

# January Newsletter

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Wednesday, December 6<sup>th</sup> was an exciting day for six students to delve into different facets of Science exploration at ESU 10's annual Science Olympiad in Kearney. This year's activities included: Jet-Puffed Catapult (creating a unique marshmallow launcher), Engineering Agriculture (designing a precise irrigation system), Paleontologist Mystery (digging up fossils from Morrill Hall), Chromatic Chemistry (seeing different chemical reactions), Duct Tape Challenge, and the group favorite, Electric Circuits (designing a circuit with playdoh, a battery pack, a fan, a light, and a motor). Quade, Lillee, Nevaeh, Alexa, Kendri, and John did a great job representing their school and had a very enjoyable day.



Please visit our new school website at [www.sargentpublicschools.org](http://www.sargentpublicschools.org)

# Helping Children Learn<sup>®</sup>

Tips Families Can Use to Help Children Do Better in School

Title I-Educational Service Unit 10



December 2023

## Help your elementary schooler prepare to do well on tests

"We will have a test on this next week." When teachers announce a test several days in advance, they expect students to use the time to prepare for it. But how should your child get ready?



Help your elementary schooler:

- **Clarify what the test** will cover. If your child is unsure about the topics that will be on the test, suggest asking the teacher. Your child can also ask about the format (fill in the blanks, multiple choice, short answer, etc.).
- **Create a study plan.** Studying works best when it's done repeatedly in short sessions spread out over time. Help your child block out study time on a calendar.
- **Practice recalling the material.** Your child could work with flash cards or think of questions the teacher might ask and then answer them. You could quiz each other on the material.
- **Arrive at school on time every day.** Students who are absent or arrive late will not get the benefit of in-class review sessions. On test day, arriving on time will help your child stay relaxed.
- **Keep up healthy habits.** In addition to studying, your child needs enough rest and nutrition to perform well on tests. Maintaining a regular bedtime and making sure your child eats breakfast will help.

## Conduct a daily review

Reviewing your child's schoolwork and talking about it together every day is important in every grade. It sends the message that learning is important. When you review:

- **Ask questions.** Which work did your child most enjoy doing? Was it easy or challenging?
- **Praise effort.** Compliment work that is neat, complete and accurate.

## Help your child be a giver

Children love *receiving* gifts. If your family celebrates a holiday with gifts, help your child experience the pleasure that also comes from *giving* them. Explain that the most meaningful gifts are made with love. Your child could:

- **Make and decorate a list,** such as "My 10 Favorite Things about Grandpa."
- **Bake cookies** and deliver them to someone who may not receive many homemade gifts.
- **Create a calendar** for 2024, including artwork geared to the seasons.



## Let your child practice making choices

Making lots of little decisions now will ensure your child has the skills to make more important ones later, about school and life. To help:

- **Show that you trust** your child with decisions. Regularly offer choices you believe your child can handle. Set guidelines, then accept your child's decision.
- **Ask questions.** If your child has a big project due soon and wants to go to a friend's house, look at a calendar together. Ask, "Do you have enough free nights left to finish your work?" "Would you have more fun together if your project were already finished?"
- **Ask if your child** wants help deciding before giving advice. If not, help your child learn from the consequences of a poor choice.
- **Do activities together** that involve decision-making. Play board games, discuss book characters' choices, and hold friendly family debates.

Sources: W. Stixrud, Ph.D. and N. Johnson, "Teach Your Kids How to Make Their Own Decisions," *Our Children*, National PTA; "Teaching Youth Decision-Making Skills through Activities," Rachel's Challenge.

## Check up on attendance

How has your child's attendance been so far this year? If you are unsure, contact the school to find out. Students who miss too much school are at risk academically. That's because:



- **Absences add up** to lost learning.
- **Missing school** becomes a habit.
- **Students who are** frequently absent in the early grades are less likely to do well in middle and high school.

It's not too late to get your student back on track for a strong year—and school career.

## Ask for a reading summary

Summarizing boosts reading comprehension. After your child has finished reading, say you'd like to know what the material was about and what your child learned. Ask your student to write down the main points.

Suggest that your child think about the answers to questions like *Who, What, When, Where, Why* and *How*. It's OK if your child has to reread the material to answer them—more carefully this time. Over time, kids get the knack of summarizing—and a better understanding of what they read.

