ask them how you can support them.** Find ways to support them without doing work for them. Encouragement, snacks, tutors, etc. can be ways to help in a healthy way.
9. **Remind them of the big picture.** Kids can get lost and overwhelmed in the here and now. Grit goes up when you remind them of long-term goals

and a larger perspective.

Let's not do it for them; let's stand behind them in case they stumble.

Seniors Attending College

Watch your grades. If you slack off and get poor grades, your college admission could be revoked.

Compare financial aid award notifications. The colleges you listed on your FAFSA will send you notifications detailing the financial aid they're offering. Compare the notifications to determine which school provides the best package. Make sure you accept or decline the offers and if you want to reduce the amount of loans offered, you can contact the college and they will make those changes. Usually, the college will offer the highest amount possible but the student may not need to borrow that much.

Apply for scholarships. The local scholarship list has been given to the seniors. The list and

applications can be found on their One-note account and on the school web site under Guidance. The students are able to type the applications this year from their computer's One-note account. The applications are due either March 1st or April 1st depending on the organizations wishes.

Make your final college selection. Notify the other colleges so they can take you off their mailing list and reallocate any of the scholarships you are turning down. *Please bring a copy of any scholarships that have been offered (even if you decide not to attend that college) and Mrs. Fernau will add it to the scholarship list for graduation.*

Pay attention to deadlines. Be aware of deadlines to accept financial aid and college admission offers, housing deposit, and new-student orientation. Select the 1st date given for orientation, if possible, so that you will have more choices for classes that will fit into your desired schedule.

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