## Grow learning motivation

Having a desire to learn makes a big difference to your child's success in school. To encourage inner motivation:

- **Say often** that you know your child has what it takes to achieve in school.
- **Encourage curiosity.** Welcome questions and look together for answers.
- **Phrase corrections** in a positive way. "You spelled everything right except these two words. I bet you can learn them, too."
- **Extend learning.** Build on school lessons by visiting educational places. Help your child do a science experiment or plant a windowsill garden.



## Use report cards to review progress and plan ahead

A report card can't tell you everything about how your elementary schooler is doing, but the teachers spend a lot of time making sure that it shows a snapshot of where your student is now. Read report cards carefully and calmly discuss progress, accomplishments and goals for improvement with your child. If you or your child have any questions about a report card, contact the teacher.

### Helping Children Learn®

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## Q&A Should I get my child tested for reading disorders?

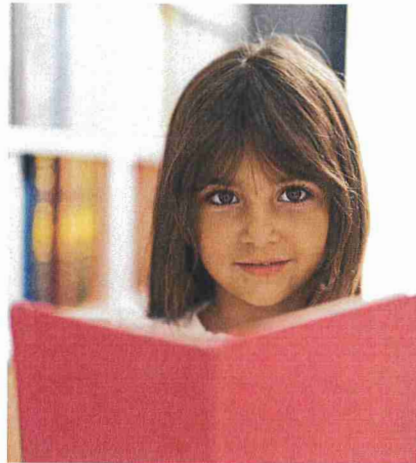
**Q:** My second grader has been having trouble reading, but I haven't been too worried. Yesterday, the teacher called to suggest some testing. I don't want my child to be labeled as having learning issues. Will my student outgrow reading problems if we just wait?

**A:** The teacher has your child's best interests at heart. The earlier reading issues are addressed, the better. Second grade is an important year. By third and fourth grade, schools expect that instead of *learning to read*, students can shift to *reading to learn*. Figuring out what may be causing difficulties now will help your child be ready.

Research shows most struggling readers can make significant gains if they get effective help early enough. The testing will help identify if your child has specific learning challenges. If they are found, the school can design a program to address them and help your student read better.

The longer you wait, the harder it will be for your elementary schooler to master reading and the longer it will take. By then, your child may have missed important learning in subjects like math, science and social studies.

The goal of these tests is to help your child. The results will help you and the school work together to meet your child's needs.



## Parent Quiz

### Are you modeling listening skills?

Attentive listening helps students get the most from their class time. Are you showing your child how to be a good listener? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Do you concentrate** on listening when your child is talking? If you're busy, do you suggest a time when you can give your full attention?
- \_\_\_ **2. Do you listen** patiently? It can take children time to find the words they want to say.
- \_\_\_ **3. Do you hear** your child out without interrupting? Do you ask your child not to interrupt you?
- \_\_\_ **4. Do you "listen"** to your child's body language and behavior?

- \_\_\_ **5. Do you resist** jumping in with answers when your child is thinking something through?

#### How well are you doing?

*More yes answers mean you are demonstrating attentive listening for your child. For each no, try that idea.*

"Children will listen to you after they feel listened to."

—Jane Nelsen

MERRY  
*Christmas*



Loup Basin Public Health Department

## Seasonal Affective Disorder

Seasonal Affective Disorder also known as SAD, can have a significant impact on mental health and well-being, leading to feeling of low energy, mood swings and depression.

SAD is often linked to a lack of sunlight exposure, which with shortened daylight hours, we experience this in Nebraska! To combat SAD: **Engage in Regular Physical Activity, Prioritize Self-Care, Seek Social Support, Get Sufficient Sleep, Consider Light Therapy.**



# Loupie the Elf!

*Our newest employee!*



Meet Loupie, our newest employee! Loupie is our Public Health elf who will be helping us share all about LBPHD, this month! Stay tuned to see what Loupie all helps with. First off, adding some Christmas cheer to the sign and his staff picture!



*Sign up for  
Healthy Families  
Loup Basin!*

Loupie is now up-to-date on his immunizations to help protect himself and his elf friends. He visited our Healthy Families Baby Bucks store, did you know that if you participate in our HFA free home visitation program this is one of the many perks?! Loupie also wants to make sure your carseats are installed and properly fit your children, he would love to help you during a carseat check at LBPHD!

# How long should you stay home if you are sick with flu, RSV, or COVID-19?

From our friends at Panhandle Public Health Department.

As flu, RSV, and COVID illnesses are increasing around the district, it's important to know how long to stay home and away from others to get important rest and prevent the spread of illness.

## Flu (Influenza)

People should stay home if they are sick until at least 24 hours after their fever\* (temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or higher) is gone.

Temperature should be measured without the use of fever-reducing medicines (medicines that contains ibuprofen or acetaminophen).

Not everyone with flu will have a fever. Individuals with suspected or confirmed flu, who do not have a fever, should stay home from work at least 4-5 days after the onset of symptoms.

Persons with the flu are most contagious during the first 3 days of their illness.

## RSV (Respiratory Syncytial Virus)

People infected with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness. However, some infants, and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks.

## COVID

If you test positive for COVID, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- If you had symptoms and your symptoms are improving, you may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medication).
- If your symptoms are not improving, continue to isolate until you are fever-free for 24 hours (without the use of fever-reducing medication).
  - If you had a moderate illness (you experienced shortness of breath or had difficulty breathing), you need to isolate through day 10.
  - If you had severe illness (you were hospitalized) or have a weakened immune system, you need to isolate through day 10 and consult your doctor before ending isolation.

Flu, RSV, and COVID immunizations significantly reduce the risk of developing severe respiratory complications and hospitalization, ultimately protecting against avoidable illness or death. They also reduce strain on healthcare resources and the workforce.

-2024-

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## BREAKFAST MENU

February 1st: Sausage Gravy w/  
Biscuit or Omelet w/  
Toast  
Fruit-Juice  
Milk-Yogurt

February 2nd: Cereal or  
Cinnamon Roll  
Juice/Fruit  
Milk-Yogurt

Menu subject to change

This establishment is an equal  
opportunity provider and  
employer

1 NO SCHOOL

2 NO SCHOOL

3 NO SCHOOL

4 Cereal-Toast  
Or Pancake  
Juice- Fruit  
Milk- Yogurt

5 Pop Tart-PBJ  
Or Granola bar  
Juice-Fruit  
Milk- Yogurt

8 Cereal-Toast  
Pancake on a stick  
Juice-Fruit  
Milk-Yogurt

9 French Toast  
Egg or Sausage  
Juice-Fruit  
Milk-Yogurt

10 Pop Tart-PBJ  
Or Granola Bar  
Juice-Fruit  
Milk-Yogurt

11 Sausage Gravy  
w/Biscuit  
Or Omelet w/Toast  
Juice-Fruit  
Milk- Yogurt

12 Cereal or Muffin  
Juice-Fruit  
Milk- Yogurt

15 Cereal-Toast or  
Pancake  
Juice-Fruit  
Milk-Yogurt

16 French Toast  
Egg-Sausage  
Juice-Fruit  
Milk-Yogurt

17 Pop Tarts-PB&J  
Or Granola Bar  
Juice-Fruit  
Milk-Yogurt

18 Breakfast Sandwich or  
Omelet w/ Toast  
Juice-Fruit  
Milk- Yogurt

19 Cereal-Toast or  
Long John  
Juice-Fruit  
Milk- Yogurt

22 Cereal-Toast  
Or Pancakes  
Juice-Fruit  
Milk-Yogurt

23 French Toast  
Egg or Sausage  
Juice-Fruit  
Milk-Yogurt

24 Pop Tart-PB&J  
Or Granola Bar  
Juice-Fruit  
Milk-Yogurt

25 Pizza  
Omelet w/ Toast  
Juice-Fruit  
Milk- Yogurt

26 Cereal-Muffin  
Juice-Fruit  
Milk- Yogurt

29 Cereal-Toast  
Or Pancake on a Stick  
Juice-Fruit  
Milk-Yogurt

30 French Toast  
Egg or Sausage  
Juice-Fruit  
Milk-Yogurt

31 Pop Tart-PB&J  
Or Granola Bar  
Juice-Fruit  
Milk-Yogurt



# JANUARY

-2024-

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## LUNCH MENU

February 1st : Chicken & Rice or Potato Soup w/ Crackers & Cheese  
Fruit Cup Dinner Roll  
Milk

February 2nd :  
Chicken Philly Sandwich, Chips  
Baked Beans, Fruit Salad, Milk

Menu Subject to change

This establishment is an equal opportunity provider and employer

**1** NO SCHOOL

**2** NO SCHOOL

**3** NO SCHOOL

**4** Burrito w/Lettuce -Cheese Salsa  
Corn or Refried Beans  
Fruit Cup  
Milk

**5** Chicken Noodle Soup w/Cracker & Cheese  
Fruit Cup  
Dinner roll/Cookie  
Milk

**8** Grilled Chicken Wrap w/  
Lettuce-Cheese-Salad  
Corn  
Fruit  
Milk

**9** Roast Pork  
Mashed Potatoes w/  
Gravy  
Carrots  
Fruit Cup-Peach Crisp  
Dinner Roll  
Milk

**10** Chicken & Rice or Potato Soup w/  
Crackers & Cheese  
Fruit Cup  
Cookie/Dinner Roll  
Milk

**11** Chili Cheese Fries or Stuffed Potato  
Fruit Cup  
Dinner Roll  
Milk

**12** Chicken Sandwich  
Chips  
Baked Beans  
Fruit Cup  
Milk

**15** Fish Egg Roll  
Chicken Nuggets  
Fruit cup  
Dinner  
Milk

**16** "3&4 grade picked the menu today!"  
Homemade pizza  
Corn  
Strawberry & blueberry cup  
Cookie  
Milk

**17** Cheesy Broccoli or Beef Noodle soup w/Crackers & cheese  
Fruit cup  
Dinner roll  
Milk

**18** Spaghetti w/ Meat sauce  
Green Beans  
Fruit cup  
Garlic Bun  
Milk

**19** Smoked pork Sandwich  
Taters  
Fruit cup  
Milk

**22** Macho Nachos  
Green Beans  
Fruit Cup  
Cookie  
Milk

**23** Chicken Noodle  
Mashed Potatoes  
Fruit Cup- Apple Pie  
Dinner Roll  
Milk

**24** Pig in the Blanket  
Taters  
Fruit Cup  
Milk

**25** Chicken Strip Wrap w/Lettuce & Cheese  
Corn  
Fruit Cup  
Milk

**26** Hot Ham & Cheese  
Chips  
Baked Beans  
Fruit  
Milk

**29** Burrito  
w/ Lettuce & Salsa  
Corn  
Fruit Salad  
Milk

**30** Creamed Chicken w/ Biscuit  
Mashed Potatoes  
Fruit  
Milk

**31** Tater Tot Casserole Or Mac & Cheese  
Broccoli  
Fruit Cup  
Dinner Roll  
Milk

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.





# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 JH B BB v CWC @Barlett  JV B BB v CWC @CWC  JV G BB v CWC @CWC  G BB v CWC @CWC  JH G BB v CWC @CWC	3 Teacher Workday	4 Classes Resume  5pm Wrestling Tri @Sargent	5 11:30am Wrestling invite @Burwell 3pm G JV BB vs Ansley @Sargent 4:30pm B JV BB v Ansley @Sargent 6pm G V BB v Ansley @Sargent 7:30pm B V BB v Ansley @Sargent	6 3:30pm G V BB v Pleasanton @Sargent  5pm B V BB v Pleasanton @Sargent
7	8 2pm JH G BB v Sandhills @Sandhills  3pm JH B BB v Sandhills @Sandhills	9	10 District LDE @West Holt	11	12 NO SCHOOL PK-6  6pm G V v North Central @Taylor  7:30pm B V v North Central @Taylor	13 10am Wrestling Invite @Sandhills
14	15	16 4pm JV G BB v Mullen @Mullen 5pm JV B BB v Mullen @Mullen 6pm G V BB v Mullen @Mullen 7:30pm B V BB v Mullen @Mullen	17	18 1pm JH B BB v Anselmo @Anselmo  1pm JH G BB v Anselmo @Anselmo	19 11am Wrestling Invite @Callaway	20
21	22 1pm JH G BB v Ansley @Sargent 2pm JH B BB v Ansley @Sargent 6pm G V BB MNAC	23 Boy's MNAC Tournament	24	25 B V BB MNAC Tourney	26 G & B MNAC Consolation	27 MNAC Finals 3rd Place
28	29 1pm JH G BB v Central Valley @Taylor  2pm JH B BB v Central Valley @Taylor	30 6pm G JV BB v Burwell @Burwell 7:30pm B JV BB v Burwell @Burwell	31			Subject to change. Please see the school website for any updates.